Nova Tech & Age Group Development #2 North Meet

November 14-15th, 2026

Hosted by: ***Strait Area Lightning***

Sanctioned by: Swim Nova Scotia

Meet Manager: Karen MacKinnon: karenlynettehood@gmail.com

Head Official: Aidan Doucet: aidanjdoucet@gmail.com
Timers and Senior Officials can send availability and preferred positions to Aidan.

Entry Fees: AGD Meet $45.00 per swimmer, maximum of six (6) individual entries.
Nova Tech #3 Meet $25 per swimmer, maximum of four (4) individual entries.
Fees can be combined, please make cheque payable to Strait Area Lightning or etransfer: payments@straitarealightning.ca

Entries: Hy-Tek entries should be uploaded directly to REMS. Entry Deadline Friday November 6th at midnight. Coaches must email an athlete roster to Meet Management, with AGD & NT designations once entries have been submitted.
400/800/1500 Freestyle events will require positive check-in.
AGD swimmers may swim 3 events per session.

Facilities: SAERC Pool, 304 Pitt St, Port Hawkesbury, NS. Competition Pool: 6 Lanes

Scoring: There will be no scoring.

Facility Rules: Parents may spectate from the designated viewing area. Only officials, coaches and swimmers are allowed on the pool deck**.**

Eligibility: All competitive registered Nova Tech swimmers with Swim Nova Scotia OR pre-competitive swimmers on trial for 1 swim meet as exhibition.
AGD swimmer's entered in the meet must be graduated from the Nova Tech Aqua Kids Program and be fully registered with Swim Nova Scotia or their respective swimming office.

Supplementary information required in all meet packages

Nova Tech & Age Group Development #2 North Meet
ORDER OF EVENTS

SATURDAY NOVEMBER 14th, 2026 WARM-UPS: 9:00am MEET START: 9:45am SESSION I- AGD #2	
Event #	**Event**
401	100 Freestyle
402	200m Butterfly
403	100m Backstroke
404	400m Freestyle*
405	200m IM
406	100m Breaststroke
407	1500m Freestyle*
SATURDAY NOVEMBER 14th, 2026 WARM-UPS: 1:45pm MEET START: 2:30pm SESSION II- Nova Tech #2	
EVENT #	EVENT
201	200 FREE LEVEL 2
101	50 FREE – LEVEL 1
202	50 FREE – LEVEL 2
1	25 FREE - P
103	50 FLY - LEVEL 1
203	100 FLY - LEVEL 2
3	25 FLY - P
104	100 IM – LEVEL 1
204	200 IM – LEVEL 2
4	100 IM - P
105	50 BREAST – LEVEL 1
205	50 BREAST – LEVEL 2
5	25 BREAST - P
106	50 BACK – LEVEL 1
206	100 BACK – LEVEL 2
6	25 BACK - P
107	100 FREE – LEVEL 1
7	50 FREE - P
301	8 x 25 Mixed MEDLEY Relay

- All events will be swum as mixed genders and seeded by time
- Warnings by Officials for Level 1 (educational opportunity)
- DQ's Level 2 & AGD only
- 75m & 150m IM for PARA Swimmers can be made available if requested by a Coach.
- Breaks may be added throughout the session if necessary
- Nova Tech Relays will be deck entered with swimmers registered in the meet.

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WARM-UPS: 9:30am MEET START: 10:30am SUNDAY NOVEMBER 15th, 2026 SESSION III- AGD #2	
Event #	**Event**
408	200m Freestyle
409	100m Butterfly
410	400m IM
411	200m Breaststroke
412	200m Backstroke
413	800m Freestyle*
414	4 x 50m Freestyle Relay

- 1500/800/400 Freestyle will be swum fastest to slowest and require positive check in