



Red Deer Catalina Swim Club 2026 Freeze or Fry

Important Dates

Date of Meet: June 19-21, 2026

Entry Deadline: Wednesday May 27, 2026

No refunds will be issued for scratches received after the entry deadline.

Sessions

Bonus Friday Night June 19, 2026	Session 1:	Warm-up 5:15 pm / Start 6:05 pm
Saturday June 20, 2026	Session 2:	Warm-up 7:30 am / Start 8:35 am
Saturday June 20, 2026	Session 3:	Warm-up 2:00 pm / Start 3:05 pm (tentative)
Sunday, June 21, 2026	Session 4:	Warm-up 7:30 am / Start 8:35 am
Sunday June 21, 2026	Session 5:	Warm-up 2:00 pm / Start 3:05 pm (tentative)

Facility

Red Deer Recreation Centre - 4501 - 47A Avenue, Red Deer, Alberta

This facility has an outdoor six-lane, 50-metre competition pool and an adjacent indoor five-lane 25-metre pool which will be used for warm up and cool down throughout the event.

Contacts:

Meet Manager: Jenn Bahler (403)505-5889 meetmanagerRDCSC@gmail.com

Meet Referee: Peter Lloyd: (403)471-2493 lloydswims@gmail.com

Head Coach: Takeo Inoki coachtakeo.reddeercatalina@gmail.com

Administration Desk: Brad Bahler (403)357-8890 clerkofcourse@reddeercatalina.ca

Catalina Office: registrar.catalina@gmail.com

Eligibility

- This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club.
- There are NO Qualifying times for this meet. However, for the meet to run on time, entries to 400m Free must have proven/expected times under 7:00 minutes for all ages.

Entries

- All entries must be submitted through the Swimming Canada online system.
- Each swimmer is eligible to swim a maximum of 5 events.
 - Maximum of 2 events/session
 - 400 free is a bonus event and does not count towards swimmers 5 events.

- Minimum number of swimmers 200. The meet is set up to accommodate 600 swimmers, but this may be expanded up to a maximum of 650 swimmers if time outs allow.
- NT (no time) entries will not be accepted; please use coach estimated time if necessary.
- All events are timed final and will be seeded slowest to fastest except the 400 m Free which will be seeded fastest to slowest.

400 Free

- The 400 free will be swum on Friday night as a Bonus Event
 - This does not count toward the maximum of 5 events/swimmer.
- The number of entries will be limited to allow for a Time out of 8:00 pm
- Event will be swum fastest to slowest and may alternate girls' and boys' heats.
- Entries must have proven/expected times of 7:00 or less to swim this event.
- This event will not exceed 2 hours.
- This event MAY have mixed gender heats.

Positive Check-In

Positive Check-in will be required for the 400 Free in order to swim the event. Check in with the Administration desk by 5:30 pm on Friday night. Swimmers failing to check in will be scratched from the event.

Entry Deadline

- **The meet entry deadline is Wednesday May 27 @ 5:00 pm**
- Deck entries for swimmers already entered in the meet may be permitted with approval of the clerk of course as long as no new heats are created.
 - Swimmers will be charged double the regular event fee, payable upon entry being confirmed.

Entry Fees

- Entry fees are \$15 per individual event (including the 400 free)
- **Entry Fees are non-refundable after the entry deadline.**
- Fees are due by the beginning of warmups on Saturday June 20th.
 - E-transfer to office@reddeercatalina.ca.
 - Cheques to Red Deer Catalina Swim Club [#2, 4810 - 50Avenue, Red Deer, Alberta T4N 4A3](#) or to Administration desk at start of Session 1 warm ups.

Scratches

- **There will be no refunds for swimmers scratched after the entry deadline.**
- Any known scratches after entry deadline should still be communicated to the Administration Desk as soon as known, to ensure meet runs most efficiently and on time.
- The Swim Alberta scratch rule will be in effect for this competition.

Age Groups

- Male and Female:
 - 11 & Under / 12-13 / 14-15 / 16 & Over
 - Additional 9 & Under for all 50m events, 100 back, 100 breast, 100 free and 200 free.
- Ribbons will be awarded for 1-6th place in all events.
- Bell heat prizes will also be awarded throughout the sessions.

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.
- Entry to competition is limited to participants who have passed Swim Alberta's Competition Swim Test. During competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.
- 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.
- Time Drops Timing System will be used.

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.

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 [HERE](#)

Results

Results will be posted to www.Swimming.ca for downloading.

Program Changes

The Meet Manager reserves the option to alter, revise, or otherwise modify the program, following receipt of entries to ensure the maximum number of swims in sessions of reasonable length. Coaches or designated club contacts will be advised of changes via email or from the Catalina web site:

<https://www.reddeercatalina.ca/menu/hosted-meets>

Psych Sheets/Heat Sheets

Psych sheets will be available prior to the meet and will be posted on the Red Deer Catalina Website. Heat sheets will be posted and provided to the coaches. The event will be posted to Meet Mobile.

Inclement Weather

This is an outdoor swim meet. In the event of adverse weather including but not limited to lightning or air quality issues there may be delays or interruptions to the meet and possible cancellation of some or all events. No refunds will be given for events cancelled due to inclement weather.

Results

Results will be posted to www.Swimming.ca for downloading.

Freeze or Fry Hoodies

Our ever-popular Freeze or Fry hoodies will be back this year in new colors. You can buy on site or pre-order to pick up. Popular sizes/colors go fast so make sure to pre-order to secure your hoodie. More info to come on the website <https://www.reddeercatalina.ca/menu/hosted-meets> and in the advanced bulletin sent out to clubs closer to the date.

Concession

There may be limited Concession on Friday night during the 400 free. You will be able to grab your pre-ordered hoodie at this time.

Our full Freeze or Fry Concession stand, including the BBQ will fully open on Saturday morning for the weekend. Menu will be posted on our website closer to the date.

<https://www.reddeercatalina.ca/menu/hosted-meets>

Host Hotel

Best Western Inn and Suites
6839 66 Street
Red Deer, AB
T4P 3T5
Phone: 403-346-3555

Ask For Red Deer Catalina Swim Club Rate (\$129.00/night). Please call hotel directly for this rate (not central bookings)

Session Events and Start Times

** Warm up & start times for the afternoon sessions on Sat/Sun are estimates and may be adjusted depending on entries. Actual times will be communicated prior to the meet in the technical bulletin**

Friday Session #1 Warm up 5:15-6:00pm Start 6:05 pm END 8:00 pm
400 Free

Saturday Session #2 Warm Up 7:30-8:30 am Start 8:35 am	Saturday Session #3 Warm up 2:00-3:00 pm Start 3:05 pm *tentative*	Sunday Session #4 Warm Up 7:30-8:30 am Start 8:35 am	Sunday Session #5 Warm up 2:00-3:00 pm Start 3:05 pm *tentative*
50 Breast	50 Back	50 Fly	50 Free
100 Back	100 Fly	100 Free	100 Breast
200 Free	200 IM	200 Breast	200 Back