

## Masters Provincials

April 18-19, 2026

### Purpose

The Alberta Masters Provincial Championships is for adults who participate in masters swimming and is a preparation opportunity for swimmers who attend Masters Nationals.

Entry Deadline * April 6, 2026
Scratch Deadlines Swim Alberta Scratch Rule (Appendix A)
<b>* Withdrawals will not be refunded after the entry deadline</b>

### Facility

University of Calgary Aquatic Centre, Calgary

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

<b>April 18</b>	Session 1: Warm-up: 10:00am / Start: 11:00 am *Session 2: Warm-up: 1:00 pm / Start: 2:00 pm
<b>April 19</b>	Session 3: Warm-up: 8:00 am / Start: 9:00 am *Session 4: Warm-up: 10:30 am / Start: 11:30 am

\* Start Time Approximate pending number of entries in Session 1 or Session 3

### 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 Foothills Masters Swim Club

Meet Manager	Lisa Harvey	<a href="mailto:fmscmeets@gmail.com">fmscmeets@gmail.com</a>
Meet Referee	Teresa Stauff	<a href="mailto:tstauff@shaw.ca">tstauff@shaw.ca</a>
Swim Alberta	Anna Naumova	<a href="mailto:anaumova@swimalberta.ca">anaumova@swimalberta.ca</a>

### 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

The 2026 Alberta Masters Provincial Championships is open to all Masters swimmers who are currently registered with Swimming Canada. All swimmers must be registered with a Swim Alberta, Swimming Canada, or other World Aquatics recognized club. Proof of registration may be required for International Masters swimmers.

### Entries

Swimmers may enter up to a maximum of eight (8) individual events plus relays, with a maximum of four (4) individual events per day. Swimmers can only participate on one relay team (Mixed, Women, or Men) for each relay event (e.g., 4 x 200 Free, 4 x 50 Medley, etc.) No Time (NT) entries will not be accepted, use estimated times for entry. Deck entries may be permitted at a cost of \$20.00 per swim provided an extra heat is not created. Deck entries will be limited to swimmers already entered the competition, and will swim as exhibition seeded with no time (NT).

*\*Meet management, in consultation with Swim Alberta, may make changes to the meet program to ensure a reasonable session length.*

### Club Entries

All club entries must be submitted online. Club administrators can follow this step-by-step process to submit an entry file for a sanctioned meet through their REMS admin account: [Submit](#)

### Meet Entries from Club Admin Account - Club

#### Individual/Unattached Entries

Individual and unattached Masters can complete their entries using their [Swimming Canada Account](#). This guide provides step-by-step instructions for registered Masters swimmers to enter their entries: [Masters Individual Meet Entries Training Guide](#)

For more information contact Anna Naumova at [anaumova@swimalberta.ca](mailto:anaumova@swimalberta.ca)

#### Entry Fees

\$87.50 per swimmer

Entry Fees are payable to **Swim Alberta**. **Invoices will be emailed directly to the entry contact or individual.**

Entry fees are refundable prior to the entry deadline.

Entry fees received after the entry fee deadline will be considered late entries.

#### Late Entries

\$110.00 per swimmer

Swimmer must contact Swim Alberta to submit entries after the Entry Deadline. Late entries will be accepted at Swim Alberta's discretion. Once heat sheets are printed late entries will no longer be accepted.

#### Scratches

Coaches are requested to submit any known scratches to the meet manager by April 6. Scratches not received by this deadline will need to be submitted to the

Administration Desk. Scratches for the session's events are to be submitted to the Administration Desk 30 minutes prior to the start of each session. There shall be no penalty for swimmers who 'no show' or submit a 'late scratch' for their event.

### Format & Seeding

All events will be swum mixed gender. Events 50m-400m will be seeded slowest to fastest.

### 800 & 1500 Freestyle

The 800 freestyle and 1500 freestyle will be swum fastest to slowest and require positive check-in. Clubs will be advised of any changes prior to the start of the session.

### Positive Check-in

Positive check-in is required for the 800 and 1500 freestyle prior to the start of the session in which the event is to be swum; check-in deadlines are listed below.

1500 Freestyle	April 18	10:00AM
800 Freestyle	April 19	8:00 AM

### Diving

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

Masters swimmers may start from the blocks, pool deck or in the water as per MSW 3.3.2.

### Relays

Individual names must be submitted to the Administration Desk 30 minutes

prior to the start of the session in which the relay event is scheduled.

Name changes or swimmer order changes must be provided to the Administration Desk 30 minutes prior to the start of the first relay event, regardless of which age or gender the team is entered in.

### Awards

#### Individual Awards:

Random draw prizes will be presented.

#### Team Awards:

Teams will be classified into two categories for team awards:

Large Team	Any Alberta team with <b>10% or more</b> of the total number of Alberta competitors in the competition. For the purpose of this calculation, out of province and WILD registered swimmers are <b>NOT</b> included in the total.
Small Team	All other Alberta teams.

### Scoring

Team points will be awarded as follows:

Individual Events	3,2,1
Relay Events	3,2,1

### Results

Results will be sorted according to age group and gender.

Results will be available on

[www.swimming.ca](http://www.swimming.ca)

### 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](#).

Event #	SATURDAY APRIL 18	Event #	SUNDAY APRIL 19
	<b>Session 1</b>		<b>Session 3</b>
	Warm-up: 10:00 AM/ Start: 11:00 AM		Warm-up: 8:00 AM/ Start: 9:00 AM
1	1500 Freestyle	19	800 Freestyle
	<b>Session 2*</b>		<b>Session 4*</b>
	Warm-up: 1:00 PM/ Start: 2:00 PM		Warm-up: 10:30 AM/ Start: 11:30 AM
2	Mixed 4 x 200 Free Relay	20	50 Breast
3	Women 4 x 200 Free Relay	21	400 IM
4	Men 4 x 200 Free Relay	22	200 Back
5	50 Free	23	100 Free
6	200 Fly	24	Mixed 4 x 50 Free Relay
7	100 Back	25	Women 4 x 50 Free Relay
8	200 IM	26	Men 4 x 50 Free Relay
9	Mixed 4 x 50 Medley Relay		
10	Women 4 x 50 Medley Relay		
11	Men 4 x 50 Medley Relay		
	<b>BREAK^</b>		<b>BREAK^</b>
12	400 Free	27	200 Breaststroke
13	100 Breast	28	50 Back
14	50 Fly	29	100 Fly
15	100 IM	30	200 Free
16	Mixed 4x100 Free Relay	31	Mixed 4 x 100 Medley Relay
17	Women 4 x 100 Free Relay	32	Women 4 x 100 Medley Relay
18	Men 4 x 100 Free Relay	33	Men 4 x 100 Medley Relay

\* Start Time Approximate pending number of entries in Session 1 or Session 3.

^ Meet management will communicate the duration of breaks.

## 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 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.

#### 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.

**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