



PONOKA POOL SHARKS – 2025-2026 COOKIE CLASSIC FEBRUARY 21 & 22, 2026

MEET PACKAGE & INFORMATION

Host: Ponoka Pool Sharks

Facility: 5 Lane 25m pool

Location: Ponoka Aquaplex
5315 – 46 Ave. Ponoka
403-783-0110

Eligibility:

- Meet Type: Level 1: Time Final single session
- Sanction type: Open Invitational.
- This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club.
- No qualifying or de-qualifying times.

Entry Process:

All entries must be submitted through the Swimming Canada online system.

Limits:

Max. 150 swimmers.
Min. 85 swimmers.
No reserved entries.

Fees: \$12.00 per Event (all but 25m events)
\$8.50 per 25m Event

Swimmers will be allowed to swim a maximum of **7 individual events**.

Invoices will be generated and sent to each club (for their swimmer's fees) post registration. Payment is due on the first day of the meet. Please make cheques payable to Ponoka Pool Sharks or e-Transfer to treasurer@ponokapoolsharks.ca. No refunds will be given for scratches received after the scratch deadline.

Entry Deadline: **February 13, 2026**

Scratch Deadline: **February 17, 2026**

Event Order:

Sat. Feb 21	Sun. Feb 22
Warm up: 10 a.m. Start: 11 a.m.	Warm up: 8 a.m. Start: 9 a.m.
200 Free	25 Back
25 Breast	200 I.M.
100 Fly	50 Free
100 I.M.	100 Back
50 Fly	Break
Break	25 Fly
100 Breast	50 Breast
25 Free	100 Free
50 Back	Eliminator Round
400 Free	

*Coaches meeting: 9:45am, Saturday

**Officials meeting: 10:00am, Saturday



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Club Contact	Maggie Andrews - Club President	president@ponokapoolsharks.ca
Meet Manager	Mark Jorgenson 403-341-9552	meetmanager@ponokapoolsharks.ca
Referee	Astrid Eckstein 403-226-1495	astrid.referee@gmail.com
Officials Chair	Mark Jorgenson 403-341-9552	
Head Coach	Caitlin Jorgenson 403-783-1090	coach.caitlin@ponokapoolsharks.ca

Notes:

All events will be Mixed gender.

The Referee will use the utmost discretion for inexperienced swimmers.

Dolphin Timing System

Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system. Deck entries will be received on a first come first serve basis to fill empty lanes only at an entry fee of \$15/event. Deck entry fee must be paid in cash at time of deck entry.

A Hy-Tek file is available for download from the Swimming Canada website.

Entry times **ARE REQUIRED**. Please make your best educated guess if needed.

To ensure the highest quality meet, the meet manager reserves the right to limit the number of swimmers and/or the number of individual swims due to time constraints. Meet management reserves the right to make any changes to the swim program as necessary.

Seeding:

All events will be swum mixed gender and seeded slowest to fastest. Clubs will be advised of any changes prior to the start of the session.

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.



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

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and SW 4.1.

Scratches: The Swim Alberta scratch rule will be in effect for this competition.

Pool Information:

No Records Permitted, Times Only

Turn End Flags at 4.85m

Turn End Depth at 0.93m

Competition and Diving Readiness Standards:

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 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.

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

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.

The full details on the Event Photography and Videography Procedure can be found [HERE](#)

Awards:

Awards will be presented to the top 3 finishers in each event for the following age groups: 9 & under,



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10-11, 12-13, 14-15, & 16 & Over. Awards may not be available at the completion of the meet and, if not, will be shipped to clubs.

Fun Relays:

- Event will be a 200 I.M. Relay.
- Relay teams shall be mixed gender (2 female & 2 male) teams.
- Relay teams may be made up of athletes from multiple clubs.
- Age group categories:
 - 10 and under
 - 11-14
 - 15 and over
- Relay teams shall be submitted during the break on Saturday.
- Relays will not be scored for points and results will not be uploaded.

The Eliminator:

The top 5 swimmers in each age group of the 50 free will qualify for the eliminator sprint rounds. The last swimmer of each round will be eliminated until only one swimmer remains. Awesome prizes for fastest swimmer in each age-group. **Positive check-in for eliminator round is required during the scheduled break.** Eliminator races will not be scored for points and results will not be uploaded.

Results:

Meet results will be uploaded on the Swimming Canada website after the meet (subject to change, pending Swim Alberta protocols in place at the time).

Results on Meet Mobile are unofficial.

General Notes:

- Raffle tickets may be purchased (cash only) and entered into the available raffle basket draws, with thanks to our local businesses who supported our club with basket donations.
- A bagged or served meal will be provided for Saturday lunch and Sunday breakfast to officials, coaches and volunteers.
- Clubs are responsible to maintain and leave their Team Area in a neat and tidy order. Please respect the facility.
- Deck access is limited to Swimmers, Coaches, Officials and Volunteers only. Parent viewing is limited to the pool lobby and/or the west bleachers. Parents are NOT allowed on deck at any time.
- There will be zero tolerance for abuse of volunteers and officials.
- Clubs should make parents and any other volunteers aware of the facility rules prior to arrival.