



# CASCADE SWIMMING

Event	CSI 2026: Once Upon a Time in Hollywood
Sanction No.	
Date	28-31 May, 2026 (Thursday to Sunday)
Location	MNP Community & Sport Centre 1x50m pool with additional warm down space 2225 Macleod Trail South Calgary AB T2G 5B6 <a href="http://www.CascadeSwimming.com">www.CascadeSwimming.com</a>
Entry Deadline	May 14th, 2026
Scratch Deadlines	May 14th, 2026*

**\* Withdrawals will not be refunded after the entry deadline**

#### Sanction

This meet is sanctioned by Swim Alberta.

#### 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.

#### Host

The Cascade Swim Club

#### Safe Sport

Swim Alberta provides a fun, healthy, inclusive and safe environment. Swimming enriches the lives of everyone involved by ensuring that the training and competitive environment is one where athletes, coaches, officials, volunteers and staff know they are safe, and are treated with respect and dignity. Swim Alberta believes that all members have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

Swim Alberta further recommends that 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 Manager	Cascade MM Committee	<a href="mailto:MeetManager.Cascade@gmail.com">MeetManager.Cascade@gmail.com</a>
Officials Chair	Cascade MM Committee	<a href="mailto:board.Officials2.Cascade@gmail.com">board.Officials2.Cascade@gmail.com</a>
Meet Referee	Teresa Stauff	<a href="mailto:MeetManager.Cascade@gmail.com">MeetManager.Cascade@gmail.com</a>
Technical Director	Jasen Pratt	<a href="mailto:jasen@cascadeswimming.com">jasen@cascadeswimming.com</a>

### Eligibility

This is an open meet. Swimmers currently registered with a Swim Alberta, Swimming Canada or World Aquatics affiliated year-round club may enter.

### Qualifying

Swimmers should meet the qualifying standards to attend. Converted times are permitted to qualify. Para swimmers who are age eligible and have a Level 1 classification may attend. Swimmers may enter as many events for which they qualify.

### Entries

Swimmers may swim a maximum of seven (7) individual events (not including Mini Pro events - they don't count towards max) plus the relays. Swimmers with 1 qualifying time are able to swim 5 events in total (1QT + 4 Bonus swims). Swimmers entering six (6) or more swims must have QT's in all events. **The following events are not eligible for "Bonus Swims": 400 FR, 800 FR, 1500 FR, 200 BR, 200 FLY and the 400IM. Swimmers must meet the entry time standard in those events.**

**The meet will accept up to 400 (give or take) swimmers. This will be dependant on a reasonable time out for the morning sessions that does not exceed available pool time.**

Entries must be submitted online at [www.swimming.ca](http://www.swimming.ca). Deck entries are permitted to fill empty lanes but only swimmers already in the meet may be deck entered into events. Deck entries must be in prior to the start of the preliminary session and do not count against a swimmer's seven (7) event max. Deck entered swimmers are able to qualify for finals swims.

Entry changes are permissible after the entry deadline and the meet has closed. **New event entries will be accepted but there will be no refunds on any previous entries dropped.**

**Entry Fees** payable to the **Cascade Swim Club** by cheque or Transfer (preferred method) to [accounting@cascadeswimming.com](mailto:accounting@cascadeswimming.com).

Entry Fees are \$20.00 per event (including relays) and \$35.00 per deck entry. Entry fees include Olympic Bonus and are refundable prior to the entry deadline. **Entry fees are not refundable for any reason after the entry deadline.** Entry fees must be paid prior to the start of the competition.

### Entry Rules

Entries must be submitted using the athletes best long course time, converted times may be used for entry. **No-Time (NT) entries will not be accepted. Only invited teams may participate in the CSI 2026: Mini Pro session happening on Thursday evening.**

### Scratches

The Swim Alberta Scratch Rule will be in effect for this competition. Coaches are requested to submit any known scratches to the meet manager by 3:00 PM prior to the start of the meet. (See appendix A). There are no penalties for "no shows" in prelims or finals. All other scratches during the event should be brought to the Administration Desk.

### Preliminaries

All preliminaries will swim regardless of the number of entries. Some preliminary events will be seeded and swum fastest to slowest when they precede a time final event.

### Finals

All events will be swum prelims and finals (including 400's) seeded in their respective age categories except that the Female 13 & 14 year old and Male 14 & 15 year olds will be combined into one double-age category in their respective genders for preliminaries.

