



CASCADE SWIMMING

Event	Cascade Speed Meet 2026 & MiniPro Swim Alberta Provincial Series #1
Date	06-08 November 2026 Friday, Saturday & Sunday
Location	MNP Community & Sport Centre 2x8 lane 25m pool with additional warm down space 2225 Macleod Trail South Calgary AB T2G 5B6 www.CascadeSwimming.com
Entry Deadline	October 23, 2026
Scratch Deadlines	October 23, 2026*

*** Withdrawals will not be refunded after the entry deadline**

Sanction

This meet is sanctioned by Swim Alberta.

Rules

The meet will be conducted under published World Aquatics and/or WPS 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 competition warm-up safety procedures** will be in effect at this meet.

Legendary Host

The Cascade Swim Club

Safe Sport

Swim Alberta provides a fun, healthy, inclusive and safe environment. Swimming enriches the lives of everyone involved by ensuring that the training and competitive environment is one where athletes, coaches, officials, volunteers and staff know they are safe, and are treated with respect and dignity. Swim Alberta believes that all members have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination. Swim Alberta further recommends that 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.

Meet Manager	Cascade MM Committee	MeetManager.Cascade@gmail.com
Officials Chair	Cascade MM Committee	board.Officials2.Cascade@gmail.com
Meet Referee	Peter Burke	MeetManager.Cascade@gmail.com
Technical Director	Jasen Pratt	jasen@cascadeswimming.com

Eligibility

This is an open meet. Swimmers currently registered with a Swim Alberta, Swimming Canada or World Aquatics affiliated year-round club may enter.

Qualifying

Swimmers qualify by achieving the meet qualifying time standards. Time standards are listed in this document and in the meet file. Converted times are permitted to qualify. Para swimmers who are age eligible and have a Level 1 classification may attend.

Entries

Swimmers may swim as many events for which they have qualifying times up to a maximum of six (6). Swimmers are eligible for 2 bonus events with events not meeting the qualifying standard clearly marked as bonus events. Event maximum does not include events at the MiniPro.

The meet will accept up to 550 swimmers.

Entries must be submitted online at www.swimming.ca. **Deck entries** are permitted to fill empty lanes but only swimmers already in the meet may be deck entered into events. Deck entries must be in prior to the start of the preliminary session and do not count against a swimmers six (6) event max. ***Deck entered swimmers are able to qualify for finals swims.***

Entry changes are permissible after the entry deadline and the meet has closed. ***New event entries will be accepted but there will be no refunds on any previous entries dropped.***

Entry Fees payable to the **Cascade Swim Club** by cheque or ETransfer (preferred method) to accounting@cascadeswimming.com.

Entry Fees are \$20.00 per event and \$35.00 per deck entry. Entry fees include Olympic Bonus and are refundable prior to the entry deadline. Entry fees must be paid prior to the start of the competition.

Entry Rules

Entries must be submitted using the athletes best short course time, converted times may be used for entry. ***No-Time (NT) entries will not be accepted.***

The Cascade Swim Club reserves the right to enter swimmers who have not made the entry qualifying time and in more events than the event limit at their discretion.

Scratches

The Swim Alberta Scratch Rule will be in effect for this competition. Coaches are requested to submit any known scratches to the meet manager by 3:00 PM (Thursday for the Mini Pro & Friday for the Speed Meet PS1) prior to the start of the meet. (See appendix A)

Format

Individual Events:

Age Categories

Female: 12&U, 13-14, 15&O (SR)

Male: 13&U, 14-15, 16&O (SR)

All events at the Mini Pro are open.

Para

Para swimmers will be seeded with all other swimmers based on their age category and/or entry times; they will not be guaranteed to be seeded with other para swimmers. Events with split distances by classifications are considered the same event (e.g. 200/400 Free) and should follow the same event order as per the meet information package. Please see Swim AB page on PS meets (para) [here](#).

Diving

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics 2.3 and SW 4.1.

Dive Readiness

Entry to competition is limited to participants who have passed Swim Alberta's Competition Swim Test. During

competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.

Preliminaries

All preliminaries will swim regardless of the number of entries. Some preliminary events will be seeded and swum fastest to slowest when they precede a timed final event.

Finals

There will be A & B World Finals for events with 26 or more entries by the entry deadline - in the SR category.

Timed Finals

All Mini Pro (Friday) events are timed finals. The following are timed Finals events (Speed Meet) and swum senior seeded fastest to slowest: 400 Free, 800 Free, & 400IM. The fastest heat (top-8 senior seeded) of the 400 Free, 800 Free & 400IM is swum during the evening Finals session.

Awards

There will be prizes for top swim of the session, top swim of the day and top swim of the meet for the open age category in both the female and male category.

Official Splits

Must be requested prior to the start of the session. Coaches may be required to supply timers for Official Split requests.

Psych Sheets

To be published prior to the meet.

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](#).

Swimwear at Competitions

All swimmers are permitted to race in 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.

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.

Other

Cascade reserves the right to alter or change the meet format as needed including but not limited to allowing swimmers into events that do not meet either the qualifying standard.

Any discrepancies between this meet package and the operation of the meet are the responsibility of the event technical director & meet manager (s) with the assistance of the advisory referee if applicable. Only the technical director and or meet manager are permitted to make any material changes to the running of this event. All material changes are those defined as such by the meet technical director.

