

KILLARNEY LONG COURSE INVITATIONAL

May 1 - 3, 2026

HOSTED BY: KILLARNEY SWIM CLUB
FACILITY: MNP Community & Sport Centre
2225 Macleod Trail SE, Calgary, AB
T2G 5B6



KILLARNEY SWIM CLUB

50m Long Course Format

- Meet Type: Level 3 – Heats & Finals
- Sanction Type: Open Invitational
- One 8 Lane, 50m Competition Pool
- Electronic Timing System

Contacts

Meet Managers: Amanda Fursier / Victoria Biersteker / Shae Frisby
meetmanager@killarneyswimming.com

Officials Coordinators: Janyce Rideout, Amy Rohof, Deanne Morgan
officials@killarneyswimming.com

Advisory Referee: Teresa Stauff
tstauff@shaw.ca

Killarney Swim Club: 2225 Macleod Trail SW
Calgary, AB, T2G 5B6
(403) 244-9995 (phone)
www.killarneyswimming.com

Eligibility

This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club. Entries will be limited to the first 350 swimmers. The minimum number of entries required to hold the event is 250 swimmers. There are no reserved spaces set aside for KSC swimmers, however they will be given priority if the number of entries is high.

Schedule

| DATE | PRELIMINARY SESSIONS | | FINALS SESSIONS | |
|-----------------------|----------------------|---------|-----------------|---------|
| | Warm Up | Heats | Warm-Up | Finals |
| Friday, May 1, 2026 | - | - | 2:30 PM | 3:30 PM |
| Saturday, May 2, 2026 | 7:30 AM | 8:30 AM | 3:30 PM | 4:15 PM |
| Sunday, May 3, 2026 | 7:30 AM | 8:30 AM | 3:30 PM | 4:15 PM |

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ENTRIES

Deadlines

| | |
|---|--|
| Entry Deadline | 5:00pm, Monday 13 April 2026 |
| Scratch Deadline (no refunds for scratches after this date) | 5:00pm, Monday 27 April 2026 |
| Fees Due | 2:30pm, Friday 1 May 2026 |
| Positive check-in for 400 IM | By 4:00pm, Friday 1 May 2026 |
| Positive check-in for 400 Freestyle | By 4:00pm, Friday 1 May 2026 |
| Deck Entry Deadline | 30 minutes prior to warm up |
| Official Split Deadline | 30 minutes prior to session start |
| Relay Card Entry Deadline (with <u>complete</u> swimmer names / times) due to the Administration Desk | 30 minutes prior to the posted start time of the first relay event of that session |
| Preliminary Session Scratch Deadline | 30 minutes prior to start of session |
| Finals Session Scratch Deadline | 30 minutes after the conclusion of Preliminary session |

Entry Process

- All entries must be submitted through the Swimming Canada online system.
- Scratches may be emailed to the Meet Manager **prior to** the scratch deadline.
- Swimmer deck entries may be permitted by Meet Management if no new heats are created, and must be submitted 30 minutes before warm-up. Deck entries will be swum as exhibition and will not be eligible for finals or medals.
- Deck entries must include proof that the swimmer is fully registered with Swimming Canada.
- Questions regarding entries can be directed to the Meet Manager.

Entry Fees

- Individual Timed Final Events: \$20.00
- Individual Preliminary/Heat Events: \$20.00
- Relays: \$32.00 per Relay
- Deck Entries: \$30.00
- Entry fees are due by the start of the first session.
- Entry fees are payable to Killarney Swim Club: 2225 Macleod Trail SE, Calgary, AB T2G 5B6 or via e-transfer to vpfinance@killarneyswimming.com.
- Entry fees are non-refundable after the scratch deadline except with a medical note.

Age Groups

- The swimmer's age will be determined as of the first day of the meet.