All events will be swum as prelim and final unless otherwise noted for timed final events.

"A" Finals in all events. In our SR Category "B" finals in all 50, 100 and 200m events with 24 or more entries by the entry deadline (with the exception of the 200m butterfly and 200m breaststroke). The 400 FR only have an "A" final.

The 400 IM is seeded as per above and swum slowest to fastest. The

400 FR is seeded as per above and swum fastest to slowest.

### Timed Final Events

The 800 & 1500 Free are timed finals split between the prelim and final session (top-8 at night). In the prelims the 800's will be swum senior seeded and swum fastest to slowest.

Relays are timed final events and may be split into prelims and finals if needed to to maintain appropriate session lengths.

### Format

#### Age Categories

Female Individual: 12&U, 13, 14 and 15&O (SR)

Female Relay: 12&U, 13-14 and 15&O (SR)

Male Individual: 13&U, 14, 15 and 16&O (SR)

Male Relays: 12&U, 13-14 and 15&O (SR)

\*In the event it is needed age categories may be combined in the prelims to reduce session length.

### Para

Para swimmers will be seeded with all other swimmers based on their age category and/or entry times; they will not be guaranteed to be seeded with other para swimmers. Events with split distances by classifications are considered the same event (e.g. 200/400 Free) and should follow the same event order as per the meet information package. Please see Swim AB page on PS meets (para) [here](#).

### Diving

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

### Dive Readiness

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.

### Awards

There will be prizes for top swim of the session, top swim of the day and top swim of the meet in both the female and male category.

### Official Splits

Must be requested prior to the start of the session. Coaches may be required to supply timers for Official Split requests.

### Swim Offs

All swim offs will be conducted in the session in which the preliminary race occurs.

### Psych Sheets

To be published prior to the meet.

### Webcast, Live Results & Meet Mobile

Sessions of this meet will be shown live on the Cascade Swim Club YouTube page. Results will be made available live on both Meet Mobile and club's CSI event page.

### Photography/Videography

Club Photographers are not permitted. Professional media may request an accreditation from the event technical director prior to the start of competition. 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](#).

### Warmup Procedures

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

**Swimwear at Competitions**

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. *World Aquatics II.15 Swimwear and Wearables (which is under Part II of the AQUA Competition Regulations) are applicable.*

**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.

**Other**

*Cascade reserves the right to alter or change the meet format as needed including but not limited to allowing swimmers into events that do meet either the qualifying standard or allowing swimmers to exceed the entry limit.*

*Any discrepancies between this meet package and the operation of the meet are the responsibility of the event technical director & meet manager (s) with the assistance of the meet referee if applicable. Only the technical director and or meet manager are permitted to make any material changes to the running of this event. All material changes are those defined as such by the meet technical director.*

*In the event of a meet delay due to facility interruption (ie alarm or other) the meet will resume once the facility has given the all clear and continue at least until the previously scheduled session end-time. It will be at the discretion of the organizing committee and advisory referees to determine if they are able to go any longer.*

**CSI 2026: Once Upon a Time in Hollywood  
Event Schedule**

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Thursday	Friday	Saturday	Sunday
Timed Finals Warm-up: 4:00PM	Prelims Warm-up: 7:30AM Finals Warm-up: 4:00PM	Prelims Warm-up: 7:30AM Finals Warm-up: 4:00PM	Prelims Warm-up: 7:30AM Finals Warm-up: 2:00PM
Meet Session #1	Meet Sessions #2 & #3	Meet Sessions #4 & #5	Meet Sessions #6 & #7
Girls 50 FR Boys 50 FR Girls 50 BK Boys 50 BK Girls 50 BR Boys 50 BR Girls 50 FL Boys 50 FL	Girls 200 IM Para (SM1-4) 150 IM Boys 100 BK Para (S6-14) 100 Back Girls 50 FR Para (S1-14) 50 Free Boys 400 IM Girls 200 BK Boys 200 FR Girls 50 FL Para (S1-7) 50 Fly Boys 50 BR Para (SB1-3) 50 BR Girls 100 BR Para (SB4-14) 100 BR Boys 100 FL Para (S8-14) 100 Fly Girls 400 FR Boys 4x50 FR Girls 4x50 FR	Girls 8&U, 9 & 10 Marquee Girls Marquee 50 FR Boys 200 IM Para (SM1-4) 150 IM Girls 200 FL Boys 50 FR Para (S1-14) 50 Free Girls 50 BK Para (S1-5) 50 BK Boys 200 BK Girls 100 FR Para (S1-14) 100 FR Boys 50 FL Para (S1-7) 50 Fly Girls 200 BR Boys 100 BR Para (SB4-14) 100 BR Girls 800 FR Boys 400 FR Girls 4x50 MR Boys 4x50 MR	Boys 8&U, 9 & 10 Marquee Boys Marquee 50 FR Boys 200 FL Girls 100 BK Para (S6-14) 100 Back Boys 50 BK Para (S1-5) 50 BK Girls 400 IM Boys 100 FR Para (S1-14) 100 FR Girls 200 FR Boys 200 BR Girls 50 BR Para (SB1-3) 50 BR Boys 1500 FR Girls 100 FL Para (S8-14) 100 Fly Mixed 4x50 MR
Event Notes			
Thursday events are part of the closed and by invitation only "Mini Pro" event. These events do not count against your event Max and are listed as time trial events in the meet file.	Relays are swum during finals session	The Marquee 50 Free is the 1st event of the finals session 800 Free is the last event of prelims with the top-8 seeded swimmers swimming in the finals session	The Marquee 50 Free is the 1st event of the finals session 1500 Free is the last event of prelims with the top-8 seeded swimmers swimming in the finals session

