

Winter Provincial Championships LC

March 19-22, 2026

Purpose

The pinnacle of provincial competitions where Alberta's top swimmers compete for individual and club awards including swimmers in both the Olympic and Paralympic program.

Qualifying	January 1, 2025 to March 9, 2026
Entry Deadline*	March 9, 2026
Scratch Deadlines	Swim Alberta Scratch Rule (Appendix A)
<i>* Withdrawals will not be refunded after the entry deadline</i>	

Facility

Kinsmen Sports Centre, Edmonton
10 x 50-meter pool with warm-up and cool down space available

	March 19	March 20	March 21	March 22
Preliminaries Warm-up / Start	7:30 / 8:30 am	7:30 / 8:30 am	7:30 / 8:30 am	7:30 / 8:30 am
Finals Warm-up / Start	3:30 / 4:30 pm	3:30 / 4:30 pm	3:30 / 4:30 pm	3:30 / 4:30 pm

Sanction

This meet is sanctioned by Swim Alberta.

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.

Hosts

Swim Alberta and the Olympian Swim Club

Meet Manager	Alana Shrubsole-Cockwill	meetmanager@olympianswimclub.com
Officials Chair	Kristen Demers	officials@olympianswimclub.com
Meet Referees	Scott Flowers, Iris Jackson	
Swim Alberta	Anna Naumova	anaumova@swimalberta.ca

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.

Eligibility

This meet is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club. Para swimmers must have a Level 2, Level 3 or International classification on the World Para Swimming or Swimming Canada website.

Qualifying

Swimmers may qualify for the Provincial Championships by achieving one (1) Provincial Championship time standard for their age category within the qualifying period or by winning an event at the Winter Provincial Trials. A swimmer's age is determined as of the first day of the competition. Para Swimmers must achieve one of the Provincial Para Swimming Minimum Entry Time (MET) standards within the qualifying period. Time standards are available on www.swimalberta.ca.

New Qualifiers

Entries for swimmers who have qualified after the entry deadline will be accepted. Coaches must notify Swim Alberta by 11:59pm, Monday March 16, 2026.

Entries

Swimmers may enter a maximum of eight (8) events. Swimmers may enter any 50m, 100m or 200m event. Swimmers who have achieved a Provincial Championship time standard in the 200 freestyle or 200 IM may enter the respective 400m event. Swimmers who have a Championship standard in the 400 freestyle, 800 freestyle, 1500 freestyle or 400 IM may enter any event 400m or longer. Swimmers who win an event at provincial trials in the 400 freestyle, 800 freestyle or 400 IM may enter any event 400m or longer.

Entries must be submitted online at www.swimming.ca. Deck entries will not be permitted.

Entry Fees payable to Swim Alberta

Entry Fees are \$18.00 per individual event and \$22.75 per relay event. 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 Long Course or Short Course time. Meet management will convert entry times. No-Time (NT) entries will not be accepted. Late entries of pre-qualified swimmers will be subject to a \$50.00 fine per swimmer payable to Swim Alberta prior to the start of the competition. Any club submitting entries for non-qualified athletes will be subject to a \$100.00 fine per ineligible athlete payable to Swim Alberta.

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 prior to the start of the meet. (See appendix A)

Diving

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and SW 4.1.

Format

All events, except where noted, will be swum by gender.

Age Categories

Open Events*: Any Age

Age Group Events: 13 & Under, 14, 15, 16

Para Events: Open Female, Open Male

Relay Events: 14 & Under, 15 & Over

*Open Events

Swimmers aged 17 and older must enter the Open event category. The Open category for the 800 and 1500 freestyle events will be swum as age 17+

Swimmers aged 16 and under may choose to enter Open Category or the Age Group Category (not both) in events in which they have achieved the Open time standard. These swimmers may swim some events in the Open category, and others in their Age Group. For example, a qualified 15-year-old swimmer may enter the Open 100 breaststroke and the Age Group 200 breaststroke. Open event entries must be submitted prior to the competition.

Preliminaries

All preliminaries will swim regardless of entries. All preliminary events will be seeded fast to slow. Swimmers entered in the female and male open events will swim first, followed by the age group events. Age group preliminaries will be senior seeded.

400m Seeding

The 400 freestyle and 400 IM will be seeded fast to slow with the fastest two heats circle seeded. Swimmers entered in the female and male open events will swim first. The preliminaries of the 400 freestyle will be swum alternating gender.

Finals

There will be A finals for all categories in events 400m and shorter.

Finals Order

All Female Events then all Male Events in the following order:

Open > 13U > 14 > 15 > 16 > Para

Distance Events

The 800 freestyle and 1500 freestyle events will be senior seeded, time final and require positive check-in. Positive check-in deadlines are listed below. The open and age group categories will be seeded together, the open event will only be for swimmers age 17+. All heats will be swum fastest to slowest, alternating gender and may be swum mixed gender at the discretion of Swim Alberta and the meet manager. The fastest heat of each gender will swim in finals.

