



Central Alberta Race Series (CARS) : Series 4 OLDS January 31, 2026



HOST

Olds Rapids Swim Club (OLDS)

FACILITY

Olds Aquatic Centre, 5303 46 Ave, Olds, AB T4H 0E8
This facility has an indoor five-lane, 25-metre pool

PURPOSE

The focus of the meet is to offer novice swimmers a fun and local swim competition. We aim to provide Central Alberta clubs the opportunity to train officials in level 2 positions. Every attempt will be made for CARS Swim Meets not to exceed 4 hours (excluding Warm-Up) during time-out preparation. It is recommended that teams only enter swimmers below the provincial standard however there is no restriction based on the swimmer's level. Limited hospitality will be provided for coaches and officials with snacks only. Best time ribbons only will be awarded.

ELIGIBILITY

- Meet Type: Level 1: Time Final Single Session
- Sanction type: Closed Invitational
- This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club.
 - Preference will be given to swimmers from the Central Alberta Race Series (CARS) participating host clubs (Stettler Swim Club, Ponoka Pool Sharks, Olds Rapids, Rocky Barracudas, Sylvan Lake Nauticals, Red Deer Catalina)
- No qualifying or de-qualifying times.
- Minimum 50 swimmers. Maximum 100 swimmers.

IMPORTANT DATES:

- **Entry deadline: Friday, January 23rd, 2026 at 11:59 PM.**
- **Scratch deadline: Monday, January 26th, 2026 at 5:00 PM.**
- **Session 1: Saturday, January 31, 2026**
 - **Warm ups: 8:30 AM – 9:15 AM**
 - **Racing: 9:30 AM - 1:30 PM**

ENTRY FEE

- \$45 per swimmer (includes all individual and relay events)
- Fees are due at the start of the meet. E-transfer to treasurer@oldsrapsids.com prior to meet or cheques to Clerk of Course at start of warm up.



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ENTRIES

- Swimmers are limited to a maximum of Four (4) individual swims.
- 25m Exhibition events will not be officially timed. This gives the opportunity for every swimmer to practice the stroke in a competitive environment without disqualification.
- To ensure the highest quality meet, the meet manager reserves the right to limit the number of swimmers and/or the number of individual swims due to time constraints.
- **NT (no time) entries will not be accepted;** please use a coach estimated time if necessary.
- 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.

FORMAT

All events will be mixed gender and mixed ages (except for Official Relays) and will be seeded Fastest to Slowest. Clubs will be advised of any changes prior to the start of the session. Only Official Relays will have split age groups, the age groups being: 10 and Under, 11-12, 13-14, 15-16, and 17 and Over.

SESSION TIME OUTS

Approximate length 4 hours (not including warm ups).

EVENTS

Central Alberta Race Series (CARS): Olds EVENTS			
1X	<i>25 Freestyle - Exhibition</i>	10X	<i>25 Breaststroke – Exhibition</i>
2	25 Breaststroke – Official	11	25 Backstroke – Official
3	50 Fly – Official	12	50 Freestyle – Official
4X	<i>25 Backstroke – Exhibition</i>	13	100 Breaststroke (Series 4)
5	25 Butterfly – Official	14X	<i>4x50 Kick Relay - Exhibition - (Mixed, can be any number of genders to equal 4)*</i>
6	50 Breaststroke – Official	15	Women 4 x 50 Medley Relay
7X	<i>25 Butterfly – Exhibition</i>	16	Men 4 x 50 Medley Relay
8	25 Freestroke – Official	17	Women 4 x 50 Free Relay
9	50 Backstroke – Official	18	Men 4 x 50 Free Relay

- * Will only be swam if there are entries in this relay event before the meet starts*



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COMPETITION AND DIVING READINESS STANDARDS

Entry to 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.

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.

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

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.

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](#).

SCRATCHES

Scratch deadline: Monday, January 26th, 2026 at 5:00 PM.

Entry fees are non-refundable after the scratch deadline except with a medical note. The Swim Alberta Scratch Rule will be in effect for this competition.

AWARDS

Ribbons will be awarded for all Personal Best Times as swimmers exit the pool.

RESULTS

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



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OFFICIALS

Volunteers from visiting clubs are needed. It is preferred for Level 2 officials, but for parents aiming to develop these skills, please advise the Officials Chair. Please send any available officials with their qualifications to meetmanager@oldsrapsids.com. Shadow positions may also be available. Please contact the Meet Manager for shadow availability.

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

OLDS RAPIDS SWIM CLUB - SWIM MEET CONTACT

Club Contact	Jessica McNeil	president@oldsrapsids.com
Meet Manager	Viktoriya Stuart (587-966-0453)	meetmanager@oldsrapsids.com
Referee	Astrid Eckstein	Astrid.referee@gmail.com
Head Coach	Wesley Wilks	Coach@oldsrapsids.com

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