

AA Age Group Development Meet & Nova Tech #4 South
Hosted by: Yarmouth Whitecaps
Saturday February 14th, 2026

Sanctioned by:	Swim Nova Scotia
Meet Manager:	Denise Vacon: yywmeetmanager@gmail.com
Head Official:	Sue Jackson: suejack01@yahoo.com
Entry Fees:	AA AGD Meet \$45 per swimmer, maximum of six (6) individual entries. Nova Tech #4 Meet \$25 per swimmer, maximum of four (4) individual entries. Fees can be combined and are non-refundable, please make cheque payable to Yarmouth Whitecaps or etransfer: whitecapspayments@gmail.com
Entries:	Hy-Tek entries should be uploaded directly to REMS. Entry Deadline Friday February 6 th at midnight. Coaches must email an athlete rooster to Meet Management, with AA & NT designations once entries have been submitted.
Facilities:	Université Sainte-Anne, Church Point, Nova Scotia. Competition Pool: 6 Lanes
Officials:	Officials can sign up for preferred positions via email Heather Nickerson: yarmouthwhitecapsofficials@gmail.com
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.● 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.● 400/1500 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

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ORDER OF EVENTS

SATURDAY FEBRUARY 14 th , 2026	
WARM-UPS: 10:00am MEET START: 10:30am	
SESSION I- Nova Tech #4	
EVENT #	EVENT
201	200 Free – LEVEL 2
101	50 FREE – LEVEL 1
202	50 FREE – LEVEL 2
2	25 FREE - P
103	50 FLY - LEVEL 1
203	100 FLY - LEVEL 2
3	25 FLY - P
104	100 IM – LEVEL 1
204	100 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

- 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.
- 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.

SATURDAY FEBRUARY 14 th , 2026	
WARM-UPS: 1:00pm MEET START: 1:45pm	
SESSION II- AA AGD	
Event #	Event
401	200m IM
402	100m Freestyle
403	200m Breaststroke
404	100m Butterfly
405	400m Freestyle
406	100m Backstroke
407	50m Butterfly
20 min break – OPEN POOL	
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	1500m Freestyle*

- 1500 Freestyle will be swum fastest to slowest