



CASCADE SWIMMING

Event Western Transmountain Festival III

Date 21-22 February, 2025 Friday & Saturday

Location Brookfield Residential YMCA at Seton
1x50m pool with additional warm down space
4995 Market St SE Calgary AB T3M 2P9
www.CascadeSwimming.com

Entry Deadline January 31, 2025

Scratch Deadlines January 31, 2025*

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

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 as many events for which they have qualifying times up to a maximum of six (6).

The meet will accept up to 400 swimmers.

Entries must be submitted online at 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 six (6) 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.

Entry Fees are \$20.00 per event 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.***

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

There will be A finals for all events; B finals for all events with 32 or more swimmers; C finals for events with 42 or more swimmers; and D finals for events with more than 52 swimmers entries at the close of the entry deadline.

Timed Final Events

The following are timed final events and swum senior seeded fastest to slowest: **400 Free, 800 Free, 400 IM**. The fastest heat of the 400 Free, 800 Free & 400 IM is swum during the evening finals session. All 400 metre events and up will have positive check-in.

Format

Age Categories

This is an "Open" or "Senior" event with time standards published in the following age-categories. Female: 10&U, 11-14, 15&O (SR)

Male: 11&U, 12-15, 16&O (SR). The competition will be swum as a senior meet.

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.

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.

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](#).

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.*

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.

Day 1 Friday

Prelims Warm-up: 7:30 am / Start: 8:30 am

Finals Warm-up: 4:00 pm / Start: 5:00 pm

Female Events

400 Free*#
100 Fly
200 Back#
200 Breast#
50 Free
200 IM#
50 Breast
50 Back~

*This event is swum last in prelims (but at the beginning in finals) seeded fastest to slowest alternating with the male 800 free & the top-10 seeded swimmers will swim this event in the finals session

#Must meet SR QT

~This event is swum fastest to slowest in prelims

Male Events

800 Free*#
100 Free
200 Fly#
100 Back
400 IM^#
100 Breast
50 Fly
200 Free~#

*This event is swum last in prelims (but at the beginning in finals) seeded fastest to slowest alternating with the female 400 free

#Must meet SR QT

^This event is swum as the last event in finals with the top-10 seeded swimmers swimming in the finals session

~This event is swum fastest to slowest in prelims

Day 2 Saturday

Prelims Warm-up: 7:30 am / Start: 8:30 am

Finals Warm-up: 4:00 pm / Start: 5:00 pm

Female Events

800 Free*#
100 Free
200 Fly#
100 Back
400 IM^#
100 Breast
50 Fly
200 Free~#

*This event is swum last in prelims (but at the beginning in finals) seeded fastest to slowest alternating with the male 400 free

#Must meet SR QT

^This event is swum as the last in finals with the top-10 seeded swimmers swimming in the finals session

~This event is swum fastest to slowest in prelims

Male Events

400 Free*#
100 Fly
200 Back#
200 Breast#
50 Free
200 IM#
50 Breast
50 Back~

*This event is swum last in prelims (but at the beginning in finals) seeded fastest to slowest alternating with the female 800 free & the top-10 seeded swimmers will swim this event in the finals session

#Must meet SR QT

~This event is swum fastest to slowest in prelims

Girls Standards

Boys Standards

Event	Western TransMountain Festival			Western TransMountain Festival		
	WTF - SR	WTF 11-14	WTF 10&U	WTF - SR	WTF 12-15	WTF 11&U
50 Free	00:30.3	00:33.8	00:41.9	00:27.0	00:31.8	00:39.4
100 Free	01:05.4	01:14.4	01:32.3	00:58.8	01:10.0	01:26.8
200 Free	02:21.7			02:09.3		
400 Free	05:02.9			04:42.7		
800 Free	10:19.1			09:50.4		
50 Back	00:34.7	00:39.2	00:48.6	00:31.0	00:37.2	00:46.1
100 Back	01:13.9	01:24.7	01:45.0	01:06.6	01:20.1	01:39.3
200 Back	02:40.0			02:26.8		
50 Breast	00:38.4	00:44.6	00:55.3	00:34.2	00:42.0	00:52.1
100 Breast	01:24.4	01:37.2	02:00.5	01:15.0	01:31.5	01:53.4
200 Breast	03:04.3			02:45.6		
50 Fly	00:32.3	00:37.7	00:46.7	00:29.0	00:35.5	00:44.0
100 Fly	01:11.7	01:28.0	01:49.1	01:04.6	01:21.6	01:41.2
200 Fly	02:37.0			02:25.8		
200 IM	02:42.1			02:28.2		
400 IM	05:44.4			05:18.4		

Appendix A

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

SCRATCH RULES

SWIM ALBERTA SCRATCH RULE

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet (**by 3PM the afternoon before the first session**). Any scratches that are not received by the published deadline will need to be submitted to the Administration Desk.

Scratches for the session's events are to be submitted to the Administration Desk 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 for either prelims or finals.