In the event of a meet delay due to facility interruption (ie alarm or other) the meet will resume once the facility has given the all clear and continue at least until the previously scheduled session end-time. It will be at the discretion of the organizing committee and advisory referees to determine if they are able to go any longer.

Appendix A

Alberta provincial meets will use the Swim Alberta Scratch Rule. <http://www.swimalberta.ca/officials/meet-manager-information>

Scratch Rules

Swim Alberta Scratch Rule

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet (by Thursday 3PM for the Mini Pro & Friday 3PM for the Speed Meet). Any scratches that are not received by the published deadline will need to be submitted to the Clerk of Course.

Scratches for the session's events are to be submitted to the Clerk of Course 30 minutes prior to the start of each session.

There shall be no penalty for swimmers who 'no show' or submit a 'late scratch' for their event for either prelims or finals information.

Cascade Speed Meet & Rock Mountain Cup						
Event	Female Standards			Male Standards		
	15&O	13 to 14	12&U	16&O	14 to 15	13&U
50 Free	00:29.7	00:30.6	00:33.1	00:26.4	00:27.8	00:30.5
100 Free	01:04.1	01:06.0	01:11.3	00:57.6	01:00.5	01:06.6
200 Free	02:18.9	02:23.1	02:34.5	02:06.7	02:13.0	02:26.3
400 Free	04:56.9	05:05.8	05:30.2	04:37.0	04:50.9	05:19.9
800 Free	10:06.7	10:24.9	11:14.9	09:38.6	10:07.5	11:08.3
50 Back	00:34.0	00:35.0	00:37.8	00:30.4	00:31.9	00:35.1
100 Back	01:12.4	01:14.6	01:20.6	01:05.2	01:08.5	01:15.4
200 Back	02:36.8	02:41.5	02:54.4	02:23.9	02:31.0	02:46.2
50 Breast	00:37.7	00:38.8	00:41.9	00:33.5	00:35.2	00:38.7
100 Breast	01:22.7	01:25.2	01:32.0	01:13.5	01:17.1	01:24.9
200 Breast	03:00.6	03:06.0	03:20.9	02:42.3	02:50.4	03:07.4
50 Fly	00:31.7	00:32.6	00:35.3	00:28.4	00:29.8	00:32.8
100 Fly	01:10.3	01:12.4	01:18.2	01:03.3	01:06.4	01:13.1
200 Fly	02:33.8	02:38.5	02:51.1	02:22.9	02:30.1	02:45.1
100 IM	01:16.5	01:18.8	01:25.1	01:07.5	01:10.9	01:18.0
200 IM	02:42.1	02:47.0	03:00.3	02:25.2	02:32.5	02:47.7
400 IM	05:44.4	05:54.7	06:23.1	05:12.0	05:27.6	06:00.4

Mini Pro Friday November 6th
Timed Finals Warm-up: 4:00 pm / Start: 5:00 pm

Events

50 Free
50 Back
50 Breast
50 Fly

Day 1 Saturday November 7th
Prelims Warm-up: 7:30 am / Start: 8:30 am
Finals Warm-up: 4:00 pm / Start: 5:00 pm

Female Events

400 Free*#@
100 Fly (Para S8-14)@
100 Fly
200 Back
200 Breast
50 Free (Para S1-14)@
50 Free
150M (Para SM1-4)@
200 IM
50 Breast (Para SB1-3)@
50 Breast
50 Back(Para S1-5)@
50 Back~

*This event is swum last in prelims seeded fastest to slowest alternating with the male 800 free & the top-8 seeded swimmers will swim this event in the finals session

@Please see Para Specific Notes

#This is an open event only

~This event is swum fastest to slowest in prelims

#This is an open event only

Male Events

800 Free*#
100 Free (Para S1-14)@
100 Free
200 Fly
100 Back (Para S6-14)@
100 Back
400 IM^#
100 Breast (Para SB4-14)@
100 Breast
50 Fly (Para S1-7)@
50 Fly
100 IM
200 Free~@

*This event is swum last in prelims seeded fastest to slowest alternating with the female 400 free

~This event is swum fastest to slowest in prelims

#This is an open event only

Day 2 Sunday November 8th
Prelims Warm-up: 7:30 am / Start: 8:30 am
Finals Warm-up: 2:30 pm / Start: 3:30 pm

Female Events

800 Free*^#
100 Free (Para S1-14)@
100 Free
200 Fly
100 Back (Para S6-14)@
100 Back
400 IM^#
100 Breast (Para SB4-14)@
100 Breast
50 Fly (Para S1-7)@
50 Fly
100 IM
200 Free~@

*This event is swum last in prelims seeded fastest to slowest alternating with the male 400 free

^This event is swum last in finals with the top-8 seeded swimmers swimming in the finals session

~This event is swum fastest to slowest in prelims

#This is an open event only

Male Events

400 Free*#@
100 Fly (Para S8-14)@
100 Fly
200 Back
200 Breast
50 Free (Para S1-14)@
50 Free
150M (Para SM1-4)@
200 IM
50 Breast (Para SB1-3)@
50 Breast
50 Back(Para S1-5)@
50 Back~

*This event is swum last in prelims seeded fastest to slowest alternating with the female 800 free & the top-8 seeded swimmers will swim this event in the finals session

#This is an open event only

~This event is swum fastest to slowest in prelims

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