



Cochrane Comets

4th Annual Comet Cup

November 14-16, 2025

SLS Centre, Jayman Built Aquatic Center
800 Griffin Road East, Cochrane AB T4C 2B8
25 meters, Short Course Format
8 lanes, single ended
Swiss Timing Electronic Timing System
HY-TEK Meet Management Software

1. ELIGIBILITY

This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club. Swimmers' age will be determined as of the first day of the meet.

2. FORMAT

All sessions will be Timed Finals.

Age groups: 10&U, 11-12, 13-14, 15&O

Session 1: Friday PM, 3:00pm warm-up, session starts at 4pm

Session 2: Saturday AM, 7:30am warm-up, session starts at 8:30pm

Session 3: Saturday PM, 1:00pm warm-up, session starts at 2pm

Session 4 (1500m): Sunday AM, 7:30am warm-up, session starts at 8am

Session 5: Sunday AM, 10:00am warm-up, session starts at 11am

3. SEEDING

All events are timed finals and will be seeded fastest to slowest.

4. 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.

5. SWIMMER MISCONDUCT RULE C2.3.2.1

For purposes of rule II 2.3.2, "misconduct" shall include, but is not limited to:

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

6. 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 Rule 4.1

7. 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 they have achieved.

8. ENTRY LIMIT

Entry limit: 300 swimmers

Minimum entries required to host the meet: 150 swimmers

Swimmers are limited to a maximum of **eight** individual events.

Meet management reserves the right to alter the program to adhere to the 4 hour session time limitation as required by Swim Alberta.

9. SCRATCHES

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

10. ENTRIES

Entry fees will be \$18.00 for all individual events under 400m and \$22.00 for 800/1500FR events. Relay entries will be \$20. (subject to change)

Entries must be submitted through the Swimming Canada online system.

Final fee reports will be sent after the scratch deadline and will be payable at the time of the meet.

Cheques are to be made to: Cochrane Comets Swim Club

Entry fees may also be paid by email transfer to:

admin@cochranecomets.ca

11. DISTANCE QUALIFYING TIMES

When entering distance events, please ensure that swimmers are able to meet the qualifying standards. Swimmers who are entered with times outside of this qualifying standard will not be entered in the event.

400m: 7:30.00

800m: 14:00.00

1500m: 27:00.00

12. DECK ENTRIES

Deck entries will be accepted provided that extra heats are not created and must be approved by the Meet Manager. Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online

system. Deck entries must include proof that the swimmer is fully registered with Swimming Canada. **All Deck Entries are exhibition swims. Entries must be paid at the time of request (\$25 for individual events)**

13. ENTRY DEADLINE

Entry deadline: 5:00 PM on Thursday, November 6, 2025

Scratch deadline: 5:00 PM on Monday, November 10, 2025

No refund for scratches will be given after this date.

Email scratches to: meetmanager@cochranecomets.ca

14. OFFICIAL SPLITS

Must be requested prior to the start of the session and will only be considered for swimmers attempting a Festival, Provincial Trials/Champs or National level qualifying time.

15. AWARDS

Medals will be awarded for individual events 1st to 3rd place finishing and ribbons for relays and 4th to 8th place.

16. OFFICIALS

Our meets depend on having the help of volunteer officials from our visiting clubs. We are very grateful for your help in making our meet happen!

Volunteers can sign-up here: [Volunteer Sign-up](#)

17. RESULTS

Results will be submitted in HY-TEK format to all attending clubs and be posted on the Swimming Canada website.

18. 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.

19. 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.

20. COACHES MEETING

Coaches meeting on Friday in the Hospitality Room prior to the start of events.

SESSION #1	Girls	EVENT	Boys
Friday PM November 15			

All Age Groups Warm-up: 3:30pm Start: 4:30pm	1	400 FR	2
	3	50 BK	4
	5	800 FR	6

SESSION #2 Saturday AM November 16 All Age Groups Warm-up: 7:30am Start: 8:30am	Girls	EVENT	Boys
	9	200 IM	10
	11	200 BR	12
	13	100 FR	14
	15	50 BR	16
	17	100 FLY	18

SESSION #3 Saturday PM November 16 All Age Groups Warm-up: 1:00pm Start: 2:00pm	Girls	EVENT	Boys
	19	200 FR Relay	20
	21	200 FR	22
	23	50 Fly	24
	25	100 BK	26
	27	100 IM	28

SESSION #4 Sunday AM November 17 1st Warm-up: 7:30am 1500s Start: 8:30am All athletes	Girls	EVENT	Boys
	29	1500 FR	30
		WARM UP/COOL DOWN	
	31	200 BK	32
	33	50 FR	34
	35	100 BR	36

Warm-up: 10am			
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