

2026 Red Deer Catalina Valentine Invitational

Technical Bulletin

Hello Coaches,

Thank you for registering for the **2026 Red Deer Catalina Valentine Invitational**. We are excited to host approximately **290 athletes** this year! Please ensure this bulletin is shared with all swimmers and parents.

Meet Information & Results

- **Psych Sheets & Session Timeouts:** Available on the [RDCSC Website](#) and Meet Mobile.
- **Heat Sheets & Results:** Posted in the hallway between the gymnasium and pool, and upstairs near the viewing area.
- **Athlete Heat Sheets:** Posted in the gymnasium "camp" area.

Coaches & Officials Meeting

- **When:** Saturday, February 7 at **7:45 AM** during warm-ups.
- **Where:** Located next to the Dive Tank Platform.

Warm-Up & Session Schedule

Due to the high athlete count, warm-ups are split into groups. The dive tank is available at **8:00 AM** both days for warm-up/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. **See Warm-Up Groupings Below (On the Next Page)**

Day	Warm-Up Group	Time	Meet Start
Saturday AM	Group 1	7:00 – 7:30 AM	8:05 AM
	Group 2	7:35 – 8:05 AM	
Saturday PM	Open Warm-Up	1:00 – 2:00 PM	2:05 PM
Sunday AM	Group 2	7:00 – 7:30 AM	8:05 AM
	Group 1	7:35 – 8:05 AM	
Sunday PM	Open Warm-Up	Directly After Session 3 Sunday AM(45 min.)	1:05 PM

Note: The pool will remain open for warm-up/cool-down during session breaks to ensure efficient timelines.

Warm-Up Groupings

Group 1	Group 2
<ul style="list-style-type: none">Red Deer CatalinaOkotoks MavericksSylvan Lake SCTriton SwimmingOlympian SCCanadian Badlands AC	<ul style="list-style-type: none">Nose Creek SAEdmonton Keyano SCAirdrie Phoenix SCRocky Barracuda SCPanoka Pool Sharks SCCold Lake Marlins SC

Spectators

- No one other than swimmers/coaches/officials are permitted on deck.**
- 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.
- The catwalks can be crowded. Please be conscious of other spectators and step back to allow others to watch their swimmers whenever possible
- NO CHAIRS/STOOLS ARE ALLOWED ON THE CATWALKS.**

Lost & Found

- Lost & found will be located on a table in the grey area as you enter the doors to the pool prior to the pool deck.

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 6:40 AM on Saturday and Sunday. **PLEASE DO NOT DROP SWIMMERS BEFORE THIS TIME.**

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, except distance (*Session 4*). 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.
- We will not be marshalling swimmer for Session 4**

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.

Ultimate Family Freeze-or-Fry Experience (Raffle)

Support the **Red Deer Catalina Swim Club** (est. 1952) by entering our raffle to win the ultimate VIP package for the upcoming **Freeze-or-Fry** meet in June. Funds raised directly support athlete development, equipment, and travel for our dedicated youth leaders.

The VIP Experience Includes:

- **Private VIP Tent:** Your own reserved space in "Tent City."
- **Full Weekend Catering:** All meals included for the entire family.
- **Concierge Service:** Dedicated support for a stress-free weekend.
- **Priority Access:** Includes premium parking and free meet merchandise.



Purchase Tickets [HERE](#) or use the **QR Code to the Right**

The winner will be contacted directly. Thank you for supporting our non-profit mission to foster excellence in swimming.

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. Spectators will be asked to leave the deck area.**
- Results will be posted on Meet Mobile
- Heat sheets will be provided to coaches and officials.
- **BACKSTROKE LEDGES WILL NOT BE AVAILABLE**