

# 2025 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. Please make alternate plans for your pets as with a later date in June a "Fry" is more likely this year. City staff will be patrolling the parking lots and will report animals in vehicles for any period of time.

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 starting Saturday morning and running 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 payment 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 buyer of the duck that is pulled from the water. You do not need to be present to win! Please note we must hold all the ducks to ensure they are all entered in the draw (as per AGLC rules) but buyers/swimmers are encouraged to help throw them in the main pool for the draw. We have noticed our duck numbers decrease especially after Freeze or Fry and we would ask that swimmers/helpers don't take any of the ducks with them after the draw as this decreases the number of ducks we are able to sell (and money we are able to raise & give away) at our next event.

## HOODIES

Due to popular demand, we are bringing back the Freeze or Fry Hoodies (\$50). Adult sizes in the below colors (Oatmeal Heather and Dark Navy) are available at the meet. If you want to ensure your preferred size/color is available we will be doing pre-order again this year. Pre-ordered hoodies can be picked up at the Friday night session or during the Saturday sessions. Hoodies otherwise will go on sale on Saturday morning.



<https://forms.gle/XiGH6Ks4iW8tQjrt7>

**OLD STOCK:** We will have limited number of t-shirts and Youth hoodies (in grey and blue) as well as Adult Hoodies in Purple & Grey available on the day of event for sale (t-shirts \$25 and hoodies \$40).

## **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. 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 20-22 and we are all keeping our fingers crossed for another FRY.