

RED DEER CATALINA VALENTINE INVITATIONAL

FEBRUARY 7 - 8, 2026

Dates

Entry Deadline: Monday January 26, 2026

Scratch Deadline: Wednesday, February 4, 2026 by 7:00pm

Fees Due: Saturday Feb 7 by Start of First Session

Facility

The Roland Michener Centre, Red Deer, Alberta, is at the corner of 51A St. & 38A Ave. This facility has an indoor, Six-lane, 25-metre pool and a five by ten-metre dive tank adjacent to the 25-metre pool. The dive tank is available for continuing warm-up and cool-down during the meet.

Contacts

Meet Manager: Jenn Bahler: (403) 505-5889 meetmanagerrdcsc@gmail.com

Meet Referee: Peter Lloyd: 403-471-249 lloydswims@gmail.com

Head Coach: Takeo Inoki coachtakeo.reddeercatalina@gmail.com

Administration Desk: Brad Bahler (403)357-8890 clerkofcourse@reddeercatalina.ca

Catalina Office: registrar.catalina@gmail.com

Entry Rules

- This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club.
- Each swimmer is allowed a maximum of three (3) events per session
- Each swimmer is allowed a maximum of 10 TOTAL events
- A minimum of 40 and maximum of 250 swimmers will be registered for this meet.
- 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.
- Swimmer age is determined as of Saturday, February 7, 2026
- All entries must be submitted through the Swimming Canada online system.
- Deck entries for swimmers already entered in the meet may be permitted with approval of the clerk of course as long as no new heats are created.
 - Swimmers will be charged double the regular event fee, payable upon entry being confirmed.
- Entry fees are \$10.00 per individual event
- Entry Fees are non-refundable after the scratch deadline.
- E-transfer to office@reddeercatalina.ca.
 - Cheques to Red Deer Catalina Swim Club #2, 4810 - 50Avenue, Red Deer, Alberta T4N 4A3 or to Clerk of Course at start of Session 1

Official Splits

Must be requested prior to the start of the session, with approval from referee and administration desk. Coaches may be required to supply timers.

Scratches

- Scratch deadline Wednesday, February 4, 2026 at 7:00pm
- 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 meet.

Qualifying Times

- No qualifying times
- **NT (no time) entries will not be accepted;** please use a coach estimated time if necessary.

Age Groups & Awards

- Male and Female: 10 & Under, 11-12, 13-14, 15 & Over
- Individual: 1st– 6th place ribbons will be awarded for each event by age group and gender.

Meet Format/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
- 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 level they have achieved.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics rules FR 2.3, FR 2.7 and SW 4.1.
- All events are timed finals
- Events will be swum slowest to fastest with separate gender and mixed ages (with exception to the 400 IM, 400m freestyle, 800m freestyle & 1500m freestyle).
- The 400IM, 400m freestyle, 800m freestyle & 1500m freestyle will be swum fastest to slowest. The 400 IM, 400m freestyle, 800m freestyle & 1500m freestyle MAY be swum mixed genders.
- The Meet Manager reserves the option to cancel and/or alter events as necessary to meet time constraints.

Positive Check-in

- Positive Check-in will be required for the 800 & 1500 Free in order to swim the event. Check in with the Clerk of Course by the end of morning session on Sunday.
- Swimmers failing to check in will be scratched from the event.

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.

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

- 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](#)

Results

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

Officials

- Volunteers from visiting clubs may be needed. Please list any available officials with their qualifications and submit to officials.catalina@gmail.com

Host Hotel

Best Western Inn and Suites
6839 66 Street
Red Deer, AB
T4P 3T5
Phone: 403-346-3555

Ask For Red Deer Catalina Swim Club Rate (\$119.00/night). Please call hotel directly for this rate (not central bookings)

Session Order of Events and Start Time

Girls Event #	Session #1 Timed Finals Saturday, February 8th, 2025 Warm-up: 7:00 - 8:00 AM Start: 8:05 AM	Boys Event #
1	100m Freestyle	2
3	50m Fly	4
5	200m Backstroke	6
7	50m Breaststroke	8
9	400m IM	10

Girls Event #	Session #2 Timed Finals Saturday, February 8, 2025 Warm-up: 1:00 - 2:00 PM Start: 2:05 PM	Boys Event #
11	200m Fly	12
13	100m Backstroke	14
15	50m Freestyle	16
17	200m Breast	18
19	400m Freestyle	20

Girls Event #	Session #3 Timed Finals Sunday, February 9, 2025 Warm-up: 7:00 - 8:00 AM Start: 8:05 AM	Boys Event #
21	200m IM	22
23	100m Fly	24
25	50m Backstroke	26
27	100m Breaststroke	28
29	200m Freestyle	30

Girls Event #	Session #4 Timed Finals Sunday, February 9, 2025 Start: 30 minutes after end of session #3	Boys Event #
31	800m Freestyle	32
33	1500m Freestyle	34