



Wild Hair Fundamentals Meet

MEET INFORMATION PACKAGE
HOSTED BY



FACILITY: Elevation Place, Canmore, AB

DATE & TIME:

Saturday Mar 14, 2026

Warm-up: 2:15 pm

Start: 3:15 pm

Estimated Finish: 7:00 pm

CONTACTS:

Meet Managers:

Lindsey Williams lindsey@riptides.ca

Officials Chair: Brad Skinner brad@riptides.ca

Referee: Teresa Stauff

Riptide Office: (403) 431-4111

ENTRY DEADLINE: March 2, 2026

COMPETITION FOCUS

The Fundamentals Circuit is a series of early development competitions based on the Fundamentals stage outlined in Swimming Canada's Appropriate Athlete Development. The focus age for the Fundamentals Circuit is 11 & under, however it is understood that there will be cases where swimmers age 12 & over are truly novice. New 12 & over swimmers may enter the fall competitions with the purpose to establish times and experience their first races. For competitions held December and onward, swimmers aged 12 & over should attend invitational competitions. Coaches should use discretion when entering 12 and over swimmers. Swimmers of any age who are registered with the Dolphin Swim Club are welcome to attend.

In addition, swimmers with a disability who are currently classified with a Level 1 classification or who may seek classification as a para swimmer in the future may participate regardless of age.

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.

RULES

The meet will be conducted under published World Aquatics and/or WPS 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

DIVING RULES

1. 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.
2. Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule C16.1.4.1 and Swimming Canada's Swimming Rule 4.1.1.
3. In-water starts will be conducted as per Swimming Canada's Swimming Rule 4.1.2

WARM-UP

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

Warm-up will be limited to two twenty minute time slots (lanes and time slots assigned by teams based on final swimmer numbers). Sprint lanes are to be run in your own team assigned lane during the 20-minute block.

Diving needs to be supervised by coaching staff, and only one way of swimming.

COMPETITION AND DIVING READINESS STANDARDS

Entry to 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.

ELIGIBILITY

The following swimmers are eligible to swim in the Fundamentals Circuit competitions.

- a) This competition is open to all swimmers currently registered with a Swimming Canada affiliated club that is participating in the Fundamentals Circuit.
- b) Swimmers who are registered as pre-competitive can enter and compete in ONE sanctioned competition per swim season. Swimmers who wish to enter additional competitions must upgrade to a competitive registration.
- c) Swimmers are de-qualified from entering any event in which they have achieved an 11-year-old Festival time standard. While it is not recommended that swimmers enter events in which they have achieved a 10 & under festival time, it is permitted, understanding that swimmers often age-up during the season and will require opportunities to achieve an 11 and under standard.
- d) Para swimmers with a Level 2 Classification who have achieved the para swimming provincial time standard are de-qualified from the Fundamentals Circuit.

CLUBS INVITED: Riptides; Calgary Patriots; Highwood Current; Strathmore; Killarney Swim Club

ENTRIES*

Swimmers are limited to a maximum of four (4) individual swims.

- 25m events are intended for new swimmers. Once a swimmer has successfully completed 25m races of a stroke they may consider the 50m event.
- Swimmers are limited to a maximum of two 100m events per competition.

** The meet is expected to have a maximum of ____ swimmers and will run with a minimum of ____ swimmers.*

ENTRY PROCESS

Receive entries by email.

Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.

SWIMWEAR

All swimmers are permitted to race in 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.

ENTRY FEES

Entry fees for single session Fundamentals Circuit competitions (October to April) will be \$40.00 per participant.

ENTRY TIMES

Entry times are required for all entries to facilitate timing of the meet. No Time (NT) entries will not be accepted. If a time is not available coaches must use their best estimate for each swimmer based on age, stroke and ability. If you are unsure how to estimate, use the table below as a reference point.

Distance	7&U	9&U	10&U
25m races	45.0	35.0	30.0
50m races	1:30.0	1:15.0	1:00.0
100m races	2:30.0	2:20.0	2:10.0

MEET FORMAT

Meet Format: The competition will be Time Final.

Seeding: The competition will be swum as mixed gender, open, seeded slow to fast, with results split by age category for ranking. Age Categories: 8 & under, 9, 10, 11 & Over

RIBBONS

Ribbons will be awarded for all Best Times and Great Swim.

SCRATCHES

The Swim Alberta Scratch Rule will be in effect for this competition. After the entry deadline, coaches are encouraged to send scratches to the meet manager before the start of the first session. Each session a scratch sheet, complete with the name of the club, the name of the swimmer and the event number(s), must be handed to the Clerk of Course no later than 30 minutes before the start of the meet.

Schedule of Events

50 Back
25 Back
50 Fly
25 Fly
50 Free
25 Free
50 Breast
25 Breast
100 IM
100 BR

PHOTOGRAPHY/VIDEOGRAPHY

1. 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 <https://www.swimming.ca/event-resources/>

Meet management reserves the right to make adjustments to meet package as necessary. Technical bulletins will be provided for any changes made once sanctioned.

MAXIMUM FOUR (4) INDIVIDUAL EVENTS PER SWIMMER.