



**OSC 12 & Under Series
Meet #2 – January 11, 2026
Kinsmen Sports Centre, 9100 Walterdale Hill
Edmonton, AB Canada**

SERIES INFORMATION

Welcome to the OSC 12 & Under Series for the 2025-2026 season! This is a 4-meet series full of fun racing for swimmers. Our mission is to give young novice swimmers a chance to enjoy competitive swimming while striving to improve at each meet throughout the year. **Swimmers who have achieved a Swim Alberta Provincial Trials time standard are ineligible for this meet.** Dates for the meets in the series and important deadlines are as follows:

	Meet Date	Entry Deadline	Scratch Deadline	Entry Fee Deadline
#1	Sunday, November 9, 2025	Wednesday, October 29, 2025	Monday, November 3, 2025	All meet entry fees must be paid by 1:15pm on the day of the meet.
#2	Sunday, January 11, 2026	Friday, January 2, 2026	Wednesday, January 7, 2026	
#3	Sunday, April 12, 2026	Monday, March 30, 2026	Monday, April 6, 2026	
#4	Sunday, May 24, 2026	Monday, May 11, 2026	Monday, May 18, 2026	

CONTACTS

Meet Manager: Maureen de Kock, maureenydk@gmail.com
Club Contact: Francois Coetzer, francois@olympianswimclub.com
Officials Coordinator: Kristen Demers, officials@olympianswimclub.com
Entries: Tammy Niina, entries@olympianswimclub.com
Referees: Alana Shrubsole-Cockwill, ashrubsole@hotmail.com



SCHEDULE

Warm-up 1:00 pm to 1:40 pm
Start 1:45 pm
Finish Approx. 6:00pm (subject to change based on entries)

FACILITY

One 8 lane 25m pool for competition
Two 8 lane 25m pools for warm-up
Two 25m lanes for warming-up/cooling-down throughout the meet
Free parking available; spaces are limited
Free day-use lockers available (bring your own lock or check at the facility desk)
Upper deck bleacher seating for spectators; spectators are NOT permitted on deck
Vending machines onsite

ENTRIES

OSC will accept a minimum of 100, and a maximum of 370 swimmers. Swimmers must be registered with Swimming Canada. The Meet Manager reserves the right to limit entries.

The age-up date for each session is the date each meet runs.

Swimmers may enter a maximum of 3 events. Only ONE of these is permitted to be a 100m OR 200m. The 200m events are **limited to swimmers who have achieved the OSC 12 & Under Novice Series Time Standard** (see page 7). For example, to swim the 200m backstroke, athletes must have the standard in the 100m backstroke for their age.

Events will be swum **mixed gender**, seeded by age groups and slowest to fastest. The 100m & 200m events will be swum 12 & under.

All entries must be submitted and validated through REMS, the Swimming Canada online system (www.swimming.ca).

Scratches and questions regarding entries can be sent to entries@olympianswimclub.com.

Deck entries will be accepted in exceptional circumstances only and are at the discretion of the Meet Manager. They will not be permitted in events where an additional heat would be created. The entry fee for a swimmer not already entered in the meet is \$60.

Swim Test Requirement: All swimmers aged 8 & under are required to successfully complete a swim test prior to competing. Swimmers who have not completed the swim test will not be permitted to compete in the meet.



ENTRY FEES

\$45 per swimmer for each meet in the series.

Entry fees are non-refundable after the scratch deadline except with a medical note.

Entry fees are to be paid via etransfer (finance@olympianswimclub.com) or cheque payable to "Olympian Swim Club" prior to 1:15pm on the day of the meet. Please include the club name in the payment notes.

RULES

The meet will be conducted under published World Aquatics 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.

All Clubs entering this competition are required to submit a Club Verification Form stating that all swimmers entered in this competition have completed Swim Alberta's Competition Swim Test. Entries will not be accepted from Clubs who fail to provide this form.

Results will be posted on Swimming Canada's website following the conclusion of the meet.

WARM-UP PROCEDURES

Swimming Canada warm-up competition safety procedures will be in effect at this meet.

The Meet Manager will assign warm up lanes to teams to be used for the first 25 minutes of warm-up (1:00 - 1:25 pm).

Lanes 1, 2, 3, 6, 7, & 8 will be cleared and used for dive lanes for the last 15 minutes of the warm-up (1:25 -1:40 pm). Lanes 4 & 5 may be used for the last 15 minutes of the warm-up by any team (1:25 -1:40 pm).

Warm-up will end 5 minutes prior to the start of the meet (1:40 pm).



DIVING RULES

50m, 100m & 200m events - Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Faculty Rule 16.1.4, 16.1.8 and Swimming Canada's Swimming Rule 4.1.

25m events - 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.

In-water starts will be conducted as per Swimming Canada's Swimming Rule 4.1.2.

During competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.

Backstroke ledges will **NOT** be used at the meet.

