

Rocky Barracudas' Winter Waves Internal Swim Meet

Wednesday, December 17, 202

5 ~ 4:00 pm - 6:00 pm

FACILITY

Credit Union Coop Aquatics Centre (Municipal Pool)
5202 53 Ave, Rocky Mountain House, AB T4T 1R7

PURPOSE

The purpose of this internal swim meet are listed here:

- Give new swimmers a chance to practice in a low-pressure environment
- Reinforce technical skills - starts, turns, finishes, and pacing
- Help swimmers learn meet procedures: marshalling, heat sheets etc.
- Help parent volunteers understand the various official positions at a sanctioned swim meet
- Allow coaches to evaluate progress and identify skills to work on
- Build club unity and encourage family engagement

SWIM MEET DATE & TIMES

Wednesday, December 17, 2025	Warm-Up: 4:00 to 4:15 pm	Events Start Time: 4:20 pm
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PRE-MEET DEADLINES

Entry Deadline: Individual & Relay Teams Monday, December 8, 2025	Scratch Deadline: Monday, December 15, 2025
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ENTRY FEE

There is no entry fee. All costs

are incurred by the RBSC.

MEET FORMAT

Meet Type - Level 1: Single Session Time Final / Sanction type: not sanctioned

25 m short course format

Minimum: 50 swimmers / Maximum: 150 swimmers

All events will be seeded slowest to fastest with mixed-gender and mixed ages.

There will be no qualifying or de-qualifying times.

Every attempt will be made not to exceed 2 hours (including Warm-Up). In the event of unexpected delays causing the swim meet to exceed 2 hours, Meet Management reserves the right to eliminate the last event.

ELIGIBILITY

This competition is open to all swimmers currently registered with Swimming Canada and the Rocky Barracudas Swim Club.

WINTER WAVES INTERNAL MEET EVENT'S SCHEDULE

Event Order	Event Name (All Mixed)
1	50 m Breaststroke
2	100 IM
3	25 m Freestyle
4	100 m Backstroke
5	50 m Freestyle
6	25 m Breaststroke
7	100 m Freestyle
8	25 m Butterfly
9	50 m Butterfly
10	25 m Backstroke
11	50 m Backstroke
12	200 IM
13	Team Relay (if time permits) 10 and under - 100m Mixed Medley 11 and up - 200m Mixed Medley

ENTRY PROCESS

Please indicate that you are attending on Swimtopia.

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

Swimmers are limited to a maximum of **five (5)** individual events.

NT (no time) entries will not be accepted. If necessary, please use a coach-estimated time.

SCRATCHES

Scratch Deadline: **Monday, December 15, 2025**

COMPETITION AND DIVING READINESS STANDARDS

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

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 RULES

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. 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. Swimming Canada Competition Warm-Up Safety Procedures will be in effect at this meet.

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.

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.

PHOTOGRAPHY/VIDEOGRAPHY

To minimize risk, all photographs and video taken at Swimming Canada and Swim Alberta 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 at:

https://www.swimming.ca/wp-content/uploads/2023/07/2022_Event-Photography-Procedure.pdf

AWARDS

Ribbons will be awarded for all Personal Best Times.

RESULTS

Individual results will be recorded and split by gender in the following age categories:

8 & under, 9-10, 11-12, 13-14 and 15 & over

Results will be shared with coaches and imputed into our database.

OFFICIALS

Parent volunteers from our club are required to fill the various positions. Please sign up through Swimtopia or you can reach out to **Sara Barr** at rbscmeetmanager@gmail.com if you have any questions.