



# Making Waves 22<sup>nd</sup> Annual Sprint Meet

Saturday, March 7th, 2026  
Edmonton, Alberta

## Location

MacEwan University Pool  
10800 105 Ave NW, Edmonton, AB T5J 4S2  
Paid street parking or [campus parking](#) available

## Session Time

Warm-up: 11:00-11:50 am  
Events start: 12:00 pm  
End by: 5:00 pm.

## Events:

No	Event
1	400 Freestyle
2	100 Breaststroke
3	25 Freestyle
4	50 Butterfly
5	100 Backstroke
6	200 Individual Medley
7	50 Backstroke
8	25 Breaststroke
9	200 Butterfly
10	100 Freestyle
<b>20-30 min break</b>	

No	Event
11	4x50 Medley Relay
12	200 Freestyle
13	50 Breaststroke
14	25 Backstroke
15	100 Butterfly
16	50 Freestyle
17	200 Backstroke
18	25 Butterfly
19	200 Breaststroke
20	100 Individual Medley
21	4x50 Free Relay

**Deadline:** Midnight, Tuesday **March 3rd**, 2026

**Entry Process:** A Hy-Tek file is available for download from [www.swimming.ca](http://www.swimming.ca). Hy-tek entries can be submitted by email. For an extra fee, entries using the attached form can be submitted by email or mail. Swimmers may enter up to 6 individual events.

**Entry Fees:** Entry fees are **\$40** per swimmer (submitted on time via Hy-Tek file). Late entry fees and non-Hy-Tek entries are **\$50** per swimmer. Payment by cheque (to Making Waves Aquatics Club) or credit card payment can be made online: [\\$40](#), [\\$50](#) or see [Making Waves Aquatics Club - Swim Meet](#), a processing fee has been added.

**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 (9 digits beginning with 12...) unless the swimmer is registered with and representing a foreign World Aquatics affiliated federation. Entries will be capped at 90 athletes.



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**You Can Play:** Making Waves is committed to providing a welcoming and inclusive environment for athletes to participate in swimming while working within the regulations of World Aquatics. We oppose the rule imposed on Swim Alberta, by the Government of Alberta, requiring the disclosure and equivalence of sex at birth with gender. This policy undermines the identity and dignity of transgender athletes to participate in swimming as themselves. For the purposes of the meet program and lane timer sheets, athletes may request (by contacting the meet manager) that their affirmed gender be displayed. Official results, however, are still required to be matched to the athlete's Swimming Canada ID and registered sex, unless the athlete requests to be fully excluded from the results file shared with Swimming Canada.

**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.

**Format:** 6 lane, 25 meter competition pool (short course). Depending on the number of entries received heats may be run in a 4 or 5 lane format. Warm up time will be provided prior to the start of events and during the break. Lane 6 will remain open for warm up/cool down during events.

**Deck Entries:** Deck entries will be permitted where an empty lane exists, at the discretion of the Meet Manager, for a fee of \$10 per swim. Deck entries must include proof that the swimmer is fully registered with Swimming Canada.

**Seeding:** All entries will be classified according to submitted time and swum from slowest to fastest. Heats will be combined women and men.

**Relay Entries:** The cut-off for relay entries in person will be prior to event 9 on the day of the meet.

**Meet Rules:** The meet will be conducted under published World Aquatics Masters rules and 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.

**Scratches:** The Swim Alberta scratch rule will be in effect for this competition.

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



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## **Diving Rules:**

Athletes may choose to start from platforms, the pool deck or in the water.

1. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and SW 4.1.
2. Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1.
3. In-water starts will be conducted as per CSW 4.1.2

**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.

## **Contact information:**

Making Waves Aquatics Club  
208-9910 111st  
Edmonton, AB T5K 1K2

E-mail: [meets@makingwavesyeg.ca](mailto:meets@makingwavesyeg.ca)  
Website: [www.makingwavesyeg.ca](http://www.makingwavesyeg.ca)  
Meet Manager: Justin Shields



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## Registration Form

Name: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Gender: *M* or *F* Birth date (mm/dd/yy) \_\_\_/\_\_\_/\_\_\_

Club Name: \_\_\_\_\_

Swimming Canada ID # \_\_\_\_\_

**Entry times are required for all individual events.**

Event #	Event Name	Seed Time (short-course metres)
1	400 Freestyle	
2	100 Breaststroke	
3	25 Freestyle	
4	50 Butterfly	
5	100 Backstroke	
6	200 Individual Medley	
7	50 Backstroke	
8	25 Breaststroke	
9	200 Butterfly	
10	100 Freestyle	
<b>Break</b>		
11	4x50 Medley Relay	
12	200 Freestyle	
13	50 Breaststroke	
14	25 Backstroke	
15	100 Butterfly	
16	50 Freestyle	
17	200 Backstroke	
18	25 Butterfly	
19	200 Breaststroke	
20	100 Individual Medley	
21	4x50 Free Relay	

Please check the appropriate entry fee:

**\$40 per swimmer**

- Entries submitted with a Hy-Tek file by March 3<sup>rd</sup> 2026.

**\$50 per swimmer**

- Entries submitted with an entry form (not a Hy-Tek file).
- Entries received after March 3<sup>rd</sup> 2026.