Name of Meet:	**UCSC November Invitational**
Hosted by:	**University of Calgary Swim Club**
Date of Meet:	**Fri-Sun, Nov 27-29 2026**
Entry Deadline:	**Tuesday, Nov 17, 2026 @ 5pm**
Sanctioned by:	**Swim Alberta**
	www.calgaryswimming.com

Facility and Location:
University of Calgary Aquatic Centre, Calgary, AB
1 – 25-meter 8 lane pool for competition. 1 – 25-meter 8 lane warm–down pool.
Electronic timing will be used.

Meet Manager: Michael Power – mwpower@gmail.com
Officials Coordinator: officials@calgaryswimming.com

Sessions:

#1: Friday Nov 27 – Aft Session
Warm-up: 12:00-12:50pm
Start: 1:00pm
Distance Freestyle

#2: Friday Nov 27 – PM Session
Warm-up: 4:00-4:50pm
Start: 5:00pm
Timed Finals

#3: Saturday Nov 28 AM Session
Warm-up: 7:30-8:20am
Start: 8:30am
Prelims

#4: Saturday Nov 28 Aft Session
Warm-up: 12:30-1:10pm
Start: 1:15pm
Timed Finals

#5 Saturday Nov 28 PM Session
Warm-up: 3:30-4:20pm
Start: 4:30pm
Finals & Timed Finals

#6 Sunday Nov 29 AM Session
Warm-up: 7:30-8:20am
Start: 8:30am
Prelims

#7: Sunday Nov 29 Aft Session
Warm-up: 12:30-1:10pm
Start: 1:15pm
Timed Finals

#8 Sunday Nov 29 PM Session
Warm-up: 3:30pm-4:20pm
Start: 4:30pm
Finals & Timed Final

****Coaches & Swimmers will NOT have access to the pool deck****
****until 30 minutes before the beginning of warm-up****

Meet Rules:
The meet will be conducted under published World Aquatic and/or World Para Swimming rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply. Swimming Canada warm-up procedures will be in effect.

Diving Rules:
Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Facility Rule 16.1.4, 16.1.8 and Swimming Canada's Swimming Rule 4.1.

Pool Rules:
Swimmers should follow all posted Alberta Health Services and UofC Aquatic Centre rules. Outdoor shoes should not be worn on deck.

Competition and Diving Readiness Standards:
Entry for the competition is limited to participants who have passed Swim Alberta's Competition Swim Test. During the competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.

Safe Sport:
All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both "open" and "observable" to others.

Eligibility:
This meet is a Level 3 multi-club competition, open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club.

Qualifying Times:
50m & 100m Events – No Qualifying times
11/12 & Over 200m Events – 4:00 (All Strokes)
11/12 & Over 400m Free – 7:00
400m IM – 8:00
10/11 & Under 400 Free – No qualifying times, but swimmer should be capable of swimming under 8:00
800 Free – No qualifying times, but swimmers should be capable of swimming under 12:00
1500 Free – No qualifying times, but swimmers should be capable of swimming under 24:00

Age Groups:
Girls: 10 & Under, 11-12, 13 & Over
Boys: 11 & Under, 12-13, 14 & Over
Relays: 11-12, 13-14, 15 & Over

Entries:
Swimmers may enter a total of 7 individual events, with a maximum of 3 on any one day.
Swimmers are limited to 1 relay per day.

All entries must be submitted through the Swimming Canada online system. Teams can reserve spots for their swimmers in this meet by emailing dave@calgaryswimming.com or competitions@calgaryswimming.com. Additional spots will be assigned on a first come, first-serve basis for entries received through the Swimming Canada system. Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.

Deck entries will be permitted under the following circumstances:
1. No new heats will be created to accommodate a deck entry.
2. Approval of the meet manager.
3. Swimmers will be charged double the regular event fee, payable upon entry being confirmed.

Entry times are required for all entries to facilitate timing of the meet by the meet manager. An entry of NT will **NOT** be accepted.

Meet Management reserves the right to limit enrollment of swimmers to the first 450 swimmers, to alter, revise, limit enrollment, or otherwise modify the program. Minimum number of swimmers in the competition is 200. Reserved spots is 300. Coaches will be advised of any changes prior to the start of the meet.

