

AA Age Group Development Meet & Nova Tech #3 Central

Hosted by: Dartmouth Crusaders Swim Club

January 24-25th, 2026

Sanctioned by:	Swim Nova Scotia
Meet Manager:	Tanya Zawislak: tanyazawislak@gmail.com
Head Official:	Maureen Nolan: memejejedede@gmail.com Timers and Senior Officials can send availability and preferred positions to Maureen.
Entry Fees:	AA AGD Meet \$8.00/event, 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 DCSC or e-transfer: dcsc treasurer2022@gmail.com
Entries:	Hy-Tek entries should be uploaded directly to REMS. Entry Deadline Friday January 16 th at midnight.
Facilities:	Centennial Pool, 1970 Gottingen St, Halifax, NS. Competition Pool: 6 Lanes Deep End. Continuous Warm-Up/Down: 6 Lanes Shallow End
Meet Rules:	<ul style="list-style-type: none">• There will be no scoring.• SNC rules and warm-up procedures will be 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 starting blocks.• 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. All swimmers must enter the pool with a controlled, feet-first entry. The Referee may disqualify a swimmer for such misconduct.• Swim Wear: SNC Swim Wear rules in effect.• The meet will be swum as mixed gender, open events, timed finals. An exemption from SNC rule SW 10.1 to swim events in gender separated events has been granted. In spite of this exemption, any swimmer who achieves a record time at this competition that recognizes records at any level (provincial, national etc.) will not be recognized for that record unless the coach has advised meet management via email by the entry deadline that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.• Each swimmer entered in the AA meet must be graduated from Nova Tech Aqua Kids and be fully registered with Swimming Canada through their respective Provincial Swimming Office.• 400/800 AA Freestyle events will require positive check-in.
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. Only officials, coaches and swimmers are allowed on the pool deck
Other Notes:	The Upstairs Meeting Room will be open. A canteen will be available with healthy snacks & meet programs, there will be some warm food available for purchase. Jolyn and Funky Trunks will be selling swimsuits and equipment. Officials room is in the downstairs Lobby Room. Officials, coaches and swimmers are asked to bring water bottles that can be refilled at the water fountains or in the Hospitality Room (Officials and Coaches)

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ORDER OF EVENTS**

WARM-UPS: 8:00am MEET START: 8:45am SESSION I- AA AGD SATURDAY JANUARY 24 th , 2026			
Event #		Event	
401		200m IM	
402		100m Freestyle	
403		200m Breaststroke	
404		100m Butterfly	
405		400m Freestyle	
406		100m Backstroke	
407		50m Butterfly	
WARM-UPS: 1:30pm MEET START: 2:00pm SESSION II- Nova Tech #3 SATURDAY JANUARY 24 th , 2026			
Deep End		Shallow End	
EVENT #	EVENT	EVENT #	EVENT
101	100 IM – Level 1	1	100 IM - P
201	100 IM – Level 2	2	25 Free - P
102	50 Free – Level 1	3	25 Fly - P
202	50 Free – Level 2	4	25 Breast - P
103	50 Fly - Level 1	5	25 Back - P
203	50 Fly - Level 2		
104	50 Breast – Level 1		
204	100 Breast – Level 2		
205	200 Free – Level 2		
106	50 Back – Level 1		
206	50 Back – 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 & AA only
- 75m & 150m IM for PARA Swimmers can be made available if requested by a Coach.
- 5-minute breaks in between each Participation event in the shallow end.
- Host Clubs will post on a display board (or chalk board) which event/heats are being marshalled
- Breaks may be added throughout the session if necessary
- Relays may be added at the discretion of meet management and teams may be deck entered with swimmers registered in the meet.

WARM-UPS: 8:00am
MEET START: 8:45am
SUNDAY JANUARY 25th, 2026
SESSION III- AA

Event #	Event
408	50m Breaststroke
409	400m IM
410	200m Freestyle
411	50m Backstroke
412	200m Butterfly
413	100m Breaststroke
414	200m Backstroke
415	50m Freestyle
416	800m Freestyle

- 800 Freestyle will be swum fastest to slowest