

AAA #1 Invitational Swim Meet
Co-Hosted by: Swim Nova Scotia & Sackville Waves Aquatic Team
January 30-31st, 2026

Sanctioned by:	Swim Nova Scotia
Technical Meet Manager:	Angela MacAlpine: sportdevelopmentcoordinator@swimnovascotia.com
Head Official:	Paul Melanson: p.m.melanson@hotmail.com Timers and Senior Officials can send availability and preferred positions to Paul.
Entry Fees:	\$75.00 flat fee, up to six individual events. Maximum 2 relays per team. E-transfers can be sent to: swimming@sportnovascotia.ca (password 'swimming') or by cheque to Swim Nova Scotia.
Entries:	Hy-Tek entry files should be uploaded via REMS before the entry deadline. Entry Deadline Friday January 23 rd at midnight. Late entries are not accepted and no deck entries.
Scoring:	There will be no scoring.
Facilities:	Dalplex Pool, 5260 South St. Halifax, N.S. 8 lane 50m Pool with Quantum Electronic Timing & backstroke ledges Please park in designated legal parking spots No outdoor footwear
Meet Rules:	<p>The meet has been sanctioned by Swim Nova Scotia and will follow SNC rules and warm-up procedures.</p> <p>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):</p> <ul style="list-style-type: none">• 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. <p>Swim Wear: SNC Swim Wear rules in effect.</p> <p>Each swimmer entered in the meet must be AAA qualified and be fully registered with Swim Nova Scotia or their respective provincial swimming office.</p> <p>800m Freestyle will require positive check-in due by 8:30am on January 31st and will swim fastest to slowest. The meet will be swum as mixed gender, open events, timed finals.</p> <ul style="list-style-type: none">• 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 the referee prior to the start of the session 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.
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

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ORDER OF EVENTS

SESSION I WARM-UPS: 4:00pm MEET START: 5:00pm FRIDAY JANUARY 30TH, 2026		
Event #	Age Group	Event
1	Open	200m IM
2	Open	100m Freestyle
3	Open	200m Breaststroke
BREAK-OPEN POOL		
4	Open	100m Butterfly
5	Open	400m Freestyle
6	Open	100m Backstroke
7	Open	50m Butterfly
SESSION II WARM-UPS: 8:00am MEET START: 9:00am SATURDAY JANUARY 31st, 2026		
8	Open	4 X 100m Mixed Freestyle Relay
9	Open	50m Breaststroke
10	Open	400m IM
11	Open	200m Freestyle
12	Open	50m Backstroke
BREAK-OPEN POOL		
13	Open	200m Butterfly
14	Open	100m Breaststroke
15	Open	200m Backstroke
16	Open	50m Freestyle
BREAK-OPEN POOL		
17	Open	800 Freestyle (fastest to slowest)

Breaks are subject to change based on meet timelines.