

2026 Red Deer Catalina Freeze or Fry Technical Bulletin

Thank you for registering for the Red Deer Catalina Freeze or Fry Swim Meet. This year we will see approximately 550 athletes attending the meet!

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.

Friday Night Session

On Friday the green space will open at 4:30 pm. The building & change rooms will open for swimmers at 4:45 pm. Warm ups will start in the **INDOOR POOL** at 5:00 pm. The outdoor pool will open for warm ups at approximately 5:15 pm. Warm ups will end at 5:50 pm with racing beginning at 6:00 pm SHARP.

Access to the indoor and outdoor pool for swimmers initially will be through the main entrance to the building via change rooms. **Please for safety reasons, no swimmers accessing through the main gate as we are moving equipment onto the pool deck. Coaches may access the pool deck through the main gate after 4:45 pm.**

Main gate will open for full pool deck access including spectators at aprox. 5:15 pm

Positive Check in 400 Free

Positive Check-in will be required for the 400 Free in order to swim the event. Check in with the Clerk of Course due by **5:30 pm on Friday night either in person or by text to 403-357-8890 (all swimmers coming...etc).** Swimmers failing to check in will be scratched from the event. In the event multiple swimmers do not positively check in we will offer to swimmers that were cut from the program in the order of their original entry time.

Coaches Meeting

A coaches technical meeting will be held in the Northwest corner of the pool deck by the Marshalling area at 7:15am on Saturday.

Warm-up Info

Session 1	Friday PM	5:00 pm - 6:00 pm	
Session 2	Saturday AM	7:30 am - 8:30 am	
Session 3	Saturday PM	2:00 pm - 3:00 pm	
Session 4	Sunday AM	7:30 am - 8:30 am	
Session 5	Sunday PM	2:00 pm - 3:00 pm**	(TBD As we will adjust according to timeout of 1st session Sunday AM)

The indoor 25 m pool will be available for continuous warm up and cool down throughout the duration of the meet.

Parking & Building Access

The gates to the Park/Swimmers Tent Area will open at **6:30 am** on Saturday & Sunday.

The Deck Access Gate and Main Building Doors will open at **7:00 am** on Saturday & Sunday.

Parking is available in the Recreation Centre Parking Lot. Overflow is available to the south of the pool beside the Tennis bubble. There is a path to the pool from this parking lot.



Limited parking is also available on the surrounding streets. Please follow signs in the parking lot/on the streets. If you are parked illegally, you may be ticketed/towed. RDCSC has no control over parking enforcement for this event.

There will be 3 parking spots at the front of the Rec center parking reserved for the VIP Raffle Winner and the hospitality/concession for running during the sessions. These will be clearly marked. PLEASE do not move the cones/tape and take these parking spots.

Technical Notes

- Backstroke Ledges are NOT available for backstroke starts as the starting blocks at the pool do not allow attachment of our ledges.
- We request that coaches declare any known no-shows to the *Clerk of the Course* as soon as possible and a minimum of 60 minutes prior to the start of the session.
- Ribbons will be awarded for 1st place to 6th place in all age categories as outlined in the meet package
- Please remind all swimmers of the warm up rules, as they will be adhered to during each warm up session.
- 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.
- Updates prior to the meet will be posted on the [Red Deer Catalina Swim Club Website](#).

Hospitality

Lunch for Coaches and Volunteers will be provided between on Saturday and Sunday (provided in the Hospitality Tent). Coaches will also be given coupons to use at the grill for both days. Snacks will also be available throughout both sessions. Coaches, please bring your own water bottle for refills from the large water container in Hospitality.

General Notes

1. This meet takes place entirely OUTSIDE (apart from cooldown pool which is indoors). **The current forecast unbelievably for the time of year is cool and rainy.** Please keep an eye on the forecast & ensure swimmers (and coaches/spectators) are prepared for the elements. This event runs rain/snow or shine but in the event of a weather delay (typically related to lightning or air quality issues), 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.
2. Swimmers may set up individual tents in the green space to the south and west of the pool deck. **No stakes may be used to hold the tents in place.** If the forecast is for strong winds please ensure tents have enough weight. All tents must be taken down at the end of each day. **NO tents left overnight.**
3. **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 strongly enforcing this policy. If you are bringing a service dog please ensure you have the appropriate paperwork for City staff. For specific rules for City of Red Deer Aquatic Facilities more information can be found at [City of Red Deer Aquatic Guidelines](#)

4. Tented/ Covered 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. No swimmers tents are permitted on the pool deck. **No spectators permitted on the south side of the pool deck.**
5. There will be minimal bleacher seating for spectators but deck space is also available for those that bring a chair to set up on deck along the north side of the pool. This area is not covered so please dress appropriately.
6. **Spectators ARE NOT PERMITTED to access the indoor pool deck OR change rooms/change room washrooms.** Washrooms for spectators are available in the lobby through the main building entrance. If seeking shelter please go into the main lobby. With the number of swimmers, and for Safe Sport reasons, teams and volunteers at this meet there is no capacity for spectators to be on the indoor pool deck or in the change room area.
7. A concession stand will be available during the swim meet that will serve breakfast sandwiches, hot dogs, hamburgers and drinks and snacks with the menu available on [Red Deer Catalina](#) website. **Credit/Debit Machines will be available but Cash is Appreciated.** There is a bank machine on site but it is not always reliable.
8. 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 at the end of the Sunday morning session with ½ of the proceeds going to the owner of the duck that is pulled from the water.
9. We also will have pre-printed Hoodies with Freeze or Fry Logo available for purchase in the concession area. Hoodies will retail for \$60. For those that have Pre-Purchased, hoodies can be picked up on Friday night or Saturday BEFORE 2PM.
10. **NEW THIS YEAR the 360° CAMERA!**
This year we will also have a 360 camera set up either in the Rec Centre front entry or outside, if the weather is nice. We encourage all swimmers, families and friend groups to come and commemorate this year's freeze or fry (and support our club). Bring \$5 for your own live 360 picture.

We look forward to seeing everyone on deck June 19 - 21, 2026