



# Invitational 2026

**Friday, January 16 to Sunday, January 18, 2026**

Sanction Number: Pending

**Distance Events  
Friday Night**

**Teddy-Bear Awards!**

**2x25m Competition  
Pools**

**Meet Manager**  
Cheryl Bucharski

**Advisory Referee**  
Scott Flowers  
Donna Cole

**Technical Director**  
Chris Nelson

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

- DATES:** Entry Deadline: Thursday, December 18, 2025, before 11:59pm  
Adjustment Deadline: Monday, January 12, 2026, before 11:59pm (entries refundable until here)  
Fees Due: Friday, January 16, 2026 (or the start of a club's first session)
- TECHNICAL MEETING:** Distance Meeting: Coaches' Distance meeting on Friday at the start of warm-ups at the Admin Desk.  
Technical Meeting: Coache's Technical meeting on Saturday at the start of warm-ups at Admin Desk.
- 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 (blocks) as per World Aquatics Facility Rule 16.1.4, 16.1.8 and Swimming Canada's Swimming Rule 4.1.
- 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 Swimming Canada online system.
- Swimmer Deck Entries may be permitted by Meet Management. Deck entries must include proof that the swimmer is fully registered with Swimming Canada.
- 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 any event.  
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	
50.00		50 Free	50.00	
1:40.00		100 Free	1:40.00	
3:30.00		200 Free	3:30.00	
7:00.00 (10&U)	6:00.00 (11&O)	400 Free	7:00.00 (10&U)	6:00.00 (11&O)
No 10&U	12:00.00 (11&O)	800 Free	No 10&U	12:00.00 (11&O)
No 10&U	22:30.00 (11&O)	1500 Free	No 10&U	22:30.00 (11&O)
55.00		50 Back	55.00	
1:45.00		100 Back	1:45.00	
3:40.00		200 Back	3:40.00	
1:00.00		50 Breast	1:00.00	
2:00.00		100 Breast	2:00.00	
4:00.00		200 Breast	4:00.00	
55.00		50 Fly	55.00	
1:45.00		100 Fly	1:45.00	
3:40.00		200 Fly	3:40.00	
3:40.00		200 IM	3:40.00	
7:00.00		400 IM	7:00.00	

\* Standards are for SCM. LCM conversions are allowed at -1.5%.

\* EKSC reserves the right to enter swimmers slower than the Entry Standards.

**ENTRY FEES:** Individual Events                      \$13.00  
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:** Friday: Pace lanes (2 lanes per competition pool) will be opened with 20min remaining in warm-ups.  
Sat & Sun: 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 at 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. **An early and accurate positive check-in ensures full-lane racing in all heats of the distance events.**

There is no positive check-in for 10&under 400 Freestyle.

## **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.

## **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.

## **TECHNICAL**

**DECISIONS:** For any technical element of the competition that is not explained within this meet package; for any discrepancies between this meet package and the operation of the event; for any unforeseen circumstance that requires a decision on how this event should proceed: The technical director and meet managers will have the jurisdiction to make appropriate decisions with assistance of the meet referee where applicable. Only the technical director and / or meet manager may make any material change to the running of this event. Material change is defined as such by the technical director.

## **RECIPROCAL RACING**

**PROGRAM:** The Cascade Swim Club and the Edmonton Keyano Swim Club have an agreement which preserves an opportunity for a mutually agreed upon number of swimmers / age-target to compete at their cross-provincial partner's event: the Blue Bears Invitational in Edmonton and the Western Transmountain Festival #1 in Calgary. Entries for the visiting club are accepted with the same priority as the host club's entries, noting that the host club retains the right to limit the reciprocal racing program if needed to maintain integrity of the event.

## 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	