Cochrane Comets Competitive Swim Club

🎄 Holiday Invitational 🎄

Dates: December 11-12, 2026

Location: SLS Centre, Jayman Built Aquatic Center
800 Griffin Road East, Cochrane, AB T4C 2B8

Facility Specs: 25 meters (Short Course), 8 lanes, single-ended competition pool
Timing System: Swiss Timing Electronic System & HY-TEK Meet Management Software

Sanction by Swim Alberta (pending)

1. KEY MEET CONTACTS & OFFICIALS

Role	Contact Person	Email / Information
Meet Manager	Debra Clarke/Melanie Pinet	meetmanager@cochranecomets.ca
Meet Referee	Teresa Stauft	tlstauft@shaw.ca
Officials Coordinator	TBD	officials@cochranecomets.ca

2. ELIGIBILITY & AGE GROUPS

This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics-affiliated club. Swimmers' age will be determined as of the first day of the meet (December 11, 2026).

Age Groups: 10&U, 11-12, 13-14, 15&O

3. FORMAT & SEEDING

All sessions will be Timed Finals.

In accordance with Swimming Canada Rule C3.5.1 - Timed finals will be swum slowest to fastest, with the swimmers seeded according to their submitted times.

Two-Swimmer-Per-Lane Prohibition: In accordance with Swimming Canada operational rules, two (2) swimmers per lane is strictly prohibited for all events, including distance events (800m and 1500m Freestyle).

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4. MEET RULES & GOVERNING BODY STATEMENT

Sanctioned by Swim Alberta. The meet will be conducted under published World Aquatics and/or World Para Swimming rules and regulations, supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations.

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5. SWIMMER MISCONDUCT RULE

For the purposes of Rule C2.5.2.1 (was C2.3.2.1 in the previous rulebook), "misconduct" shall include, but is not limited to:

- 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.
- 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.
- Additional info & guidance are available on the Swimming Canada Rules webpage.

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6. WARM-UP REQUIREMENTS

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 webpage.

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7. DIVING & COMPETITION READINESS STANDARDS

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Facility Rule 16.1.4, 16.1.8, and Swimming Canada’s Rule 4.1. Entry to competition is limited to

participants who have passed Swim Alberta's Competition Swim Test. During competition, swimmers should dive at the Dive Readiness Progression skill they have achieved.

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8. ENTRY LIMITS & DISTANCE QUALIFYING TIMES

Total Swimmer Cap: Limited to a maximum of 300 swimmers.

Individual Limit: Swimmers are limited to a maximum of eight (8) individual events. Meet management reserves the right to alter the program to adhere to the 4-hour session limit mandated by Swim Alberta.

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9. ENTRIES, FEES & PAYMENT

Category	Fee
Individual Events (under 400m)	$18.00 per event
Relay Entries	$20.00 per team
Deck Entries (Exhibition Swims)	$25.00 per event

Entry Submission: All entries must be submitted electronically through the Swimming Canada online portal (RTR/Hy-Tek entry file).

Payment Options: E-Transfer is the preferred method of payment. Please send to admin@cochranecomets.ca. Alternatively, cheques can be made payable to *Cochrane Comets Competitive Swim Club*.

Invoices will be generated following the scratch deadline and are payable prior to the start of Session 1.

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10. KEY DEADLINES & SCRATCH RULE

- **Entry Deadline:** Thursday, December 3 @ 5:00PM, MST
- **Scratch Deadline:** Monday, December 7 @ 5:00PM, MST
- **Scratch Submissions:** Email scratches to meetmanager@cochranecomets.ca

No refunds will be issued for scratches received after the deadline.

The official **Swim Alberta Scratch Rule** will be enforced.

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11. DECK ENTRIES & EXHIBITION SWIMMERS

Deck entries will be accepted provided that extra heats are not created and approval is granted by the Meet Manager. Deck entries are restricted to swimmers currently registered with Swimming Canada and must be paid at time of request ($25/event).

All deck entries are exhibition swims, are non-scoring, and are ineligible for awards or finals.

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12. OFFICIAL SPLITS & TAPING GUIDELINES

Official Splits: Must be requested prior to the start of the session and will only be considered for swimmers attempting a Festival, Provincial Trials/Champs, or National qualifying time.

Medical Taping: Taping is permitted for age-group athletes. If medical taping is required for support/injury management, swimmers/coaches must notify the Meet Referee prior to the start of the session.

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13. PHOTOGRAPHY/VIDEOGRAPHY, SAFE SPORT, SWIMWEAR,

Photography/Videography: All photos and videos taken at Swimming Canada and Swim Alberta sanctioned meets, whether by spectators, team staff, participants, or professionals, must follow accepted standards of decency. Cameras, smartphones, and recording devices are strictly forbidden behind the starting blocks during practice or competition starts, as well as inside locker rooms, bathrooms, and dressing areas.

Safe Sport Mandate: All interactions between an athlete and an individual in a position of trust must be in an environment or space that is both "open" and "observable" to others.

Swimwear Regulations: All swimmers are permitted to race with swimwear of their choosing at Swim Alberta sanctioned competitions. Prior declaration is not required if the fabric is a permeable open mesh textile that does not create an unfair technical

advantage in terms of speed, buoyancy, or endurance.

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14. VOLUNTEERS & OFFICIALS BRIEFINGS

Visiting clubs are asked to assist with volunteer deck officials. Volunteer signup links will be distributed to attending clubs prior to the event.

- **Coaches Meeting:** Friday, at the Admin Desk prior to warm-ups.
- **Officials Briefing:** Conducted 45 minutes prior to the start of each competition session.

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15. EVENT ORDER & SESSION SCHEDULE

SESSION #1 — Friday PM (December 11, 2026)

Warm-up: 2:30 PM | **Start:** 3:30 PM (All Age Groups)

Girls Event #	Event Description	Boys Event #
1	50m Backstroke	2
3	100m Free	4
5	100m Breaststroke	6
7	4x50m IM Relay	8

SESSION #2 — Saturday AM (December 12, 2026)

Warm-up: 7:30 AM | **Start:** 8:30 AM (All Age Groups)

Girls Event #	Event Description	Boys Event #
9	100m Backstroke	10
11	50m Free	12

Girls Event #	Event Description	Boys Event #
13	100m Fly	14
15	200m Backstroke	16
17	4x50m Freestyle Relay	18

SESSION #3 — Saturday PM (December 12, 2026)

Warm-up: 2:30 PM | **Start:** 3:30 PM (All Age Groups)

Girls Event #	Event Description	Boys Event #
19	200m Freestyle	20
21	50m Breaststroke	22
23	200m IM	24
25	50m Fly	26
27	200 Breaststroke	28