

2025 Red Deer Catalina Valentine Invitational Technical Bulletin

Hello Coaches. Thank you for registering your swimmers for the 2025 Red Deer Catalina Valentine Invitational. This year we will have approximately 230 athletes competing!

Please make this bulletin available to your swimmers/parents as there is important information for families in this bulletin.

Psych sheets and session timeouts will be available and updated on the RDCSC website <https://www.reddeercatalina.ca/menu/hosted-meets> as well as meet mobile.

Heat sheets and results will be posted in the hallway between the gymnasium and the pool entrance and upstairs near the viewing area. Heat sheets will also be posted in the gymnasium for the athletes.

Warm Up

Due to the number of athletes registered, we will be splitting warm up into 3 groups with a 30 min warm up and a 5 min changeover. In an effort to end earlier on Saturday night, warm up times will only be 20 minutes for each group with a 5 min change over for the Saturday afternoon session.

Each group will have access to the main competition pool for warm up. The dive tank will be available at 8 am on Saturday & Sunday and throughout the meet for warm up and cool down.

On Sunday there will be a **45 min break** between the end of the morning session and start of the distance session. The pool will be open for warm up/cool down during the break.

Saturday AM:

Group 1 (7:00-7:30): RDCSC
Group 2 (7:35-8:05): APSC, CLM, EKSC, SLN
Group 3 (8:10-8:40): OSC, PPS, LRSC, SBPS, SSC

Saturday PM:

Group 1 (1:45-2:05 pm): RDCSC
Group 2 (2:10- 2:30 pm): OSC, PPS, LRSC, SBPS, SSC
Group 3 (2:35-2:55): APSC, CLM, EKSC, SLN

Sunday AM:

Group 1 (7:00-7:30): RDSCS
Group 2 (7:35-8:05): OSC, PPS, LRSC, SBPS, SSC
Group 3 (8:10-840): APSC, CLM, EKSC, SLN

Spectators

- There is a viewing area on the second floor for spectators. This includes a seating area inside as well as standing room only on the 2 catwalks overlooking the length of the pool. **NO CHAIRS/STOOLS ARE ALLOWED ON THE CATWALKS!**

Registration:

- Please register and pay fees prior to your team's warm up time Saturday morning. Please make cheques payable to Red Deer Catalina Swim Club and give to clerk of course, or e-transfer office@reddeercatalina.ca

Facility Access:

- All participants and spectators shall use the South entrance/ main door to the building. The doors to the facility will open at 640 am on Saturday and Sunday. PLEASE DO NOT DROP SWIMMERS BEFORE THIS TIME.

- There are limited chairs in the viewing area so consider bringing a folding chair. No chairs will be allowed on the catwalks.
- The catwalks can be crowded. Please be conscious of other spectators and step back to allow others to watch their swimmers whenever possible.

Awards

- Individual: 1st– 6th place ribbons will be awarded for each event by age group and gender.
- Prizes for Bell heat winners.

Marshalling

- There will be marshalling for all swimmers for all events. The marshalling area is next to the starting blocks at the West end of the pool. Marshalling will be staffed by our senior swimmers and we will have runners going from the pool deck to the gym to make sure everyone is aware of the upcoming event(s).
- We will not be marshalling/running up into the second floor to find swimmers. Please make sure swimmers are aware of their events especially if they are not in the gymnasium.

Concession:

- A concession with snack items will be located on the second floor by the viewing area. Concession Menu

Chuck a Duck 50/50 Fundraiser:

- Ducks will be made available for purchase at the concession for \$2 each.
- The ducks will all be thrown into the dive tank at the end of the morning session on Sunday by the swimmers and the winning duck will be randomly selected by a RDCSC swimmer chosen by the coaches.
- The purchaser of the winning duck receives 50% of the total amount purchased.
- Note the ducks must be purchased by an adult. The ducks are all kept by concession to ensure all "tickets" are entered into the draw as per AGLC rules.

Other Important Notes:

- All events are Timed Finals. Distance events (400 free /400 IM /800 free /1500 free) will be swum mixed gender when combining the genders decreases the number of heats
- We request that coaches declare any known no-shows to the clerk of the course as soon as possible and at least 30 minutes prior to the start of the session for reseeding where possible.
- **No one other than swimmers/coaches/officials are permitted on deck.**
- Results will be posted on Meet Mobile
- Heat sheets will be provided to coaches and officials.
- Please remind all swimmers of the warm up rules, as they will be adhered to during each warm up session.
- Hospitality consisting of snacks and beverages will be run out of the deck room for the officials and coaches for all sessions. Lunch will also be available for coaches both days. Thank you to Tim Horton's Timberlands/Sylvan Lake for breakfast items, coffee and hot chocolate both days.
- A swimmer's "camp" will be located in the gymnasium (just East of the pool) down the hall from the pool deck entrance. Swimmers are encouraged to bring something soft for the floor or folding chair to sit on while waiting for their next race in the gymnasium and to be dressed in layers because the area can be cold (or hot with the number of swimmers). Only Red Deer Catalina swimmers will be allowed to "set up camp" on the pool deck.
- Please remind your team to use all garbage bags and receptacles provided by the Michener Aquatic Center. It would be greatly appreciated if you could assist us with keeping your deck area, and camping area in the gymnasium clean.
- Parking is available in front of the pool entrance, and to the east of the building in the Michener parking lot as well as to the West in the curling lot parking lot. Side street parking is also available.

Red Deer Catalina is excited to host all of the clubs this weekend for some great racing!

Team Names

Airdrie Phoenix Swim Club	APSC
Cold Lake Marlins	CLM
Edmonton Keyano Swim Club	EKSC
Lloydminster Riptides Swim Club	LRSC
Olympian Swim Club	OSC
Ponoka Pool Sharks	PPS
Red Deer Catalina	RDCSC
Steadward Bears	SBPS
Stettler Swim Club	SSC
Sylvan Lake Nauticals	SLN