SCRATCHES

No refunds for scratched events after the Scratch Deadline except with medical verification.

The Swim Alberta Scratch rule will be in effect for this competition. Late scratches are to be submitted to the Clerk of the Course by 1:00pm. Refunds will not be issued for late scratches.

AWARDS & RECOGNITION

Bell Heats: Select heats throughout the meet will be designated as Bell Heats. The winner of each Bell Heat will receive a prize, and the bell prize volunteer will ring the bell to signal the heat. Bell Heats are intended to encourage fun, spirited racing and sportsmanship.

"I Beat My Time" Ribbons: Swimmers who achieve a personal best time in any event will receive an "I Beat My Time" ribbon. Timekeepers will distribute these ribbons immediately following each race.

SAFE SPORT

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.

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

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 other dressing area.

The full details on the Event Photography and Videography Procedure can be found at <https://www.swimming.ca/event-resources/>.

POOL DECK AND LOCKER ROOM ACCESS

Kinsmen Sports Centre requires all participants, coaches and spectators to remove soiled outside footwear before walking on the pool deck. Locker rooms are open to the public.

Only meet officials, swimmers and coaches are permitted on the pool deck. Spectators must view from the upper bleachers.

TEAM SEATING & BANNERS

Teams will be located on the pool deck behind the coaches' tables. It is expected that all teams will keep the team area clean and use the provided garbage and recycle bins.

Team banners are welcome in designated areas.



AGE GROUPS

- 7 & under
- 8 years
- 9 -10 years
- 11 -12 years

ORDER OF EVENTS

- 1 - 7 & under 25m Freestyle
 - 2 - 8 years 50m Freestyle
 - 3 - 9-10 years 50m Freestyle
 - 4 - 11-12 years 50m Freestyle

 - 5 - 7 & under 25m Butterfly
 - 6 - 8 years 25m Butterfly
 - 7 - 9-10 years 25m Butterfly* (new)
 - 8 - 9-10 years 50m Butterfly
 - 9 - 11-12 years 50m Butterfly

 - 10 - 7 & under 25m Backstroke
 - 11 - 8 years 50m Backstroke
 - 12 - 9-10 years 50m Backstroke
 - 13 - 11-12 years 50m Backstroke

 - 14 - 7 & under 25m Breaststroke
 - 15 - 8 years 25m Breaststroke* (new)
 - 16 - 8 years 50m Breaststroke
 - 17 - 9-10 years - 50m Breaststroke
 - 18 - 11-12 years - 50m Breaststroke

 - 19 - 12 & under 100m Freestyle
 - 20 - 12 & under 100m Butterfly
 - 21 - 12 & under 100m Backstroke
 - 22 - 12 & under 100m Breaststroke
 - 23 - 12 & under 100m Individual Medley

 - 24 - 12 & under 200m Freestyle*
 - 25 - 12 & under 200m Butterfly*
 - 26 - 12 & under 200m Backstroke*
 - 27 - 12 & under 200m Breaststroke*
 - 28 - 12 & under 200m Individual Medley*
- * Refer to OSC 12 & Under Novice Series 200m Entry Standards (pg. 7)



OSC 12 & Under Novice Series 200m Entry Standards

GIRLS					BOYS					
8&U	Age 9	Age 10	Age 11	Age 12	Event:	8&U	Age 9	Age 10	Age 11	Age 12
1:45.30	1:43.30	1:41.30	1:39.30	1:37.30	100 Free	S	1:39.60	1:37.60	1:35.60	1:33.60
1:47.30	1:45.30	1:43.50	1:41.50	1:39.50		C	1:41.50	1:39.50	1:37.50	1:35.50
1:58.30	1:56.30	1:54.30	1:52.30	1:50.30	100 Back	S	1:53.80	1:51.80	1:49.80	1:47.80
2:00.60	1:58.60	1:56.60	1:54.60	1:52.60		C	1:56.00	1:54.00	1:52.00	1:48.00
2:15.20	2:13.20	2:11.20	2:09.20	2:07.20	100 Breast	S	2:11.90	2:09.90	2:07.90	2:05.90
2:17.80	2:15.80	2:13.80	2:11.80	2:09.80		C	2:14.50	2:12.50	2:10.50	2:06.50
2:22.10	2:20.10	2:18.10	2:16.10	2:14.10	100 Fly	S	2:13.30	2:11.30	2:09.30	2:07.30
2:24.80	2:22.80	2:20.80	2:18.80	2:16.80		C	2:15.90	2:13.90	2:11.90	2:09.90
2:01.60	1:59.60	1:57.60	1:55.60	1:53.60	100 IM	S	1:56.10	1:54.10	1:52.10	1:48.10
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*Swimmers must achieve the above standards to swim the same stroke in a 200m format only.

*Swimmers do NOT need to meet these standards to enter the 100m event.