800 Free	March 19	8:30 AM
1500 Free	March 22	8:30 AM

Relays

Relay events are time final. Relays will be swum by category, youngest to oldest, all females then all males, and seeded slow to fast. Times for the fastest heat must either be validated online or will require proof of time.

Teams may enter one (1) or two (2) swimmers from a younger age group, these swimmers may swim in both their own age group relay as well as one or more older age group relays.

Teams may enter one (1) 'relay only' swimmer for the 'A' relay. 'Relay Only' entries must be done using Hy-Tek and Swim Alberta notified when entries are submitted. This is only permitted if the team has three (3) swimmers eligible for the relay who are entered in at least one individual event. Individual names must be

submitted to the Administration Desk by 4:30 pm for each finals session.

Para Swimming

Para Swimmers may enter any eight (8) events. Para specific events are listed on the following chart. Entries in non-para events are permitted in events 100m or shorter, unless the swimmer has achieved the Swim Alberta Provincial Championships time standard for the event. All preliminary events will swim regardless of the number of entries. Qualification for finals and final ranking will be based on Swimming Canada's para points. All events will contribute to team points. Events with split distances by classification (e.g. 50/100 butterfly), are considered the same event, meaning para points will be combined for a final ranking.

50 Free	S1-14	Heats and Finals
100 Free	S1-14	Heats and Finals
200 Free	S1-S5, S14	Time Finals
400 Free	S6-S13	
50 Back*	S1-S5	Heats and Finals
100 Back	S6-S14	
50 Breast*	SB1-SB3	Heats and Finals
100 Breast	SB4-SB14	
50 Fly*	S1-S7	Heats and Finals
100 Fly	S8-S14	
150 IM*	SM1-SM4	Heats and Finals
200 IM	SM5-SM14	

**Swimmers will race together, classifications racing the shorter distance will start from the start end.*

Time Final Para Events

The 200 freestyle and 400 freestyle will be a time final para specific event and swum during the preliminary session. Para

swimmers who have achieved the Swim Alberta Provincial Championships time standard may choose to enter the respective age group or open event to be eligible to swim finals.

Para Awards

Medals will be awarded to the top three swimmers for each para event.

Awards

Medals will be awarded to the top three swimmers or relay teams in all age categories for each event.

Age Group High Point Awards

An award will be presented to the top female & male in each age group category based on the total World Aquatic Points of any four individual Olympic events. In the case of a tie the swimmers highest World Aquatics point score will be used until the tie is broken.

Open and Para High Point Awards

An award and \$200 gift certificate will be presented to the Top Male & Top Female of any age in an Olympic Event, with the highest World Aquatics point score in an individual Olympic eligible event. An award and \$200 gift certificate will be presented to the Top Para Swimmer of any gender based on Swimming Canada's para points in any para specific event. In the case of a tie the swimmers next highest World Aquatics or para point score will be used until the tie is broken.

Team Awards

Banners will be awarded to the top small, medium, and large club based on points earned during the competition. Team size will be based on each clubs' percentage of

provincial competitive registrations, rounded to the nearest tenth, as of the entry deadline. The small team will be 1.9% and under, the medium team will be 2-4.9% and the large team will be 5% and over. Team Scoring will be 1st to 10th place as listed below.

Individual events= 13-11-9-7-6-5-4-3-2-1
Relay Events= 26-22-18-14-12-10-8-6-4-2

Proof of Time

Swim Alberta will prove times using Swimming Canada's time validate feature for the fastest heat of time final events swimming during finals. A slower official time will be accepted if submitted with entries. Swim Alberta may request proof of time for any entry.

Clubs will have 48 hours to provide proof of time. If a Club is unable to prove an entry time the entry may be removed (events 400m or longer) or seeded last (events 200m or shorter).

Time Trials

Swim Alberta and meet management must both approve a time trial, which will only be held in exceptional circumstances.

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 Tuesday prior to the meet. Changes will not be permitted once the psych sheet is published.

Accreditation

Clubs will be provided one accreditation per swimmer registered in the

competition. Clubs will receive one coach accreditation per 10 swimmers entered. Additional coach accreditations may be requested prior to the competition.

Media

Club photographers are not permitted.

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.

Competition Warm-Up

Swimming Canada competition warm-up safety procedures will be in effect at this meet.

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.

The full details on the Event Photography and Videography Procedure can be found [HERE](#).

