



**Les Aquadiens de Clare**  
Nova Tech Aqua Kids #1  
Saturday November 7, 2015

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**Hosted By:** Les Aquadiens de Clare  
(LADC)

**Sanctioned By:** Swim Nova Scotia

**Meet Manager:** Tina Dodman

**Location:** Université Sainte Anne,  
Church Point, NS

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

**Relays:** Teams are permitted to enter multi-club swimmers to maximize participation in the 8 X 25 relay.

**Fun Relay:** Fun relay is at no cost to clubs. All swimmers will be deck entered.

**Entry Fees:** \$25.00 per swimmer. Please make cheque payable to *Les Aquadiens de Clare(LADC)* Entry fees are non-refundable.

**Entries: Entry Deadline:** Submitted via <https://www.swimming.ca/en/events->

[results/live-upcoming-meets/](#) by midnight **October 31,2015.**

**Meet Rules:** SNC rules will govern the meet. SNC Warm Up procedures will be in effect. A coaches meeting will take place 30 minutes prior to start.

**Awards:** Presented by home club coaches.

**Scratch Procedure:** All scratches are to be submitted to the meet office in writing 30 minutes before the start of each session. Please submit the swimmer's name, events, and club. No deck entries.

**Head Official:** Lynn Sitland

**Officials:** The names of the officials should accompany the meet entries. Your help would be greatly appreciated.

**Canteen & Facilities:** 25m, 6 lane pool. Canteen available.

**Warm-Ups:** 30 minutes, sprint lanes will be open for the final 15 minutes.

**Order of Events:**

<b>November 7<sup>th</sup> 2015</b>	
<b>1:30 pm Warm-Up Time for a 2:00 pm</b>	
<b>Start Time</b>	
<b>Event #</b>	<b>Event</b>
1	200 FREE- LEVEL 2
2	25 BACK- P
3	50 BACK- LEVEL 1
4	50 BACK- LEVEL 2
5	25 FREE- P
6	50 FREE- LEVEL 1
7	50 FREE- LEVEL 2
8	100 IM- P
9	200 IM- LEVEL 1
10	200 IM- LEVEL 2
11	50 KICK
--	Relay/Fun Event anytime

- ⇒ 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.