

# North Edmonton Swim Club (NESC)

June 27, 2026

Meet Information and Meet Package





# NESC Invitational

Edmonton, Alberta

June 27, 2026

**HOSTED BY** North Edmonton Swim Club (NESC)

**FACILITY** MacEwan University  
Centre for Sport and Wellness  
10800 105 Avenue, Edmonton, AB, T5J-4S2  
6 Lane pool

**CONTACTS** Meet Manager: Keesa Elicksen  
Contact E-mail: [keesa@ualberta.ca](mailto:keesa@ualberta.ca)  
Meet Phone #: 780-977-4460

**Referee #1:** Lonnie Stewardson

**DATES** June 27, 2026  
Entry Deadline: June 24, 2026 at 12:00 PM (Noon)

**MEET TYPE** Summer

**CLUBS INVITED** Westlock Gators  
St. Albert Sailfish  
Devon Dolphins  
Spruce Grove Barracudas  
Stony Plain Sharks  
Whitecourt Dolphins  
Hinton Water Devils  
North Edmonton Swim Club

## SAFE SPORT

Alberta Summer Swimming and 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.

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 and/or WPS rules and regulations supplemented by published and approved Swimming Canada, Swim Alberta and ASSA 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.

## **COMPETITION AND DIVING READINESS STANDARDS**

Entry to competition is limited to participants who have passed the Swim Alberta’s Competition Swim Test. During competitions, swimmers should dive at the Dive Readiness Progression skill level they have achieved.

The submission of the Competition Readiness – Club Verification Form, stating that all swimmers entered in the competition have completed Swim Alberta’s Competition Swim Test, is required prior to entries being accepted.

## **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.

## **Requirement for Time Trial Sanctions**

A Time Trial sanction is limited to one (1) event with one (1) swimmer or one (1) relay team. No entry fees are permitted for Time Trials.

## **WARM- UP REQUIREMENTS**

Swimming Canada competition warm up safety procedures will be in effect at this meet. The full details on the Competition Warm Up can be found [HERE](#).



## **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](#).

## **DIVING RULES**

The following rule applies to the start end of the pool: (select one)

One of the below diving rules must be included, for competitions using multiple pools or starting ends more than one clause may be included to distinguish between starting ends.

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.

In-water starts will be conducted as per Swimming Canada's Swimming Rule 4.1.2.

The following rule applies to the turn end of the pool (for the 4 x 25m relay): (select one)

In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

## **SCRATCHES**

Swim Alberta scratch rule will be in effect for this competition.

## **SCHEDULE\***

Coach Meeting: 6:45 am

Officials Briefing: 7:15 am

Warm-Up: Session 1: Enter Time 7:00 am – 7:30 AM

Session 2: Enter Time 7:30 am – 8:00 AM

*Note – last 10 minutes of warmup all lanes will convert to dive lanes*

Racing Start: 8:05 am

*\* Lunch and afternoon racing start time will be based on entries and session timeouts; the expected times will be communicated prior to the start of the competition.*

## **ELIGIBILITY**



This competition is open to all swimmers currently registered as Summer with Swim Alberta and the ASSA.

## **ENTRY PROCEDURE**

All entries must be submitted through the Swimming Canada Registration System.

## **DECK ENTRIES**

Swimmer Deck Entries may be permitted by Meet Management. Deck entries must include proof that the swimmer is fully registered with Swimming Canada, and who have registered for the competition through the Swimming Canada online system. Deck entries will not be accepted if the entry would result in a new heat. Deck entries will be seeded with no time (NT).

## **ENTRIES**

- This competition is open to all swimmers currently registered as Summer with Swim Alberta and the ASSA
- Entry Fees: \$3.00
  - \*Entry fees will include the Summer Swim Club Sanctioning fee of \$3.00 per swimmer, per competition. Note: ASSA has approved guidelines for the maximum entry amount.*
- Maximum individual entries per swimmer: 4
  - *Note – participation in the 25m sprint and kickboard events are ‘fun’ events and do not count towards an athlete’s individual entry total.*
- Maximum relay entries per swimmer: 2
- Events and Age Groups: The ASSA standard events and age groups as per the ASSA Rules and Regulations will be used.
- Seeding:
  - Events will be swum ‘slowest to fastest’, by age group, following SW 3.1.2 seeding rules
  - Clubs may choose to run events or competitions as mixed gender.
  - Clubs may choose to combine events by gender and/or age group for seeding purposes. Results will be separated by gender and age group.
  - Scratches should be submitted to the meet manager prior as per the Swim Alberta Scratch Rule.
  - Scratches are to be supplied to the Administration Desk on the supplied scratch sheet in the coach’s package.



