



## Nova Tech Aqua Kids #5 Central

Saturday April 11<sup>th</sup>, 2026

1:00pm Meet Warm-Up

1:30pm Meet Start

Hosted by: Sackville Waves Aquatic Team

**Sanctioned By:** Swim Nova Scotia

**Meet Manager:** Jen Kershaw: [officials@swatsswim.ca](mailto:officials@swatsswim.ca)

**Head Official:** Paul Melanson:  
[p.m.melanson@hotmail.com](mailto:p.m.melanson@hotmail.com)

**Location:** Centennial Pool, 1970 Gottingen St. Halifax  
(Level 1 & 2 Competition in the deep end; Participation in the shallow end)

**Eligibility:** All competitive registered Nova Tech swimmers with Swim Nova Scotia OR pre-competitive swimmers on trial for 1 swim meet as exhibition.

**Entry Fees:** \$25.00 per swimmer.  
Maximum 4 individual events.  
NOTE: The following event options:  
25 OR 50 Free - P

Please make cheque payable to Sackville Waves Aquatic Team or e-transfer: [vpfinance@swatsswim.ca](mailto:vpfinance@swatsswim.ca)  
Entry fees are non-refundable.

**Entries:** Hy-Tek entries should be uploaded directly to REMS. Entry Deadline Friday April 3<sup>rd</sup> at midnight.

**Meet Rules:** SNC rules will govern the meet. [SNC Warm Up procedures](#) will be in effect.  
Swim Wear: [SNC Swim Wear](#) rules in effect.

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1.  
Swimmers may choose to start in the water or enter from a dive next to the blocks.  
Shallow End Starts in-water starts will be conducted.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.

- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. During warm-up all swimmers must enter the pool with a controlled, feet-first entry.

**Scratch Procedure:** All scratches are to be submitted to the meet office.  
Please submit the swimmer's name, events, and club. No deck entries.

**Officials:** The names of the officials should be emailed directly to Jen Kershaw: [officials@swatsswim.ca](mailto:officials@swatsswim.ca). Officials must be fully registered with Swim Nova Scotia.

**Warm-Ups:** 30 minutes, sprint lanes will be open at Coaches discretion.

**Safe Sport:**  
Swim NS believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination. Details on Safe Sport during this event can be found here: [Swim NS Safe Sport](#)

Only registered swimmers, coaches, and officials in designated sessions of the meet are allowed on deck.

**Photography/Videography:** In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Nova Scotia sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. The full details on the Event Photography and Videography Procedure can be found [HERE](#)

**Facility Rules:** Parents may spectate from the upper viewing gallery.

A canteen will be available with healthy snacks.

**ORDER OF EVENTS:**

<i>Saturday April 11<sup>th</sup>, 2026 Warm-Up 1:00 for 1:30pm Meet Start</i>			
<b>Event #</b>	<b>Event</b>	<b>Event #</b>	<b>Event</b>
<b>Deep End</b>		<b>Shallow End</b>	
101	100 IM – LEVEL 1	1	100 IM - P
201	100 IM – LEVEL 2	2	25 FREE – P*
102	50 FREE- LEVEL 1	3	50 FREE – P*
202	50 FREE- LEVEL 2	4	25 FLY - P
103	50 FLY – LEVEL 1	5	25 BACK- P
203	50 FLY – LEVEL 2	6	25 BREAST - P
204	100 FLY– LEVEL 2		
104	50 BACK- LEVEL 1		
205	50 BACK- LEVEL 2		
206	100 BACK- LEVEL 2		
107	100 FREE – LEVEL 1		
208	200 FREE – LEVEL 2		
109	50 BREAST – LEVEL 1		
209	50 BREAST – LEVEL 2		
210	100 BREAST – LEVEL 2		
207	100 FREE- LEVEL 2		

- All events will be swum as mixed genders and seeded by time only
- Warnings by Officials for Level 1 (educational opportunity)
- DQ's Level 2 only
- 75m & 150m IM for PARA Swimmers can be made available if requested by a Coach.
- Host Clubs will post on a display board (or chalk board) which event/heats are being marshalled
- Participation swimmers may enter either 25m Free or 50m Free.
- 5-minute breaks in between each Participation event in the shallow end.
- Additional breaks may be added in the deep end at meet management discretion.