



CASCADE SWIMMING

Event Spring Fundamentals May 2026

Date 23 & 24 May 2026 Saturday and Sunday

Location Brookfield YMCA at Seton

1x 10 Lane 25m pool

4995 Market Street SE Calgary AB T3M 2P9

www.CascadeSwimming.com

Entry Deadline May 11, 2026

Scratch Deadlines May 11, 2026*

*** Withdrawals will not be refunded after the entry deadline for any reason.**

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	MeetManager.Cascade@gmail.com
Officials Chair	Cascade MM Committee	board.Officials2.Cascade@gmail.com
Meet Referee	Stephen Rosenegger	MeetManager.Cascade@gmail.com
Technical Director	Jasen Pratt	jasen@cascadeswimming.com

Eligibility

This is a **closed meet**. Participation clubs are **Cascade and: CASC, APSC, CD, RIP, CRNT, CWC, KSC, LASC, STRATH.**

Swimmers will be eligible to swim in Fundamentals meets:

1. This competition is open to all swimmers currently registered with a Swimming Canada affiliated club that is participating in the Fundamentals Circuit.
2. Swimmers who are registered as non-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.
3. Swimmers may participate in events in which they have a Swim Alberta Festival time standard however swimmers are de-qualified from any event in which they have achieved a Provincial Trials time standard. **The exception at this meet is that CASCADE may be running events specifically for their own swimmers who are qualified at the provincial trials level above. Events for these swimmers will be run separated from the typical fundamentals swimmers.**
4. Para swimmers who have achieved the para swimming provincial time standard are de-qualified from the Fundamentals Circuit.

Qualifying

There are no qualifying standards for this meet.

Entries & Entry Process

Swimmers may swim to a maximum of six (6) individual swims. *Swimmers can swim three (3) individual swims max per day.*

Clubs may run 200m choice events (BK, BR, FLY) at home and email results to the meet manager. These events carry and event charge of \$4.00 per event (clubs can run any or all of the 200 events listed above). The 200IM, FR and 400 FR are being offered at the meet.

The meet will accept up to around 350 swimmers.

Entries must be submitted online at www.swimming.ca.

Deck entries must be in prior to the start of the

preliminary session and do not count against a swimmers six (6) event max and are accepted at \$12 per event.

Entry Fees

Payable to **the Cascade Swim Club** by cheque or **ETransfer** (preferred method) to **accounting@cascadeswimming.com**.

Entry Fees are **\$10** per swimmer, **\$15** per relay, **\$4.00** per **200m** 'run at home' event submitted **(these events are listed in session #3)** and **\$12.00** 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 short course time, converted times may be used for entry. **No-Time (NT) entries will not be accepted.**

Scratches

The Swim Alberta Scratch Rule will be in effect for this competition with **amendments noted in this meet package and or technical bulletin**. Coaches are requested to submit any known scratches to the meet manager by 3:00 PM (Friday) prior to the start of the meet.

Format

Individual Events:

Age Categories: 7&U, 8, 9, 10, 11, 12, 13&O*

*Events are seeded and swum as mixed gender, open, seeded slow to fast. Results will be published as per age categories listed.

All events are timed finals.

Awards

Ribbons will be given out for best times and great swims.

Diving

Starts will be conducted from Starting Platforms

(blocks) as per World Aquatics 16.1.4, 16.1.8 and Swimming Canada's Swimming Rule 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.

Psych Sheets

To be published prior to the meet.

Media

Club photographers are not permitted.

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.

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.

EVENT ORDER	
Saturday	
11:00 AM Warmups - 11:45 AM Start	
200 Free Relay (4x50)	
100 IM	
25 Free	
50 Fly	
50 Free	
25 Back	
100 Breast	
100 Back	
400 Free	
Finish 3:30PM*	
Sunday	
9:00 AM Warmups - 9:45 AM Start	
200 Free Relay (4x50)	
200 IM	
50 Back	
100 Fly	
50 Breast	
100 Free	
25 Breast	
25 Fly	
200 Free	
The following events can have results emailed in to meet management or brought to clerk of course on the 14th.	
200 Fly	
200 Back	
200 Breast	
Finish 2PM*	