

CENTRAL ALBERTA RACE SERIES (CARS)



The focus of the Central Alberta Race Series is to offer novice swimmers a fun and local swim competition while providing Central Alberta Swim Clubs the opportunity to train officials in Level 2 positions.

Central Alberta Race Series (CARS): 5 Rocky Mountain House March 14, 2026

HOST

Rocky Barracuda Swim Club (RBSC)

FACILITY

Cooperative Aquatic Center 5202 53 Ave., Rocky Mountain House, AB T4T 1B2

This facility has an indoor five lane, 25-meter pool

PURPOSE

This is the fifth meet of the series this season. We are offering an opportunity for novice swimmers to progress into the racing season with competitive short course races in a comfortable and local CARS facility, while introducing longer races to develop their skills.

SWIM MEET DATE & TIMES

Saturday, March 14, 2026	Warm-Up: 10:00 to 11:00 am	Events Start Time: 11:05 am
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PRE-MEET DEADLINES

Entry Deadline: Individual & Relay Teams Saturday, February 28, 2028	Scratch Deadline: Monday, March 9, 2025
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ENTRY FEE

- \$45 per swimmer (includes all individual and special events). Fees are due prior to the end of Warm-Up. Payments can be e-transferred to rbsctreasurer@gmail.com or submitted by cheque made out to Rocky Barracuda Swim Club at the start of warm-up.

MEET FORMAT

- Meet Type - Level 1: Single Session Time Final / Sanction type: Invitational (closed) - pending
- Minimum: 50 swimmers / Maximum: 150 swimmers
- All events will be seeded slowest to fastest with mixed-gender and mixed ages.
- There will be no qualifying or de-qualifying times.
- Every attempt will be made for CARS Swim Meets not to exceed 4 hours (excluding Warm-Up and Team Relay) during time-out preparation. In the event of unexpected delays causing the swim meet to exceed 4 hours, Meet Management reserves the right to eliminate Events 14 and 15 - Women's and Men's 4 x 50 Free Relay from the Events Schedule.

ELIGIBILITY

- This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics-affiliated club with preference given to swimmers from participating host clubs in the 2025-2026 Central Alberta Race Series:

Olds Rapids
Ponoka Pool Sharks

Red Deer Catalina
Rocky Barracudas

Stettler Swim Club
Sylvan Lake Nauticals

CARS: 5 ROCKY MOUNTAIN HOUSE EVENTS SCHEDULE

1X	25 m Freestyle – Exhibition		10X	25 m Breaststroke – Exhibition
2	25 m Freestyle		11	25 m Backstroke
3	50 m Butterfly		12	50 m Breaststroke
4X	25 m Butterfly - Exhibition		13	100 m IM (Series Fundamentals)
5	25 m Breaststroke		14X	4x50 Kick Relay - Exhibition - (Mixed, can be any number of genders to equal 4)*
6	50 m Freestyle		14	Women's 4 x 50 Free Relay
7X	25 m Backstroke - Exhibition		15	Men's 4 x 50 Free Relay
8	25 m Butterfly			
9	50 m Backstroke			

*** Will only be swam if there are entries in this relay event before the meet starts ***

ENTRY PROCESS

- All entries must be submitted through the Swimming Canada online system.
- Swimmer Deck Entries may be permitted by Meet Management. Deck entries must include proof that the swimmer is fully registered with Swimming Canada.
- Swimmers are limited to a **maximum of four (4)** individual events.
- **25 m Exhibition Events will not be officially timed.** This will provide the opportunity for exhibition swimmers to practice their race stroke in a competitive environment **without disqualification.**
- It is recommended that teams only enter swimmers below the provincial standard, however there is no restriction based on the swimmer's level.
- **NT (no time) entries will not be accepted.** If necessary, please use a coach-estimated time.

SCRATCHES

- The Swim Alberta Scratch Rule will be in effect for this competition.
- **Scratch Deadline: Monday, March 9, 2025**
- Entry fees are non-refundable after the Scratch Deadline except with a medical note.

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.

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

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.

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

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 at:

https://www.swimming.ca/wp-content/uploads/2023/07/2022_Event-Photography-Procedure.pdf

AWARDS

Ribbons will be awarded for all best times as swimmers leave the water after their respective heats.

RESULTS

Individual results will be posted to <https://www.swimming.ca/> and split by gender in the following age categories: 8 & under, 9-10, 11-12, 13-14 and 15 & over

OFFICIALS

Volunteers from visiting clubs may be required. Shadow positions may be available for officials who have completed Level 2 courses prior to the meet. Please send available volunteer names with their officials qualification details and requests for shadow opportunities to our Officials Coordinator:

rbscmeetmanager@gmail.com

Hospitality will be provided for officials, coaches and volunteers.

There will be zero tolerance for abuse of volunteers and officials.

RELAY RACES

Team Relay races will be a 4 x 50 m (200 m) Exhibition Kick Relay and Freestyle Relays, 4 x 50 m (200 m), both women and men events. Teams must be from the same club, and same gendered and grouped in the following age categories:

10 & under, 11-14, 15 & over

Relay teams must be submitted by the Scratch Deadline: Monday, March 9, 2025

Meet Management may accept Team Relay updates no later than the end of Warm-Up.

Only Official Relays will have split age groups, the age groups being: 10 and Under, 11-12, 13-14, 15-16, and 17 and Over.

Team Relay races will not be scored for points; results will be posted to <https://www.swimming.ca/>

ROCKY BARRACUDA SWIM CLUB SWIM MEET CONTACTS

Meet Manager	Sara Barr	rbscmeetmanager@gmail.com
Officials Coordinator	Sara Barr	rbscmeetmanager@gmail.com
Treasurer	Amanda Mix	rbsctreasurer@gmail.com
Head Coach	Amy Shannon	rbsccoaches@gmail.com
Referee	Astrid Eckstein	Astrid.referee@gmail.com

Swim Clubs will be advised of any changes prior to the start of the swim meet.