Entry Fee:
Individual Events: $18
Relay Events: $22

Entry Deadline:
Entries and entry fees are due on or before November 17, 2026 at 5:00 pm. E-transfer of entry fees may be sent to: accounting@calgaryswimming.com. Alternatively, cheques can be made payable to University of Calgary Swim Club and sent to:

Michael Power
c/o University of Calgary Swim Club
KNA 253, 2500 University Drive NW
Calgary, Alberta T2N 1N4

Meet Format:

- 10/11 & Under – These swimmers race the Friday PM and Saturday/Sunday afternoon sessions. All events are timed finals. 400 free & 200 back may be limited if needed to meet timelines.
- 11/12 & Overs – 50, 400, 800, and 1500 metre events, as well as 200 fly, are timed finals. All other 100 and 200 metre events have prelims and finals.
    - 11-12/12-13 have A finals only.
    - 13/14 & Over have A finals. B finals will be offered with 16 or more entries, and C finals with 24 or more entries (at the entry deadline).

<u>400 Free & 400 IM</u>
These events are timed finals, run in the finals session. They may be limited to 8 heats total if required.

<u>800/1500 Free:</u>
This session is limited to 3 hours. These events may be swum mixed-gender. Meet management will endeavour to accommodate as many swimmers as possible, but if needed, will cap events to optimize timelines. Spaces will be allocated fastest-to-slowest based on entry times. Times set in mixed-gender events are not eligible for Provincial or National records. If swimmers are cut they will be notified by meet management after the entry deadline to choose an alternate event. **Positive check-in is required by 12:15pm on Friday Nov 27th**.

Relays

- Relays will be swum in the defined age groups.
- Each club is limited to 3 relay teams per age group and per gender.

Seeding:

- 10/11 & Unders will swim all events in their age group, slowest-to-fastest.
- 11/12 & Over Preliminaries will be senior seeded, slowest-to-fastest.
- 11/12 & Over Timed Finals will run by gender, senior-seeded, slowest-to-fastest.
- 11/12 & Over Finals events will run by gender, youngest-to-oldest, A, then B, then C final.
- 800 & 1500 free will swim fastest-to-slowest, all 800s followed by all 1500s.

Scratches:
The Swim Alberta scratch rule will be in effect for this competition. ***No refunds will be issued for scratches received after the entry deadline.***

For optimization of timeouts only, scratches can also be sent to the Meet Manager up until 5 pm on November 25th, 2026 by emailing the Meet Manager.

Awards:
10/11 & Unders: Ribbons will be awarded for individual events for 1st to 8th places in all events.
11/12 & Overs: Swimmers placing in the Top-3 in events will have their name added to the draw for Team Aquatic Supplies gift cards. 1st place will get 3 names in the draw, 2nd will get 2, and 3rd will get 1. Draw will be held after the completion of the meet.
Relays: No Awards for Relays

Results:
Official results will be posted on the Swimming Canada website – www.swimming.ca within 48 hours of the completion of the meet. Unofficial results may be shared via Meet Mobile and posted on the University of Calgary Swim Club website: www.calgaryswimming.com.

Psych Sheets:
Psych sheets will be available prior to the meet and will be posted on the University of Calgary Swim Club website: www.calgaryswimming.com

Heat Sheets:
Heat sheets will be made available via Meet Mobile prior to each session.

Requirement for Time Trial Sanctions:
A Time Trial sanction is intended for a record attempt and is limited to one (1) event with one (1) swimmer or one (1) relay team. No entry fees are permitted for Time Trials.

Swimwear at Competitions:
All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Alberta. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Photography/Videography
In order to minimize risk, all photographs and video taken at Swimming Canada/PSO sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.

The full details on the Event Photography and Videography Procedure can be found HERE

Coaches Meeting:
If required, a coaches meeting may be held Friday, November 27th at 4:15pm at the south end of the pool. Otherwise, notices pertaining to the meet will be placed in each club's hanging folder in the official/hospitality room.

