

Edmonton Masters Swim Club
First Frost November 2025



Sanction: # TBA

Date: Saturday, November 8, 2025

Session: Warm-up: **11:30 AM – 12:15 PM**
(additional warm-up lanes will be available throughout the meet)
Start: **12:30 PM**
Finish: **7:00 PM**

Location: Kinsmen Sports Centre
9100 Walterdale Hill, Edmonton, AB

Format: 25m indoor eight-lane competition pool.

- The competition is planned to run in 6 lanes, unless 8 lanes are required. Meet Management will determine if 8 lanes are required based on registration and session times.

Entry Process: All club entries must be submitted through the Swimming Canada online system. Unattached masters must submit the following information to the meet manager.

- First Name
- Last Name
- Swimming Canada registration ID number
- Date of birth
- Club code (WILD – for Swim Alberta Unattached Masters)
- Events with entry times
- Entry fees (as per the individual meet information package)

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.
- A HY-TEK file will be available on the Swimming Canada website at www.swimming.ca
- Entries will also be accepted via email and [Google Form](#) to the meet manager (see contact information below).

Entry Fees: HY-TEK entries are \$40 per swimmer and non HY-TEK entries are \$50 per swimmer. Fees must be paid **before** the meet and can be paid via cheque (made out to Edmonton Masters Swim Club) or Interac e-transfer to edmontonmastersswimclub@gmail.com. If sending by e-transfer, please use "Registration First Frost" 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: No deck entries will be accepted, with the exception of relays.

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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 **12:00 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 (**12:15 PM**) to confirm their intention of swimming in these events.

Deadline for Entries: Entries and fees are due by 11:59 pm on **Tuesday, October 28, 2025.** Late entries will not be taken.

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. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate, will also apply.

MSC Rules and Warm-up Procedures will govern the meet:

<https://www.mastersswimmingcanada.ca/WP/wp-content/uploads/2018/01/MSC-Warm-up-2017-18.pdf>

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 Kinsmen Sports 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.

Eligibility

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- 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 October 28, 2025 to participate. For results purposes, the age of the swimmer will be as of December 31st, 2025 (as per FINA rules).

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 in PDF and HY-TEK format on the following websites:

- edmontonmasters.org
- swimrankings.net

Record Attempts and Official Splits: If you are attempting a record of any sort, or require official splits during one of your swims, please inform meet management well beforehand so that they are able to accommodate your request.

Photography/Videography

1. In order to minimize risk, all photographs and video taken at Swimming Canada/PSO 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.
2. The full details on the Event Photography and Videography Procedure can be found [HERE](#)

Meet Manager: Laura Huxley
Edmonton Masters Swim Club
800, 9707 – 110 Street NW
Edmonton, Alberta T5K 2L9
Email: emscmeetmanager@gmail.com

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EVENT LIST:

1. 800 free
2. 50 fly
3. 100 breast
4. 50 back
5. 25 fly
6. 200 breast
7. 100 back
8. 200 free
9. 25 free

Break – 20 minutes – if time allows

10. 4 X 50 Medley Relay (Men, Women, Mixed)
11. 200 Back
12. 100 Fly
13. 50 Free
14. 25 Breast
15. 100 I.M.
16. 400 Free

Break – 20 minutes – if time allows

17. 4 X 50 Free Relay (Men, Women, Mixed)
18. 200 Fly
19. 100 Free
20. 50 Breast
21. 25 Back
22. 200 I.M.

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Entries can also be submitted online via [Google Form](#)

Name: _____ Phone: (____) _____

Birthdate (yyyy/mm/dd)_____/_____/_____ Age on December 31, 2025: _____

Masters Swimming Canada Registration Number: _____

Club Name: _____ Sex: M or F

Event #	Event Name	Seed Time (short course meters)
1	800 Free	
2	50 fly	
3	100 Breast	
4	50 Back	
5	25 Fly	
6	200 Breast	
7	100 Back	
8	200 free	
9	25 Free	

Break – 20 minutes – if time allows

10	4 x 50 Medley Relay (Men, Women, Mixed)	
11	200 Back	
12	100 Fly	
13	50 Free	
14	25 Breast	
15	100 I.M.	
16	400 Free	

Break – 20 minutes – if time allows

17	4 x 50 Free Relay (Men, Women, Mixed)	
18	200 Fly	
19	100 Free	
20	50 Breast	
21	25 Back	
22	200 I.M.	

Please check the appropriate entry fee box:

- ☐ **\$40.00 per swimmer**
 - Entries submitted with a HY-TEK file through www.swimming.ca
- ☐ **\$50.00 per swimmer**
 - Entries submitted on an entry form (not a HY-TEK file).