

St. Albert Sailfish Invitational Swim Meet

July 10-11, 2026

Meet Information and Meet Package



St. Albert Sailfish Invitational Swim Meet

St. Albert
July 10-11, 2026

HOSTED BY St. Albert Sailfish

FACILITY Fountain Park Recreation Center (8 lanes)

4 Cunningham Road, St. Albert



Free parking available on site and in the adjacent high school parking lot.

CONTACTS Meet Manager:

Jennifer St. Pierre
Contact E-mail: jlacham@shaw.ca
Meet Phone #: 780 263-3304

Referee: Lonnie Stewardson

DATES Meet Dates: July 10 to July 11, 2026
Entry Deadline: July 7, 2026 at 11:59 pm

MEET TYPE Summer

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

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.

REQUIREMENTS 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.

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.



DIVING RULES

The following rule applies to the start end of the pool:

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

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

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

SCRATCHES

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

SCHEDULE

Coaches Meeting:

Friday: 6:15pm

Saturday: 7:15am

National Anthem and Announcements:

Friday: 6:45pm

Saturday: 8:00am

Warm-Ups:

Friday: 6:00-6:45pm

Note: diving lanes to open at 6:20

Saturday: Group 1 (12&under)- 7:00-7:30 AM Group 2 (13&over)- 7:30-8:00 AM

Note: first 20 min swim, last 10 min dive

Officials Meeting:

Friday: 6:15 pm

Saturday: 7:15 am (for all officials of both AM and PM sessions)

Racing Start:

Friday: 7:00 pm*

Saturday: 8:15 am**

**racing may start earlier if time permits*

*** 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.

ENTRIES

- This competition is open to all swimmers currently registered as Summer with Swim Alberta and the ASSA
- Entry Fees: \$3 per swimmer*
- *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
- Maximum relay entries per swimmer: 2
- Deck entries will not be permitted
- Meet Format: Timed Finals
- 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
 - Events will be combined by gender and/or age group for seeding purposes. Results will be separated by gender and age group.

SCRATCHES

- 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 by the lunch break on Saturday.

AWARDS



- Scoring (individual and relay events):
 - 8 Lanes = 11,9,8,7,6,5,4,3
- Medals:
 - Individual events - Swimmers placing in the top “3” in their event shall receive a medal.
- Ribbons:
 - Individual events - Swimmers placing in the top “4-8” in their event shall receive a ribbon.
 - Relay events – Swimmers placing in the top “8” as members of the relay team shall receive a ribbon.

EVENTS

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

Friday Evening Events
1500 free
400 free
800 free

Saturday Morning Events	Saturday Afternoon Events
25 Fly (10 & Under)	200 free
50 Fly	50 Fly (10 & Under)
50 Back (10 & Under)	100 Fly
100 Back	25 Back (10 & Under)
25 Breast (10 & Under)	50 Back
50 Breast	50 Breast (10 & Under)
50 Free (8 & Under)	100 Breast
100 Free	25 Free (8 & Under)



Saturday Morning Events	Saturday Afternoon Events
25 Fly (10 & Under)	200 free
50 Fly	50 Fly (10 & Under)
100 IM	50 Free
25 Flutter (6 & Under)*	200 IM
	100 Free Relay (10&Under)
	200 Free Relay
	100 Medley Relay (10&Under)
	200 Medley Relay

Mixed freestyle and medley relays will be added if time permits

*ASSA Rule 17.5 will be in effect. This event is open to all swimmers 6 and under who are entered in the meet, does not earn points, isn't counted toward entry limits and may be rescheduled. See heat sheets for placement.

CAMP INFORMATION

The swim camp will be located outside of the facility, on the grassy area adjacent to the tennis courts and smaller parking lot. Swimmers are asked to stay in their designated camp areas until they have completed their races for the day. Events will be announced over an outdoor PA system.