For more information please contact:
Michael Power – Meet Manager – mwpower@gmail.com

Map of the University of Calgary:
https://www.ucalgary.ca/about/our-campuses/campus-maps-and-room-finder

*The pool is located in the Kinesiology A (KNA) Building, between the Olympic Oval and the MacEwan Students Centre.

Newly Defined Swimmer Misconduct Rule C2.3.2.1:
For purposes of Rule II 2.3.2, "misconduct" shall include, but is not limited to:

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

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Friday Schedule of Events

SESSION 1: WARM-UP 12:00 – 12:50 pm; START 1:00 pm				
Girls			**Boys**	
Event #	**Age**	**Event**	**Age**	**Event #**
1	11 & O	800 Free TF	12 & O	2
3	11 & O	1500 Free TF	12 & O	4

SESSION 2: WARM-UP 4:00 – 4:50 pm; START 5:00 pm				
Girls			**Boys**	
Event #	**Age**	**Event**	**Age**	**Event #**
101	11-12	200 Free Relay	11-12	102
103	13-14	200 Free Relay	13-14	104
105	15 & O	200 Free Relay	15 & O	106
5	11 & O	50 Back TF	12 & O	6
7	10 & U	50 Back TF	11 & U	8
9	11 & O	50 Breast TF	12 & O	10
11	10 & U	50 Fly TF	11 & U	12
13	11 & O	50 Fly TF	12 & O	14
15	10 & U	100 Free TF	11 & U	16
17	11 & O	50 Free TF	12 & O	18
19	11 & O	200 Fly TF	12 & O	20

Saturday Schedule of Events

SESSION 3 (Saturday): WARM-UP 7:30 – 8:20 am; START 8:30 am				
Girls			Boys	
Event #	Age	Event	Age	Event #
21	11 & O	200 Back Prelim	12 & O	22
23	11 & O	100 Breast Prelim	12 & O	24
25	11 & O	100 Fly Prelim	12 & O	26
27	11 & O	200 Free Prelim	12 & O	28

SESSION 4 (Saturday): WARM-UP 12:30 – 1:10 pm; START 1:15 pm				
Girls			Boys	
Event #	Age	Event	Age	Event #
29	10 & U	50 Breast TF	11 & U	30
31	10 & U	100 Back TF	11 & U	32
33	10 & U	400 Free TF	11 & U	34

SESSION 5 (Saturday): WARM-UP 3:30 – 4:20 pm; START 4:30 pm				
Girls			Boys	
Event #	Age	Event	Age	Event #
201	11-12	200 Medley Relay	11-12	202
203	13-14	200 Medley Relay	13-14	204
205	15 & O	200 Medley Relay	15 & O	206
21	11 & O	200 Back Final	12 & O	22
23	11 & O	100 Breast Final	12 & O	24
25	11 & O	100 Fly Final	12 & O	26
27	11 & O	200 Free Final	12 & O	28
35	11 & O	400 IM TF	12 & O	36

Sunday Schedule of Events

SESSION 6 (Sunday): WARM-UP 7:30 – 8:20 am START 8:30 am				
Girls			Boys	
Event #	Age	Event	Age	Event #
37	11 & O	200 IM Prelim	12 & O	38
39	11 & O	100 Back Prelim	12 & O	40
41	11 & O	200 Breast Prelim	12 & O	42
43	11 & O	100 Free Prelim	12 & O	44

SESSION 7 (Sunday): WARM-UP 12:30 – 1:10 pm START 1:15pm				
Girls			Boys	
Event #	Age	Event	Age	Event #
45	10 & U	50 Free TF	11 & U	46
47	10 & U	100 Breast TF	11 & U	48
49	10 & U	100 Fly TF	11 & U	50
51	10 & U	200 Back TF	11 & U	52

SESSION 8 (Sunday): WARM-UP 3:30 – 4:20 pm; START 4:30 pm				
Girls			Boys	
Event #	Age	Event	Age	Event #
37	11 & O	200 IM Final	12 & O	38
39	11 & O	100 Back Final	12 & O	40
41	11 & O	200 Breast Final	12 & O	42
43	11 & O	100 Free Final	12 & O	44
53	11 & O	400 Free TF	12 & O	54