

2026 Red Deer Catalina Freeze or Fry

Pre-event Information

Facility

Red Deer Recreation Centre - 4501 - 47A Avenue, Red Deer, Alberta

This facility has an outdoor six-lane, 50-metre competition pool and an adjacent indoor five-lane 25-metre pool which will be used for warm up and cool down throughout the event.

General Notes

This meet takes place entirely OUTSIDE (apart from cooldown pool). Please keep an eye on the forecast & ensure swimmers (and coaches/spectators) are prepared for the elements. This meet will run rain/snow or shine BUT delays/cancellations can occur due to air quality issues or lightening in the area. In the event of a weather delay, there may be a need to cancel an event(s)/ or limit heats in an event to keep the meet running within the allotted time frame.

Swimmers may set up individual tents/shelters in the green space to the south and west of the pool deck. No stakes may be used to hold the tents in place. All tents must be taken down at the end of each day. NO tents left overnight.

Areas for coaches will be designated on the south and south-east side of the pool. Plastic chairs will be supplied for coaches but feel free to bring a more comfortable lawn chair. There will be pop up tents set up in this area of the pool for shelter for coaches. No swimmers' tents/ individual tents are permitted on the pool deck.

No animals (except Service animals) are allowed on the pool deck or in the green space surrounding the pool. The City of Red Deer will be enforcing this rule. If you are bringing a service animal, please bring the appropriate documentation to show to City staff.

There will be minimal bleacher seating for spectators, but some deck space is also available for those that bring a chair. Washrooms are available for spectators in the lobby of the main entrance. Please leave the changeroom for the swimmers (and officials).

A concession stand will be available for the duration of the swim meet that will serve breakfast sandwiches, hot dogs, hamburgers and treats with the menu available on Red

Deer Catalina website closer to the event. Credit/debit machines will be available but cash is appreciated. There is a bank machine on site but this is not always reliable.

The very popular Chuck a Duck will be returning once again. Ducks may be purchased from the concession stand for \$2.00. The duck draw will take place between the morning and afternoon session on Sunday with ½ of the proceeds going to the owner of the duck that is pulled from the water.

HOODIES

Due to popular demand, we are bringing back the Freeze or Fry Hoodies (\$60). Adult sizes in the Sapphire Blue and Military Green are available at the meet. If you don't want to wait in the line and ensure your preferred size/color is available we are also trialing pre-order this year. We will have limited number of t-shirts (\$10) and Youth hoodies (in grey and blue \$20) as well as last years colors available on the day of event for sale (\$35 respectively).

Accommodations

Host Hotel

Best Western Inn and Suites

6839 66 Street

Red Deer, AB

T4P 3T5

Phone: 403-346-3555 (press 0 for front desk not reservations)

Ask For Red Deer Catalina Swim Club Rate (\$129.00/night)

Technical Notes

Updates for the meet will be posted on the Red Deer Catalina website. Heat sheets will be provided to coaches and officials, but there will NOT be any heat sheets available for sale. The meet will be available on Meet Mobile. Meet mobile results are unofficial and all final results will be published to Swimming Canada after the end of the meet.

We look forward to seeing everyone on deck June 19-21, 2026 and we are all keeping our fingers crossed for another FRY.