



“Spring Splash – Silver Sharks” Swim Meet **Red Deer Silver Sharks – Masters Swimming Club**

March-21, 2026

Michener Aquatic Centre Red Deer, AB

SANCTION: # 62566

DATE: Saturday, March 21, 2026

SESSION: Warm-up: 12:15 AM – 1:00 PM
(additional warm-up lane will be available throughout the meet)
Start: 1:05 PM
Finish: 6:00 PM

LOCATION: Michener Aquatic Centre
51a Street, Red Deer, AB, T4N 2B3

FORMAT: 25m indoor six-lane competition pool.

The competition is planned to be run in 5 lanes, unless 6 lanes are required. Meet Management will determine if 6 lanes are required for some events based on registration and session times. Lane 6 will otherwise be a warm-up/down lane.

This will be a paperless meet for the most part, all psych/heat sheets will be live on the Time Drops app. Hard copies will be provided for Referee and Stroke and Turn Judges only. Timers may verify swimmers in their lanes from the names on the Scoreboard.

ELIGIBILITY: Entries will only be accepted for swimmers who are currently registered in the Swimming Canada registration database and have a Swimming Canada registration ID number (9 digits beginning with 12...) unless the swimmer is registered with and representing a foreign World Aquatics-affiliated federation.

Swimmers must be 18 years of age by March 1st 2026 to participate. For results purposes, the age of the swimmer will be as of December 31st, 2026 (as per FINARules).

ENTRY PROCESS: All club entries must be submitted through the Swimming Canada online system.

ENTRIES:

- Swimmers are limited to a maximum of five (5) individual swims plus relays.
- Entry times are required for all entries to facilitate timing of the meet by the meet manager. An entry of NT will not be accepted.

ENTRY FEES: Entry Fees are \$45 per swimmer, Late or Deck entry fees are \$60 per swimmer. Fees must be paid before the meet and can be paid via cheque (made out to Red Deer Masters Swim Club) or Interac e-transfer to info.reddeermasters@gmail.com If sending by e-transfer, please use “Meet Registration” in the message and include your club name. Entries will not be taken until payment is received and entry fees are only refundable prior to the entry deadline. No refunds will be provided if a swimmer is unable to make the meet.

DECK ENTRIES: Swimmer Deck Entries may be permitted by Meet Management. Deck entries must include proof that the swimmer is fully registered with Swimming Canada.

RELAY ENTRIES: Relay entries are encouraged to be submitted at the same time as individual entries. The absolute cut-off for relay entries will be 1:30 PM on the day of

the meet, directly to the clerk of course on deck. Please provide swimmers' names and ages for each relay entry. Relay events will combine men, women, and mixed teams and will be seeded by time. Therefore, it should be noted that a swimmer may only swim once per relay event.

POSITIVE CHECK-IN: Positive check-in is required for all entries in the 400 & 800 free. The 800 free will be limited to the first 18 entrants. A club representative or swimmer must check-in at the Clerk of Course table before the start of the meet (1:00 PM) to confirm their intention of swimming in these events.

DEADLINE FOR ENTRIES: Entries and fees are **due by 11:59 pm on Saturday, March 14, 2026**. Late entries will not be taken.

SCRATCHES:

- Scratch deadline is half hour prior to start of the meet (12:30pm Saturday March 21st)
- Entry fees are non-refundable after the scratch deadline except with a medical note
- The Swim Alberta Scratch Rule will be in effect for this meet.

MEET RULES: The meet will be conducted under published World Aquatics rules and supplemented by published and approved Masters Swimming Canada (MSC), and Swim Alberta rules and regulations.

COMPETITION WARM-UP: Swimming Canada competition warm-up safety procedures will be in effect at this meet.

The full details on the Competition Warm -Up can be found on the Swimming Canada website. [Here](#)

SWIMWEAR AT COMPETITIONS: All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Alberta. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

WEARABLE TECHNOLOGY: If the referee is aware of a device that transmits data, sounds, or signals, either turned on or off, the referee shall ask the swimmer to remove it. Failure to comply will result in disqualification.

DIVING RULES: Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Facility Rule 16.1.4, 16.1.8 and Swimming Canada's Swimming Rule 4.1.

Changes to Swimming Canada rules effective September 1, 2018

Diving Rules for both competition and warm-up:

Diving will be allowed from the deck or starting platform, as Michener Aquatic Centre complies with the 1.35m or greater depth rule

SEEDING: All events will be swum male and female together, seeded by entry time, and swum slowest to fastest, except for Men's and Women's relays.

PROGRAM CHANGES: The meet manager reserves the right to alter, revise, limit enrolment, or otherwise modify the program to ensure maximum number of swims in a session of reasonable length following receipt of entries. Clubs will be advised of any changes prior to the start of the session.

RESULTS: Results will be sorted according to age group and gender and will be posted live in Time Drops and in PDF and HY-TEK format on the following websites:

- swimrankings.net

SCORING: There will be no team or individual scoring

RECORD ATTEMPTS AND OFFICIAL SPLITS: Not permitted at this pool, times only. (Flags at 4.9m and turn depth only 0.86m)

FOOD: No glass containers are allowed on deck, food in designated areas only.

PHOTOGRAPHY/VIDEOGRAPHY: To minimize risk, all photographs and video taken at Swimming Canada 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 on the Swimming Canada website [Here](#)

SAFE SPORT:

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

Meet Manager: Kinga Field
Red Deer Masters Swim Club
Red Deer, AB, Canada
Email: info.reddeermasters@gmail.com

EVENT LIST:

1. 400 Choice
2. 50 fly
3. 100 breast
4. 50 back
5. 25 fly
6. 200 breast
7. 100 back
8. 25 free

Break – 20 minutes – if time allows (Minimum of 10 minutes to a max of 20 minutes)

9. 200 (4 X 50) Medley Relay -Men
10. 200 (4 X 50) Medley Relay - Women
11. 200 Back
12. 100 Fly
13. 50 Free
14. 25 Breast
15. 100 I.M.
16. 200 Free

Break – 20 minutes – if time allows (Minimum of 10 minutes to a max of 20 minutes)

17. 200 Fly
18. 100 Free
19. 50 Breast
20. 25 Back
21. 200 I.M.

Break – 10 minutes – if time allows

22. 200 (4 X 50) Free Relay – Men
23. 200 (4 x50) Free Relay – Women
24. 200 (4 x50) Free Relay – Mixed
25. 200 (4 x50) Medley Relay - Mixed