## Event Notes

Distance (800/1500 freestyle): The top-8 swimmers entered in the meet under the qualifying standard in each age category are guaranteed a swim. The remaining positions will be filled based on availability. The 400 IM and 400 Free have "A" finals only. The 200 Fly and 200 Breast have "A" finals only. All other events (50, 100 & 200) will have "B" finals (in the SR category) if there are twenty-four (24) or more entries once the scratch deadline has passed.

## Qualifying Standards

NT entries will not be accepted.

## Appendix A

Alberta provincial meets will use the Swim Alberta Scratch Rule. <http://www.swimalberta.ca/officials/meet-manager-information>

## SWIM ALBERTA SCRATCH RULE

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet (by Thursday 3PM & Wednesday at 3PM for Mini Pro participants). Any scratches that are not received by the published deadline will need to be submitted to the Clerk of Course. Scratches for the session's events are to be submitted to the Clerk of Course 30 minutes prior to the start of each session. There shall be no penalty for swimmers who 'no show' or submit a 'late scratch' for their event. There is no penalty for a swimmer who inadvertently misses an event during

Qualifying Times			Events	Qualifying Times		
CSI 12&U	CSI 13-14	CSI - SR		CSI 13&U	CSI 14-15	CSI SR
00:35.6	00:33.2	00:30.9	<b>50 Free</b>	00:33.0	00:30.2	00:27.5
01:16.7	01:11.7	01:06.7	<b>100 Free</b>	01:11.9	01:05.9	00:59.9
02:46.1	02:35.3	02:24.4	<b>200 Free</b>	02:38.1	02:24.9	02:11.7
05:55.0	05:31.8	05:08.7	<b>400 Free</b>	05:45.7	05:16.8	04:48.0
12:05.5	11:18.2	10:30.9	<b>800/1500 Free</b>	23:00.9	21:05.9	19:10.8
00:40.6	00:38.0	00:35.3	<b>50 Back</b>	00:37.9	00:34.7	00:31.6
01:26.6	01:21.0	01:15.3	<b>100 Back</b>	01:21.4	01:14.6	01:07.8
03:07.5	02:55.3	02:43.1	<b>200 Back</b>	02:59.5	02:44.5	02:29.6
00:45.0	00:42.1	00:39.2	<b>50 Breast</b>	00:42.0	00:38.4	00:34.9
01:38.9	01:32.5	01:26.0	<b>100 Breast</b>	01:31.5	01:24.0	01:16.4
03:36.0	03:21.9	03:07.8	<b>200 Breast</b>	03:22.5	03:05.6	02:48.7
00:37.9	00:35.4	00:33.0	<b>50 Fly</b>	00:35.4	00:32.5	00:29.5
01:24.0	01:18.6	01:13.1	<b>100 Fly</b>	01:19.0	01:12.4	01:05.8
03:04.0	02:52.0	02:40.0	<b>200 Fly</b>	02:58.3	02:43.5	02:28.6
03:10.0	02:57.6	02:45.2	<b>200 IM</b>	03:01.2	02:46.1	02:31.0
06:43.6	06:17.3	05:51.0	<b>400 IM</b>	06:29.3	05:56.9	05:24.4

finals.