Thursday March 19	
Preliminaries Warm-up: 7:30 am / Start: 8:30 am 200 IM 150 / 200 IM Para 100 Freestyle 100 Freestyle Para 50 Butterfly 800 Freestyle (slower heats)	Finals Warm-up: 3:30 pm / Start: 4:30 pm 800 Freestyle (fastest heat per gender) 200 IM 150 / 200 IM Para 100 Freestyle 100 Freestyle Para 50 Butterfly 4x200 Free Relay
Friday March 20	
Preliminaries Warm-up: 7:30 am / Start: 8:30 am 200 Freestyle 200/400 Freestyle Para 50 Breaststroke 200 Butterfly 100 Backstroke 50/100 Backstroke Para 400 IM	Finals Warm-up: 3:30 pm / Start: 4:30 pm 200 Freestyle 50 Breaststroke 200 Butterfly 100 Backstroke 50/100 Backstroke Para 400 IM
Saturday March 21	
Preliminaries Warm-up: 7:30 am / Start: 8:30 am 100 Breaststroke 50/100 Breaststroke Para 200 Backstroke 50 Freestyle 50 Freestyle Para 400 Freestyle	Finals Warm-up: 3:30 pm / Start: 4:30 pm 100 Breaststroke 50/100 Breaststroke Para 200 Backstroke 50 Freestyle 50 Freestyle Para 400 Freestyle 4x100 Free Relay
Sunday March 22	
Preliminaries Warm-up: 7:30 am / Start: 8:30 am 100 Butterfly 50/100 Butterfly Para 200 Breaststroke 50 Backstroke 1500 Freestyle (slower heats)	Finals Warm-up: 3:30 pm / Start: 4:30 pm 100 Butterfly 50/100 Butterfly Para 200 Breaststroke 50 Backstroke 1500 Freestyle (fastest heat per gender) 4x100 Medley Relay

Alberta provincial meets will use the Swim Alberta Scratch Rule.

[Swim-Alberta-Scratch-Rule-April-8-2025.pdf](#)

SWIM ALBERTA SCRATCH RULE

Heats & Finals Competitions including Swim Alberta Festivals, Provincial Trials, and Provincial Championships

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet. The meet information package should clearly state the deadline for receiving scratches by the meet manager after the entry deadline. Any scratches that are not received by the published deadline will need to be submitted to the Administration Desk according to the information detailed below:

Scratch Deadline and Penalties for Preliminaries:

- Scratches are to be submitted to the Administration Desk 30 minutes after the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the preliminary session can be seeded.
- Late Scratches may be received by the Administration Desk 30 minutes prior to the start of each session. No re-seeding will occur, without the approval of the Referee.
- There will be no penalty for scratching from preliminary events. No-shows, step-downs, and unexcused incomplete swims will have no penalty assessed.

Scratch Deadline for Time Final Events (including relays):

- Scratches are to be submitted to the Administration Desk by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the session can be seeded.
- Late Scratches may be received by the Administration Desk 30 minutes prior to the start of each session in which a Time Final Event is scheduled. No re-seeding will occur, without the approval of the Referee.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining finals, including relays, scheduled for that session.

Scratch Deadline for Time Final Events utilizing Positive Check-in

- The deadline for Positive Check-in shall be clearly communicated in the meet package and communicated to coaches at the technical meeting.
- Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event. There is no penalty for swimmers who fail to check-in.

- Once checked-in a swimmer is not entitled to scratch from the event. No-shows, step-downs and unexcused incomplete swims will result in the swimmer being scratched from all remaining finals, including relays, scheduled for that session and any other session in which the event in question is swum.

Scratch Deadline and Penalties for Finals:

- Scratches are to be submitted to the Administration Desk 30 minutes after conclusion of the preliminary session. The conclusion of the preliminary session will be the completion of the final race of the session or when the 800/1500 are the last events of the session, the scratch deadline shall be 30 minutes after the completion of the last race immediately preceding the start of the 800/1500.
- The Late Scratch Deadline shall be 30 minutes prior to the start of the finals session. However, there shall be no re-seeding to include scratches made after the initial scratch deadline.
- The Late Scratch Deadline only applies if the coach of the late scratch swimmer notifies the Referee and the coach of the alternate. The alternate is under no obligation to swim. Should the alternate decline to swim the coach of the late scratch swimmer must contact the coach of the 2nd alternate.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining events, including relays, scheduled for that day.
- Although alternates are not required to swim, all swimmers not intending to swim finals should scratch by the scratch deadline. This will ensure that those swimmers, who would be intent on swimming in a final, would be provided the opportunity.

Deadlines for Relays

1. **Name Submissions:** The deadline for relay name submissions shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin.
2. **Name Changes:** The deadline for name changes shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin. The deadline will be a minimum of 30 minutes prior to the first relay event based on session timeouts, regardless of which event (age or gender) the team is entered in.