



Jack Frost 2025

October 24-26, 2025

Hosted by: Okotoks Mavericks Swimming

FACILITY:

Brookfield Residential YMCA at Seton; 4995 Market Street SE, Calgary Alberta T3M 2P9
25 meters Short Course Format, 10 lanes, Single-ended

CONTACTS:

Meet Manager: Kylie Jones meetmanager@okotoksmavericks.com Ph. 403.818.7040

Officials Coordinator: Geoff Hurd officials@okotoksmavericks.com

SCHEDULE:

Date	PRELIMS Warm-up	Start	FINALS Warm-Up	Start
Friday, October 24	2:45PM	3:30PM		
Saturday, October 25	8:00AM	9:00AM	*3:00PM	*4:00PM
Sunday, October 26	8:00AM	9:00AM		

* Afternoon racing start time will be based on entries and session timeouts; the expected times will be communicated prior to the start of the competition.

TYPE OF COMPETITION:

This meet is an open invitational.

ELIGIBILITY:

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

Entries will be limited to 450 swimmers with a minimum of 200 swimmers required to proceed with the event. Each swimmer is eligible to swim maximum 6 events. A 7th event is allowed for those swimmers who would like to swim the 400m freestyle or 400m IM events.

SAFE SPORT OPERATIONAL STATEMENT:

- The Swimming Canada safe sport program will focus on three key areas: education, prevention and response, all of which will be supported by strong governance, policies and procedures. The goal is to ensure that all members and registrants of Swimming Canada, at all levels, have the resources to provide and access a fun, healthy, inclusive and safe environment.
- 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 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.
- The Swim Alberta Scratch Rule will be in effect for this competition.
- Meet management reserves the right to modify the meet program to allow for the maximum number of swims within the time allotted as per Swim Alberta's session's guidelines as well as any health restrictions at the time of the event.
- Relay entries with complete swimmer names are due to the by Admin Desk the end of the prior session.

DIVING RULES:

- 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.

COMPETITION AND DIVING READINESS STANDARDS:

- Entry to the 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.

SCRATCH DEADLINE:

- Scratch deadline: **5:00 p.m. on Monday October 13, 2025.**
- No refund for scratches received after this date.
- Scratches for each session's events are to be submitted to the Clerk of Course 30 mins prior to the start of each session.

FORMAT:

- The finals session on Saturday afternoon will feature selected events divided into 10&U, 11-12, 13-14, 15&O.
- Fridays and Saturday's sessions will be run as heats and finals (where applicable) and as timed finals.
- Saturday's finals will be "A" finals only.
- Sunday's session will be swum as timed finals.
- Heats will be seeded slowest to fastest with the exception of the 400m events, which will be seeded fastest to slowest.
- All 25m events will be for **10&U only** and will be timed finals.
- The 400 Freestyle and 400 IM will be restricted by the number of heats it creates but we will guarantee swims in certain age groups. Positive check-in for the 400 Free and 400 IM will be required. These events are restricted to 10&O only.

OFFICIALS:

Participating clubs are asked to volunteer one officiating shift per swimmer entered (**level 2 certification preferred**). Volunteer shifts can be sent to Geoff Hurd at: officials@okotoksmavericks.com

ENTRY PROCESS:

- Swimmers are limited to a maximum of 6 individual events. A 7th event will be allowed if the swimmer wants to swim the 400m Freestyle or 400m IM event.
- Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system. (www.swimming.ca)
- Deck entries will be accepted provided that extra heats are not created.
- Deck entries will be exhibition swims.
- Deck entries must be submitted to the Admin Desk a minimum of 30 mins prior to the start of the session.
- **Deck entries will cost \$25.00 for individual events and \$35 for relays and be paid at the time of request for a deck entry.**

ENTRY FEES:

Individual Events: **\$15.00**, Relays: **\$20.00**

- All entries must be submitted through the Swimming Canada online system.
- Cheques should be made payable to **Okotoks Mavericks Swimming**.
- Electronic funds transfers (E-transfer) can be sent to treasurer@okotoksmavericks.com
- Fees for the meet must be paid prior to the end of the first day to the mee

ENTRY DEADLINE:

- Entry deadline: **5:00 p.m. on Monday, September 29, 2025**
- Entry fees are to be sent to:
Okotoks Mavericks Swimming, Box 356, Okotoks, AB T2S 1A6
Email: meetmanager@okotoksmavericks.com Attention: Kylie Jones **OR**
E-transfer: treasurer@okotoksmavericks.com

RELAYS:

- Relay names are to be submitted with the online entries.
- The deadline for name changes will be a minimum of 60 minutes prior to the first relay event based on session timeouts, regardless of which event (age or gender) the team is entered in.

AWARDS:

- First to third place will receive medals.
- Fourth to sixth place will receive ribbons for 12&U ONLY.
- Individual Event Categories are: 10&U, 11-12, 13-14, and 15&O.
- Medals will be given in the podium area during Sessions 3. All other awards will be packaged for coach pick-up.
- **Coaches to collect ribbons and medals before leaving at the end of Session 4.**
- Winners of each heat will be given a token/band to exchange for entry for prizes to be drawn in Session 4. full).

RESULTS:

Results will be submitted in HY-TEK format to all attending clubs and be posted on the Swim Canada web site.

SESSIONS:

Session 1 Friday PM	Session 2 Saturday AM	Session 3 - FINALS Saturday PM	Session 4-TIMED FINALS Sunday AM
100 Backstroke	100 Freestyle	200 Medley Relay	25 Free - 10&U Final
50 Freestyle	200 IM	100 Breaststroke	400 IM – 10&O
100 Butterfly	100 Breaststroke	50 Free	25 Breaststroke – 10&U
200 Breaststroke	200 Butterfly	100 Butterfly	200 Backstroke
25 Backstroke -10&U	50 Backstroke	50 Backstroke	200 Freestyle
50 Butterfly	100 IM	100 Freestyle	25 Freestyle – 10&U
400 Freestyle – 10&O	50 Breaststroke	50 Breaststroke	200 Freestyle Relay
		100 IM	
		100 Backstroke	
		50 Butterfly	

OFFICIALS/VOLUNTEERS

All change rooms and showers are open for use. Officials and Volunteers are encouraged to bring a lock and keep personal items in the change room, not the officials/food room

HOSPITALITY

- Hospitality will be provided for coaches, officials, and volunteers.
- All individuals should bring their own water bottle and/or coffee cup with a lid to be filled to omit excess waste and prevent spills on deck.

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 at https://www.swimming.ca/wp-content/uploads/2023/07/2022_Event-Photography-Procedure.pdf