



# Invitational 2025

**Friday, January 17 to Sunday, January 19, 2025**

Sanction Number: Pending

**Distance Events  
Friday Night**

**Teddy-Bear Awards!**

**2x25m Competition  
Pools**

**Meet Manager**  
Andre Pardo

**Advisory Referee**  
Scott Flowers

**Meet Entries**  
Chris Nelson  
[entries@eksc.com](mailto:entries@eksc.com)

**DATES:** Entry Deadline: Thursday, December 19, 2024, before 11:59pm  
Adjustment Deadline: Monday, January 13, 2025, before 11:59pm (entries refundable until here)  
Fees Due: Friday, January 17, 2025 – (start of first session)

**TECHNICAL**

**MEETING:** Coaches' Technical meeting will be held on Friday at 3:15pm by the clerk of course.

**HOSTED BY:** Edmonton Keyano Swim Club

**FACILITY:** Kinsmen Sport Centre, 9100 Walterdale Hill NW, Edmonton, Alberta, T6E 2V3  
Two, 8 Lane, 25-metre pools with Omega Electronic Timing System with 6x25m cool down space.

**SANCTION:** This meet is sanctioned by Swim Alberta.

**RULES:** The meet will be conducted under published World Aquatics (WA) and/or IPC 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:** Starts will be conducted from Starting Platforms as per WA FR 2.3 and SW 4.1. Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1.

**COMPETITION**

**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 level they have achieved.

**SAFESPORT:** 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.

**ELIGIBILITY:** This competition is open to swimmers currently registered with Swimming Canada or a WA-affiliated club.

**ENTRY**

**PROCESS:** All entries must be submitted through the REMS online system.

Deck Entries may be permitted by Meet Management so long as entries include current Swimming Canada registration. Deck Entries must include proof that the swimmer is fully registered with Swimming Canada. Deck Entries will be accepted as exhibition swims, only if the entry does not create a new heat.

**MEET LIMIT:** Maximum of 700 swimmers will be accepted (minimum 50 swimmers required to run a session).

**ENTRY LIMIT:** Swimmers are limited to 1 event on Friday and 3 events on each Saturday and Sunday. Swimmers must meet the entry standard to enter the 200 Breast /Fly, 400 IM, 400/800/1500 Free. No-time (NT) entries will not be accepted. Please provide an estimated entry time if needed.

**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:** No photography is allowed from the pool deck without prior approval from the Meet Manager.

To minimize risk, all photographs and video taken at Swimming Canada and Swim Alberta 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 dressing area.

**ENTRY STANDARDS:**

Girls		Distance Events	Boys	
10 & Under	11 & Over		10 & Under	11 & Over
8:00.00	6:30.00	400 Free	8:00.00	6:30.00
-	12:30.00	800 Free	-	12:30.00
-	23:00.00	1500 Free	-	23:00.00

Girls (all ages)	Events	Boys (all ages)
4:00.00	200 Breast	4:00.00
3:40.00	200 Fly	3:40.00
6:50.00	400 IM	6:50.00

\* Standards are for SCM. LCM conversions are allowed at -1.5%.  
 \* EKSC reserves the right to enter swimmers slower than the Entry Standards.  
 \* All other events should meet a minimum :55 / 50m standard.

**ENTRY FEES:** Individual Events \$12.00  
 Distance Events (4/8/1500) \$16.00  
 Entry Fees are non-refundable after the scratch deadline.  
 Deck Entries will be charged double per entry.  
 Cheques payable to Edmonton Keyano Swim Club.  
 E-transfers may be sent to [generalmanager@eksc.com](mailto:generalmanager@eksc.com) with password Keyano.

**SCRATCH**

**RULES:** The Swim Alberta Scratch rules will be in effect for this competition.

**SCRATCHES:** For Friday: Due Thursday at 5pm

For Saturday & Sunday: Due 30 minutes before the conclusion of the last event of the previous day.

Late scratches (same session) are due 30 minutes after the start of warm-ups. Heat sheets will not be re-seeded, but this courtesy will aid the referees in running a smooth session.

**MEET**

**FORMAT:** This is an open invitational competition.

**WARM-UP:** Dive lanes (2 lanes per competition pool) will be opened with 20min remaining in warm-ups.

**POSITIVE**

**CHECK-IN:** For swimmers in 11&over Distance Events (400Fr/800Fr/1500Fr): the deadline for positive check in is 15min following the start of warm-ups for the session in which the event is scheduled. There is no penalty for swimmers who do not check-in. Failure to check-in will be deemed a scratch.

**Accurate positive check-in ensures full-lane racing in all heats of the distance events.**

**NO SHOWS,**

**STEP DOWNS:** There is no penalty for no shows, however, all effort should be made to scratch swimmers prior to the scratch deadlines for seeding purposes.

**TIMED FINALS: All events are Timed Finals.**

- The 800 Free and 1500 Free will run as an 11&over age group, and will be senior seeded, fastest to slowest alternating female and male.
- The 400 Free will run 10&under on Sunday, senior seeded & fastest to slowest, and all other 400 Free will run as an 11&over on Friday, senior seeded & fastest to slowest.
- The 200 Breast, 200 Fly and 400 IM will be seeded by age group, 12&under, 13-14, 15&over for both genders, fastest to slowest.
- All other events will be seeded by age group, 10&under, 11yo, 12yo, 13yo, 14yo, 15&over for both genders, running youngest to oldest, fastest to slowest, alternating gender where applicable.

**DISTANCE:** Distance events are the 11&over 800 Free, and 11&over 1500 Free.  
Swimmers may not enter more than 1 event on Friday night (11&over 400, 800 & 1500 Freestyle).

**SESSION**

**MANAGEMENT:** Meet management reserves the right to limit entries or heats due to time constraints. Sessions may be divided in whole or in part into 2 pools depending on the number of entries. Updates will be communicated to coaches in the technical bulletin.

**AWARDS:** Awards for bell heat winners throughout every session.

## EVENT LIST

### Friday

<b>Distance Night</b>	
<b>Warm-up</b>	<b>3:30pm</b>
<b>Start</b>	<b>4:30pm</b>
800 Freestyle (11&over)	
1500 Freestyle (11&over)	
400 Freestyle (11&over)	

### Saturday

<b>Timed Finals</b>	
<b>Warm-up</b>	<b>9:00am</b>
<b>Start</b>	<b>10:00am</b>
100 Freestyle	
50 Backstroke	
200 IM	
50 Butterfly	
200 Backstroke	
100 Breaststroke	
200 Butterfly	

### Sunday

<b>Timed Finals</b>	
<b>Warm-up</b>	<b>9:00am</b>
<b>Start</b>	<b>10:00am</b>
400 Freestyle (10&under)	
100 Backstroke	
50 Freestyle	
200 Breaststroke	
100 Butterfly	
200 Freestyle	
50 Breaststroke	
400 IM	