

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): 3 - Ponoka December 13, 2025

HOST

Ponoka Pool Sharks (PPS)

FACILITY

Ponoka Aquaplex, 5315 46 Ave, Ponoka, AB T4J 1J4

<https://maps.app.goo.gl/ugqME2AQNidHJoHMA>

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

PURPOSE

In this **third** meet of the series this season, we are offering an opportunity for novice swimmers to ease 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, December 13, 2025	Warm-Up: 9:00 am	Events Start Time: 10:00 am
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PRE-MEET DEADLINES

Entry Deadline: December 3, 2025	Scratch Deadline: December 8, 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 (one per team) can be e-transferred to treasurer@ponokapoolsharks.ca or submitted by cheque to Meet Manager.

MEET FORMAT

Meet Type - Level 1: Single Session Time Final / Sanction type: Invitational (closed)

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) 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 Event 13 - 100 m - Series Fundamentals 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

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CARS: 3 Ponoka EVENTS SCHEDULE

Central Alberta Race Series (CARS): Sylvan Lake EVENTS				
1	25 m Freestyle – Exhibition		8	25 m Freestyle
2	25 m Breaststroke		9	50 m Backstroke
3	50 m Butterfly		10	25 m Breaststroke – Exhibition
4	25 m Backstroke – Exhibition		11	25 m Backstroke
5	25 m Butterfly		12	50 m Freestyle
6	50 m Breaststroke		13	100 m IM - Series 3 Fundamentals
7	25 m Butterfly – Exhibition			

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 or scored. 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: **December 8, 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.

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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 Personal Best Times as swimmers exit the pool.

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.

Hospitality will be provided for coaches and volunteers.

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

SWIM MEET CONTACTS

Meet Manager	Mark Jorgenson	meetmanager@ponokapoolsharks.ca
Referee	Astrid Eckstein	Astrid.referee@gmail.com

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