



Strathcona County Swim Club

2026 Poppy Invitational

October 24 - 25, 2026



Date: Saturday - Sunday, October 24-25, 2026

Location: Kinsmen Sports Centre, 9100 Walterdale Hill, Edmonton, AB (two - 25m x 8 lane race pools)

Meet Managers: Nicci Koughan & Katy Pedden – meetmanager@silverrays.ca

Entries: Faisal Vishram - entries@silverrays.ca

Referee: Lesley Williams - lesleywilliams1206@gmail.com

Saturday AM	Saturday PM
<i>Warm up: 8:00am - 8:50am</i> <i>Racing: 9:00am - 1:00pm</i>	<i>Warm up: 2:00pm - 2:50pm</i> <i>Racing: 3:00pm - 7:00pm</i>
200m Freestyle 50m Backstroke 100m Butterfly 400m IM	200 Mystery Medley Relay 100m Breaststroke 50m Freestyle 200m Butterfly 800m Freestyle
Sunday AM	Sunday PM
<i>Warm up: 8:00am - 8:50am</i> <i>Racing: 9:00am - 1:00pm</i>	<i>Warm up: 2:00pm - 2:50pm</i> <i>Racing: 3:00pm - 6:00pm</i>
100m Backstroke 50m Breaststroke 200m Backstroke 400m Freestyle	100m Freestyle 50m Butterfly 200m Breaststroke 200m IM

Meet Management reserves the right to modify the meet format, event order, session structure, warm-up procedures and timelines as necessary to ensure the efficient operation of the meet. A pre-competition technical bulletin will be sent out before the meet.

Entry Information

Entry Deadline: Monday, October 5, 2026

Scratch Deadline: Monday October 19, 2026

Minimum # entries: 150

Maximum # entries: 575

Reserved # entries: 150

Swimmers may enter up to 3 individual events per session with a maximum of 8 individual events total

Entry Fees

\$15.00 per race

The Mystery Medley Relay is included with entry into the meet

Team fees can be paid at the Meet Manager's Office.

Cheques can be made out to **Strathcona County Swim Club**.

E-transfers can be sent to: treasurer@silverrays.ca. No password required.

Entry Process

All entries must be submitted through the Swim Canada online system (REMS).

Deck entries may be accepted at the discretion of the Meet Manager where space permits.

Deck entries will be charged double the entry fee.

Please bring the exact dollar amount for deck entries or e-transfer to treasurer@silverrays.ca

Seeding

All events will be senior seeded from SLOWEST TO FASTEST.

Meet Management reserves the right to swim events as mixed gendered events.

400m & 800m Entries

400m events will be restricted to 8 full heats (a maximum of 64 entries).

800m event will be restricted to 6 full heats (a maximum of 48 entries).

If entry limits are exceeded, Meet Management reserves the right to limit entries in order to accommodate swimmers from all participating clubs.

Age Categories

Girls: 10&Under; 11-12; 13-14; 15+

Boys: 10&Under; 11-12; 13-14; 15+

Eligibility

This competition is open to swimmers currently registered with Swim Canada or a World Aquatics affiliated club. **NO TIME entries will not be accepted.** Entries containing no time will not be accepted by Swim Canada's online system.

Competition and Diving Readiness Standards

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. Backstroke ledges will **NOT** be used 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.

Warm up Procedures

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

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.

Rules

The meet will be conducted under published World Aquatics 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.

Scratches

The Swim Alberta scratch rule will be in effect for this competition. Scratches made after the deadline will not be refunded.

Results

Heat sheets and unofficial results will be uploaded to Meet Mobile. Official results will be sent to Swim Canada by Monday October 26, 2026.

Marshalling

We will have marshalling at this meet for both the East and West pools. Please encourage your swimmers to use their designated marshalling area.

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

In order to minimize risk, all photographs and video taken at Swimming Canada/PSO 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](#)

Officials

We would like to invite anyone that is able to volunteer to officiate and take advantage of the SilverRays hospitality. Please submit your request to officiate to officials@silverrays.ca. Clubs entered in the 400m Free, 400 IM or 800m Free must supply officials to participate in the event. The Meet Manager reserves the right to scratch, without refund, swimmers from those events if this condition is not met.

Awards

Ribbons will be awarded for 1st–8th place in each age category for each individual event. No ribbons will be awarded for the Mystery Medley Relay. Prizes will be awarded to bell heat winners.

Mystery Medley Relay (Bonus Event)

Get ready for a fun, fast, and unpredictable twist on the traditional relay! The Mystery Medley Relay is a 4-person, 200 meter (4x50) medley relay — but with a catch: swimmers won't know which stroke they're swimming until right before they step up to the block!

- When: At the start of session 2
- Open to all swimmers: Teams may include any combination of ages, genders, and skill levels. Coaches are encouraged to mix swimmers across age groups and abilities to promote team building and camaraderie.
- Format: 4-person relay, 200 meter (4x50). If a team has an uneven number of swimmers interested in entering this event we invite swimmers to enter twice so everyone has an opportunity to participate.
- Twist: Each swimmer's stroke is revealed only moments before their race (random draw).

This is a just-for-fun, exhibition, non-scoring event designed to celebrate the start of the short course season with high energy and team spirit.

Note: Meet Management reserves the right to limit the number of relay teams each club enters due to time constraints.