- Relay names are to be submitted with the online entries. Relay name changes are to be submitted to the Administration Desk a minimum of 60 minutes prior to the first relay event, based on session timeouts, regardless of the age or gender of the relay.

## AWARDS

- Scoring (individual and relay events):
  - 6-Lanes = 7,5,4,3,2,1 (6 lanes)
- Ribbons:
  - Individual events - Swimmers placing in the top “6” in their event shall receive a ribbon.
  - Relay events – Swimmers placing in the top “6” as members of the relay team shall receive a ribbon.
- Medals:
  - Aggregate Awards: Medals will be presented to the top three male and top three female in each age group based on the total points earned in their individual swims: 6&U, 7&8, 9&10, 11&12, 13& 14, 15-17, 18&O
  - Kickboard: The top three in each kickboard category (male, female, 6&U and 8&U) will receive medals.
- Trophies and plaques:
  - Nessie 25m sprint trophies – the fastest male and female athlete in the 25m sprint will receive a personal trophy (two trophies will be awarded in total).
  - Nessie Male/Female Swim of the Meet – this will be awarded to an athlete with an exemplary swim, at the discretion of the meet manager. The athlete must not otherwise be in contention for an aggregate medal, or another trophy.
  - Loch Ness Legend Award – this will be awarded to one athlete who exemplified good sportsmanship, awarded at the discretion of the meet manager. The athlete must not otherwise be in contention for an aggregate medal, or another trophy.
  - Nessie Aggregate Personal Best – this will be awarded to the athlete who drops the most cumulative time from a official time achieved in a competition across their individual races during the meet.
  - Nessie Kickboard Candy Cup – this will be awarded to the fastest male and female athlete in the 6&U and 8&U year old categories.
- Other Awards



- 25m Sprint - winners in each age group and gender will receive a small prize bag. Prizes will vary based on donated items.
- Bell Heats – at random intervals, heats will be designated ‘bell heats’ by a ringing bell from the announcer’s table. The winner of the heat will be presented with a prize.

## EVENTS

Para swimmers will be seeded based on time, age and gender. There are no para specific events.

Mixed gender relays (2 males and 2 females) may be scheduled with the other Boys/Girls relays if offered.

List the events to be offered at the competition.

Saturday Morning Events	Saturday Afternoon Events
<input type="checkbox"/> 25 Fly (10 & under)	<input type="checkbox"/> 50 fly (10 & under)
<input type="checkbox"/> 50 Fly (11 & over)	<input type="checkbox"/> 100 fly
<input type="checkbox"/> 50 Back (10 & under)	<input type="checkbox"/> 25 Back (10 & under)
<input type="checkbox"/> 100 Back (11 & over)	<input type="checkbox"/> 50 Back (11 & over)
<input type="checkbox"/> 25 Breast (10 & under)	<input type="checkbox"/> 50 Breast (10 & under)
<input type="checkbox"/> 50 Breast (11 & over)	<input type="checkbox"/> 100 Breast (11 & over)
<input type="checkbox"/> 50 Free (8 & under)	<input type="checkbox"/> 25 Free (8 & under)
<input type="checkbox"/> 100 Free (9 & over)	<input type="checkbox"/> 50 Free (9 & over)
<input type="checkbox"/> 100 IM (7 & over)	<input type="checkbox"/> 100 Free Relay (10 & under)
<input type="checkbox"/> 25 kickboard (8 & under)*	<input type="checkbox"/> 200 Free Relay (11 & over)
<input type="checkbox"/> 25 sprint (all age categories – must not also be registered in the kickboard event)*	<input type="checkbox"/> 100 Medley Relay (10 & under)
	<input type="checkbox"/> 200 Medley Relay (11 & over)

\*Events that are ‘fun’ events do not score and are not counted towards the maximum number of individual entries

## Facility Notes for Swim Camp:

The swim camp will be located in the David Atkinson Gymnasium. Spectators may view the meet from the second floor viewing area. Swimmers are asked to remain in their



designated camp areas until they have completed their races for the day. Please note that only event numbers will be announced.

## **APPENDIX A**

### **SWIM ALBERTA SCRATCH RULE**

#### **Time Final Meets including Swim Alberta Winter & Summer Festivals and all Summer Swimming Competitions:**

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.

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.

#### **Deadlines for Relays:**

The deadline for relay name submissions shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin.

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 60 minutes prior to the first relay event based on session timeouts, regardless of which event (age or gender) the team is entered in.