



Name of Meet: UCSC Spring Start Up 2026
Hosted by: University of Calgary Swim Club
Date of Meet: Sat Apr 25 - Sun Apr 26, 2026
Entry Deadline: Tuesday April 14 @ 5:00 pm
Sanctioned by: Swim Alberta
www.calgaryswimming.com

Facility and Location:

University of Calgary Aquatic Centre, Calgary, AB

1 – 50-meter 8 lane pool. Time permitting, the meet may be run in six lanes for racing, with lane 7 remaining empty and lane 8 being used for warm-up/cool-down.

Electronic timing will be used.

Goal:

The Spring Start Up is the first meet of the third cycle of the year. The goal of this competition is to have swimmers race all four strokes in a fun, aggregate-style competition.

Meet Manager: Michael Power – mwpower@gmail.com

Officials Coordinator – officials@calgaryswimming.com

Session Times:

Saturday April 25

Warm-up: 1:30 pm - 2:20 pm

Start: 2:30 pm

Sunday April 26

Warm-up: 1:30 pm - 2:20 pm

Start: 2:30 pm

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.



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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.

Meet Format:

All events are Timed Finals.

All Events will be senior-seeded, and results will be split by age group.

Events will be run slowest-to-fastest.

Eligibility:

This meet is a Level 2 multi-club competition, open to all swimmers currently registered with Swim Canada or a WA-affiliated club.

Qualifying Times:

There are no qualifying times for this meet.

Entries:

Swimmers can swim all 6 events.

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 350 swimmers, to alter, revise, limit enrollment, or otherwise modify the program. Minimum number of swimmers in the competition is 200. Reserved spots is 200. Coaches will be advised of any changes prior to the start of the meet.

Entry Fee:

\$18 per individual event.



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Entry Deadline:

Entries and entry fees are due on or before Tuesday, April 14th 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

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 April 22nd, 2026 by emailing the Meet Manager.

Results:

Results will be listed in the following age groups: 10 & Under / 11 / 12 / 13 / 14 / 15 & Over. 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.

Scoring & Awards:

Aggregate prizes will be awarded to the swimmer in each age group who accumulates the highest number of improvement points (see table below) for all events:

	Official Time vs previous PB (sec)	Bonus Points	Completion Points
Slower than PB by	Between -99.00 and -5.01	0	1
Slower than PB by	Between -5.00 and -1.01	1	1
Slower than PB by	Between -1.00 and 0.00	2	1
Faster than PB by	Between 0.01 and 1.00	3	1
Faster than PB by	Between 1.01 and 2.00	4	1
Faster than PB by	Between 2.01 and 99.00	5	1

*There are no points awarded for a disqualification.

*Swimmers lose 1 point if they are a No Show for an event.

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.



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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 on April 25th at 1:45 pm at the South End of the pool. Otherwise, notices pertaining to the meet will be placed in each clubs' hanging folders in the official/hospitality room.

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.

For more information please contact:

Micheal Power, Meet Manager: mwpower@gmail.com



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Schedule of Events:

Session 1 – Saturday April 25		
Girls Event		Boys Event
1	50 Butterfly	2
3	50 Breaststroke	4
5	200 IM (12 & Under)	6
7	100 Freestyle (13 & Over)	8

Session 2 – Sunday April 26		
Girls Event		Boys Event
9	50 Freestyle	10
11	100 Backstroke	12
13	100 Freestyle (12 & Under)	14
15	200 IM (13 & Over)	16