



Winter Provincial Trials

Sponsored by: Team Aquatic Supplies

March 6-8, 2026

Purpose

A heats and finals competition for swimmers aspiring to reach the Provincial Championships including automatic qualification for event winners.

Qualifying January 1, 2025 to February 23, 2026

Entry Deadline* February 23, 2026

Scratch Deadlines Swim Alberta Scratch Rule (Appendix A)

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

Facility

Big Marble Go Center, Medicine Hat

8 x 25-meter pool with warm-up and cool down space available

March 6

March 7

March 8*

Preliminaries Warm-up / Start	7:30 am / 8:15 am	7:30 am / 8:15 am
Finals Warm-up / Start	4:00 pm / 4:45 pm	4:00 pm / 4:45 pm

8:30 am / 9:15 am	8:30 am / 9:15 am	8:30 am / 9:15 am
4:00 pm / 4:45 pm	4:00 pm / 4:45 pm	4:00 pm / 4:45 pm

**Revised Start Time on March 8 for Daylight Savings*

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 Alberta Marlin Aquatic Club

Meet Manager	Glen Mori	meets@marlin.ab.ca
Officials Chair	Amber Smith	officials@marlin.ab.ca
Meet Referee	Norma Lachance	mathdva@gmail.com
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.



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Eligibility

This meet is closed to swimmers currently registered with a Swim Alberta affiliated year-round club. Para swimmers must have a valid classification listed on the Swimming Canada website.

Swim Alberta will permit entries from the Inconnu Swim Club as well as clubs within the Kootenay region of BC, including the Kootenay Swim Club, Cranbrook Tritons, Elk Valley Dolphins, and Columbia Valley Swim Club. These swimmers can qualify for the Swim Alberta Provincial Championships by achieving a championship time standard.

Qualification for Winter Provincial Championships

The highest ranked Alberta swimmer in each individual age category will be considered an event winner and will qualify for the Winter Provincial Championships.

Qualifying

Swimmers may qualify for the Winter Provincial Trials by achieving one of the Provincial Trials time standards within the qualifying period. Swimmers are de-qualified from the Winter Provincial Trials if they have achieved a Provincial Championship time standard. Time standards are available on www.swimalberta.ca.

Para Swimmer Eligibility

Para swimmers classified at Level 1 and are age 13 and older are eligible to attend. Para swimmers who are classified at Level 2 and have not yet achieved a Provincial Para Swimming time standard are eligible to attend. There are no para specific events at this competition.

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 2, 2026.

Entries

Swimmers who have qualified in one (1) event may enter up to a maximum of seven (7) individual events. Swimmers may enter any 50m, 100m or 200m event. Swimmers who have achieved a Provincial Trials time standard in the 200 freestyle or 200 IM may enter the respective 400m event. Swimmers who have achieved a Provincial Trials time standard in the 400m freestyle, 800m 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.

Age-Up Entries

When a swimmer's birthday falls between the Winter Provincial Trials and the Winter Provincial Championships, making them ineligible for either competition, the swimmer must be entered in the higher age category at Winter Provincial Trials for all individual events. This can only occur if the swimmer has achieved the Provincial Trials time standard in the higher age category. Coaches must notify Swim Alberta at the time of entry with the swimmer's name for all age-up requests.

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 for seeding.



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No-Time (NT) entries will not be accepted, coaches must submit estimated times.

Estimated times will not supersede any proven time in the fastest heat of a timed final event. 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 de-qualified or 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

Individual Events: 13 & Under, 14, 15, 16 & Over

Relay Events: 14 & Under, 15 & Over

Preliminaries

There will be preliminaries and finals for all events 200m and shorter. All preliminaries will be senior seeded, fast to slow, and will swim regardless of number of entries.

Finals

There will be A-finals for each age category in all individual events 200m or shorter. Finals will swim in the following order:

13U > 14 > 15 > 16+

Individual Timed Final Events

The 400 freestyle will be time final and will alternate gender. The fastest heat will be swum by age category with all remaining heats senior seeded, fast to slow.

The 800 freestyle, 400 IM will be time final events and will be senior seeded, fast to slow.

The 400 freestyle, 800 freestyle and 400 IM require positive check-in. Positive check-in deadlines are listed below.

800 Free (Female)	March 6	8:00 am
400 Free	March 7	8:00 am
400 IM	March 7	4:30 pm
800 Free (Male)	March 8	9:00 am

Relays

Relay events are time final and will be swum by category, seeded slow to fast. 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 the deadlines listed below.

4x50 Free	March 6	4:30 pm
4x50 Medley	March 7	4:30 pm

Awards

Individual Events

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

Relay Events

Medals will be awarded to the top three teams in each event.

Time Trials

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

Proof of Time

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).

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 with one accreditation per swimmer registered in the competition. Clubs will receive one coach accreditation per 10 swimmers entered. Additional coach accreditations must be requested prior to the competition.

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.

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](#)

Media

Club photographers are not permitted.

Friday, March 6	
Preliminaries Warm-up: 7:30 am / Start: 8:15 am 100 Backstroke 200 IM 100 Freestyle 200 Butterfly 50 Breaststroke 800 Freestyle (Female Time Final)	Finals Warm-up: 4:00 pm / Start: 4:45 pm 800 Free Female Time Final Awards 100 Backstroke 200 IM 100 Freestyle 200 Butterfly 50 Breaststroke 4 x 50 Freestyle
Saturday, March 7	
Preliminaries Warm-up: 7:30 am / Start: 8:15 am 200 Backstroke 50 Freestyle 100 Breaststroke 50 Butterfly 400 Freestyle (Time Final)	Finals Warm-up: 4:00 pm / Start: 4:45 pm 400 Free Time Final Awards 200 Backstroke 50 Freestyle 100 Breaststroke 50 Butterfly 400 IM (Time Final) 4x50 Medley
Sunday, March 8*	
Preliminaries* Warm-up: 8:30 am / Start: 9:15 am 200 Breaststroke 50 Backstroke 200 Freestyle 100 Butterfly 800 Freestyle (Male Time Final)	Finals Warm-up: 4:00 pm / Start: 4:45 pm 400 IM Time Final Awards 800 Free Male Time Final Awards 200 Breaststroke 50 Backstroke 200 Freestyle 100 Butterfly

*Revised Start Time on March 8 for Daylight Savings



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Appendix A

Alberta provincial meets will use the Swim Alberta Scratch Rule.

<http://www.swimalberta.ca/officials/meet-manager-information>

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



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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

- **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.
- **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.