

Spring Invitational 2026



March 14, 15, 2026

YMCA -Seton 4995 Market Street, St SE, Calgary, AB T3M 2P9

25 meter, 10 lane pool

Omega/Quantum timing system

Level 2 Time finals

Eligibility:

This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics-affiliated club.

Expected Entries:

- Maximum of 425 Swimmers and Minimum 250 swimmers
- Nose Creek Swim Association - reserved 110 swimmers

CONTACT INFORMATION

Meet Managers: Erin Mercer, Delia Antal meet.manager@ncsaswim.ca

Entries: Melia St Louis entries@ncsaswim.ca

Officials Coordinator: Margret Palmer ncsa.officials@ncsaswim.ca

Meet Referee: Doug Bird

SCHEDULE

Sessions		Date	Warm up	Start
Session 1 (Timed finals)	All Ages	Saturday, March 14, 2026	8:00 AM	8:45 AM
Session 2 (Timed finals)	All Ages	Saturday, March 14, 2026	2:00 PM	2:45 PM
Session 3 (Timed finals)	All Ages	Sunday, March 15, 2026	8:00 AM	8:45 AM
Session 4 (Timed finals)	All Ages	Sunday, March 15, 2026	2:00 PM	2:45 PM

ENTRIES

- Entry Fees:** Individual events:\$18.00
Entry Fees are non-refundable after the entry deadline. Entry
- Deadline:** Friday, February 28, 2026, 11:59 PM
- Deck Entries:** Deck Entries will be charged \$25.00 / event for all individual events.
All Deck Entries are exhibition swims and will not be scored. **Refund**
- Deadline:** No refunds for any scratched swimmers after the entry deadline

Entry Procedures:

- Swimmers are limited to 4 events per day (2 events each session) or 8 events for the meet
- All entries must be submitted via Hy-tek through the Swimming Canada online system.
- All entries must contain the swimmer's name, Swimming Canada swimmer ID and date of birth. If entering from outside Canada, please email the Hy-tek file directly to the entries email address.
- Please enter all events with a time. NT's will not be accepted.
- Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system and will be accepted, subject to no new heats being created, at Meet Management's discretion. Deck entries must include proof that the swimmer is fully registered with Swimming Canada.

Payment:

- Cheques are to be made payable to NCSA
- E-transfer to ncsa.payments@ncsaswim.ca

To ensure the meet runs efficiently, any last-minute scratches must be submitted by Noon on Thursday, March 12, 2026. Please notify us by email, entries@ncsaswim.ca.

MEET INFORMATION

Rules:

- The meet will be conducted in accordance with 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 warm-up procedures will be in effect.

Age Groups:

- Individual Events - Results will be posted in the following age groups:
- 10 & Under, 11-12, 13-14, 15 & Over

Meet Format – Timed Final Events:

- All events will be swum from slowest to fastest.
- All events will be Timed Final (TF)
- There will be positive check-in for 400's and the 800.
- Meet Management reserves the right to alter, revise, limit enrolment, or otherwise modify the program as necessary to ensure sessions remain of reasonable length and are conducted safely and efficiently. Coaches will be advised of any changes prior to the start of the meet whenever possible.

Scratches:

- The Swim Alberta Scratch Rule will be in effect for this competition.

Swimwear:

- 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.

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.

Competition and Diving Readiness Standards:

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

Diving Rules:

- Starts will be conducted from Starting Platforms (blocks) in accordance with World Aquatics Facility Rule 16.1.4, 16.1.8, and Swimming Canada's Swimming Rule 4.1.

Newly Defined Swimmer Misconduct Rule C2.3.2.1:

- For purposes of Rule II 2.3.2, “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 may be considered misconduct. - 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.

Photography / Videography:

- In order to minimize risk, all photographs and videos 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:

- The top 3 swimmers in each age group will receive medals, and ribbons for 4th-8th place.
- Official results will be submitted in accordance with Swimming Canada requirements following the completion of the meet. Unofficial results may be made available during the competition.

PLEASE NOTE:

MEET MANAGEMENT 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. COACHES WILL BE NOTIFIED OF ANY CHANGES BEFORE THE MEET.

Deadlines:

- Entry Deadline Friday, February 28, 2026, 11:59 PM (No refunds for scratches after this date.)

Spring Invitational 2026 Schedule

Session 1 - Timed Finals Saturday, March 14, 2026 Warm-up 8:00 am Start 8:45 am	200 Back 50 Fly 200 Breast 50 Back 400 Free
Session 2 - Timed Finals Saturday, March 14, 2026 Warm-up 2:00 pm Start 2:45 pm	200 IM 50 Breast 200 Fly 100 Free
Session 3 - Timed Finals Sunday, March 15, 2026 Warm-up 8:00 am Start 8:45 am	400 IM 100 Breast 100 Fly 200 Free
Session 4 - Timed Finals Sunday, March 15, 2026 Warm-up 2:00 pm Start 2:45 pm	100 IM 100 Back 50 Free 800 Free