



Cochrane Comets

Fast and Fierce Invitational

May 8-9, 2026

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

IMPORTANT DATES	DAY	DATE	TIME	SESSION
Entry Deadline	Friday	May 1st	5:00 PM	
Scratch Deadline	Monday	May 4th	5:00 PM	
Session #1 - Warm-up	Friday	May 8th	Warm-up: 3:00 PM	Session: 4:00 PM
Session #2 - Warm-up	Saturday	May 9th	Warm-up: 7:00 AM	Session: 8:00 AM
Session #3 - Warm-up	Saturday	May 9th	Warm-up: 2:00 PM	Session: 3:00 PM

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

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

3. WARM-UP

Swimming Canada competition warm-up safety procedures will be in effect at this meet.

4. SEEDING

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

5. 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.

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. 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.

9. 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.

10. SCRATCHES

- The Swim Alberta scratch rule will be in effect for this competition.
- Positive check in will be required for the 400m Free.
- **Scratch deadline: Monday, May 4 at 5pm.** No refund for scratches will be given after this date.
- Email scratches to: meetmanager@cochranecomets.ca

11. ENTRIES

- Entries will be accepted for the first 300 swimmers
- Swimmers are limited to a maximum of **eight** individual events
- Entry fee is \$20 per individual event.
- Entries must be submitted through Swimming Canada REMS.
- Entries with a NT time standard will not be accepted
- Final fee reports will be emailed after the scratch deadline and are payable at the time of the meet.
- The preferred method of payment is email transfer to: admin@cochranecomets.ca. Please make the password: **Comets**

12. QUALIFYING TIME

400m Free: 7:00.00

13. DECK ENTRIES

- Deck entries must be approved by the Meet Manager and will only be accepted provided that extra heats are not created.
- Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.
- **All Deck Entries are exhibition swims. Deck entries must be paid at the time of request. (Deck entry fee is \$25 for individual events)**

14. OFFICIAL SPLITS

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

15. OFFICIALS

Participating clubs are asked to volunteer. Volunteers can use this link to sign up:

16. RESULTS

Results will be submitted to Swimming Canada after the meet.

17. PHOTOGRAPHY AND 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 [HERE](#)

18. 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.

SESSION #1	FEMALE	EVENT	MALE
Friday PM - TIMED FINALS	1	200 IM	2
Warm-up: 3:00pm	3	50 Back	4
Start: 4:00pm	5	100 Fly	6
	7	100 Breast	8

SESSION #2	FEMALE	EVENT	MALE
Saturday AM - TIMED FINALS	7	100 Free	8
Warm-up: 7:00am	9	200 Breast	10
Start: 8:00am	11	100 Back	12
	13	50 Fly	14
	15	400 Free	16

SESSION #3	FEMALE	EVENT	MALE
Saturday PM - TIMED FINALS	19	200 Back	20
Warm-up: 2:00pm	21	50 Free	22
Start: 3:00pm	23	100 IM	24
(Warm-up time may be adjusted)	25	200 Free	26
	27	50 Breast	28