



## LASC WELCOMES YOU TO THE

### 2026 Pronghorn Classic

March 13-15, 2026

Sanctioned by Swim Alberta

<b>Location</b>	Max Bell Aquatic Centre at the University of Lethbridge 8 lane 25m competition pool + 8 lane 25m warm-up pool 8 lane 50m competition pool Omega timing and wedge blocks
<b>Meet Manager</b>	Jason Walper <a href="mailto:meetmanagerlasc@gmail.com">meetmanagerlasc@gmail.com</a>
<b>Coaches Contact</b>	Peter Schori <a href="mailto:peter.schori@uleth.ca">peter.schori@uleth.ca</a>
<b>Officials Coordinator</b>	Sonia Friesen <a href="mailto:lascofficials@gmail.com">lascofficials@gmail.com</a>

### Rules

The meet will be conducted under published World Aquatics 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.

### Competition & 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.

### Diving Rules

1. Starts conducted from Starting Platforms (blocks) will comply with World Aquatics Facility Rule 16.1.4, 16.1.8 and Swimming Canada's Swimming Rule 4.1.2.
2. Starts conducted from the Deck or Bulkhead will comply with Canadian Facility Rule C16.1.4.1 and Swimming Canada's Swimming Rule 4.1.1.
3. In-water starts will be conducted as per Swimming Canada's Swimming Rule 4.1.2.

## **Safe Sport**

All interactions between an athlete and an individual who is in a position of trust should normally, and whenever possible, be in an environment or space that is both “open” and “observable” to others.

## **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.

## **Wearable Technology**

If the referee is aware of a device that transmits data, sounds, or signals, either turned on or off, the referee shall ask the swimmer to remove it. Failure to comply will result in disqualification.

## **Photography/Videography**

To minimize risk, all photographs and video taken at Swimming Canada and Swim Alberta 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.

## **Meet Format**

- Short Course and Long Course Timed Finals. Senior seeded by gender from slowest to fastest.

## **Entries**

- A maximum of 325 swimmers will be accepted by order of entry.
- Swimmers are limited to 2 individual events per session and 8 events total (not including relays)
- Meet management reserves the right to limit the number of entries per event, to maintain reasonable session length.
- Maximum of 32 swimmers per gender for 400 Free, including the top 12 entries from the 12 & under age group.

## **Entry Deadline**

Entries due by Monday, March 2, 2026. There will be no refunds after the entry deadline.

## **Entry Process**

All club entries must be submitted through the Swimming Canada online system.

Swimmer Deck Entries may be permitted by Meet Management. Deck entries must include proof that the swimmer is fully registered with Swimming Canada.

## **Fees**

Individual Timed Final events	\$16
Relay Events	\$20

All team fees are due prior to the beginning of Session 1 of the swim meet.  
Make cheques payable to LASC or send E-Transfer to: [lasc.office@gmail.com](mailto:lasc.office@gmail.com)

## **Eligibility**

Entries will only be accepted for swimmers who are currently registered in the Swimming Canada registration database and have a Swimming Canada registration ID number unless the swimmer is registered with and representing a foreign World Aquatics affiliated federation.  
Except for Dive Readiness Standards, there are no qualifying standards for this event.

## **Scratches**

The Swim Alberta scratch rules will be in effect for this competition. The scratch rules can be reviewed [here](#):

- Coaches are requested to submit any known scratches to meet management prior to the start of the meet.
- Individual scratches are due 30 minutes prior to the start of the session.
- Relay team scratches must be made 30 minutes prior to the start of the session in which the relay is swum.
- Relay names are due 30 minutes before the start of the session they are being swum.
- Relay name changes must be finalized 30 minutes before the first relay event is scheduled to begin.
- There shall be no penalty for swimmers who “no show” or submit a “late scratch” for their event.

## **Deck Entries**

Permitted solely at the discretion of meet management. Additional heats will not be created and no re-seeding will occur. A fee of \$25.00 per entry must be paid with entry. No entries will be permitted later than 30 minutes prior to the start of the session. Deck entries will be swum as an exhibition.

## **Awards**

- Individual event medals awarded for 1st to 3rd place and ribbons for 4th to 8th place for 10 & under, 11-12, 13-14 and 15-17 age groups.
- There are no awards for 18 & over.
- Relay event ribbons awarded for 1st to 3rd place for 10 & under, 11-12, 13-14 and 15 & over age groups.

## **Warm-ups**

Swimming Canada competition warm-up safety procedures will be in effect at this meet. Dive lanes will be designated by the referee at their discretion. During the short course session there will be a 25m warm-up/cool-down pool available during racing. During the long course sessions, warm-up breaks will be incorporated, contingent on appropriate session length and at the discretion of meet management.

## **Hospitality**

Food will be provided for coaches & officials. In efforts to be environmentally conscious, we encourage everyone to please bring individual water bottles.

**Parking**

Free weekend public parking is available at the University of Lethbridge **after 5:00pm Friday** in designated lots. Please refer to onsite signage.

<b>SESSION # 1</b> Friday Afternoon	<b>SESSION # 2</b> Saturday Morning	<b>SESSION # 3</b> Saturday Afternoon	<b>SESSION # 4</b> Sunday Morning
Short Course	Long Course	Long Course	Long Course
Warm-Up 3:00pm - 3:45pm	Warm-Up 7:45am - 8:30am	Warm-Up 3:30pm - 4:15pm	Warm-Up 9:00am - 9:45am
Racing 3:50pm - 8:00pm*	Racing 8:35am- 12:45pm*	Racing 4:20pm - 8:00pm*	Racing 9:50am - 1:30pm*
100 Free	200 Free	200 Back	200 IM
50 Fly	50 Breast	50 Free	50 Back
100 Back	Warm-Up Break	Warm-Up Break	Warm-Up Break
50 Breast	100 Back	100 Breast	200 Fly
50 Free	100 Fly	50 Fly	100 Free
100 Fly	4 x 50 Free Relay	400 Free	200 Breast
50 Back			
100 Breast			
4 x 50 Medley Relay			

\*Session time-outs are estimates only. Session Reports will be communicated prior to the start of the swim meet.