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- Age groups for all individual events (excluding the 200m Fly, 400m Free, and 400m IM) will be:
 - 12 & Under, 13-14, 15 & Over
- Age groups for the 200m Fly, 400m Free, and 400m IM will be:
 - 13 & Under, 14 & Over
- Age groups for Relays will be:
 - 12 & Under, 13-14, 15-16, 17 & Over

Entry Rules

- No-time (NT) Entries will not be accepted.
- Swimmers are limited to a maximum of seven (7) individual swims in total, with a maximum of one (1) event during session 1 and a maximum of three (3) per session during session 2 and 4.
- Relays do not count towards the total individual swim count.
- Clubs may be asked to limit the number of swimmers ahead of time. Clubs should send preliminary entry files early to avoid disappointment.
- There are no time standards for the 50m events. However, swimmers must meet the requirements shown below for 100m and 200m events to enter them:

| | 100m | 200m |
|--------|--------|--------|
| Back | 2:11.0 | 4:30.0 |
| Breast | 2:20.0 | 4:38.0 |
| Fly | 2:06.2 | 3:01.3 |
| Free | 1:53.0 | 4:26.9 |
| IM | - | 4:02.8 |

- This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club.

MEET INFORMATION

Meet Format

- 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 procedures will be in effect at this meet. The full details of the Competition Warm-Up can be found [HERE](#).
- Individual Preliminary heats for all age groups are seeded by gender, slowest to fastest and the top three heats are circled seeded.
- Individual Timed Finals (Session 1) for all age groups will be senior seeded by gender, slowest to fastest except 400m free and 400m IM which will be swum fastest to slowest.
- **Finals (Sessions 3 & 5):**
 - A & B Finals will be held for All Age Groups in all 50m and 100m events
 - A Finals will be held for All Age Groups in 200m events (session 2 and 4)
 - A Final will swim first followed by B Final (where applicable)
 - Order of swim is youngest to oldest age group
- Swim-offs will be held at the end of the preliminary sessions. If a swimmer does not show up for the swim-off, they will forfeit the race. Meet Management, in consultation with the Advisory Referee, may change the time of the swim-off and will notify the affected coaches.
- For each gender, there will be a limit of 48 entries for each of the 400m Free and 400m IM events. Should any of these events fill up, the impacted coaches will be notified and allowed to move swimmers into another event before the meet begins.

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Meet Rules

The valid meet package will always be the current version posted to the Swim Canada website (or emailed to the attending swim clubs after the entry deadline).

Warm-up / Cooldown

- Warm-ups will start at the scheduled time and will last 1 hour for Preliminary sessions 2 and 4 and 45 minutes for Final sessions 3 and 5. Timed Final Session 1 warm up will be 1 hour.
- Lanes for Preliminary sessions (2,4) may be assigned to swim clubs based on the number of attendees and lanes available. This information will be available in a technical bulletin if needed.
- Lanes may be assigned for Timed Finals (Session 1)
- Lanes will not be assigned for Finals sessions (3,5).
- 25m lanes will be available in the East Pool during all sessions for cooldown.

Competition & Diving Readiness

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Facility Rule 16.1.4, 16.1.8, Swimming Canada's Swimming Rule 4.1. .
- 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

Heat Sheets

- Coaches will receive heat sheets.
- Heat sheets will not be available for sale. Heat sheets will be posted on the pool deck, and can also be viewed on the "Meet Mobile" app.

Scratches

- Coaches are requested to email known scratches to meetmanager@killarneyswimming.com prior to the start of the meet. Any scratches that are not received by the published deadline will need to be submitted to the Administration Desk 30 minutes prior to session start.
- If a swimmer is a Late scratch for Finals, **their coach is responsible** for contacting the coach of the next alternate swimmer and the Meet Manager.
- The [Swim Alberta scratch rule](#) will be in effect for this competition.

Relays

- All relays will be Timed Finals.
- The relay events will occur at the end of Sessions 3 & 5 (evening finals) and will be seeded by age, slowest to fastest.
- Swim Clubs may enter a maximum of two relay teams per age category in each event prior to the entry deadline.

Prize Table

- The prize table will be available during sessions 1, 2 and 4.
- Swimmers will receive tokens / entries for each swim. Tokens can be used to enter for their choice of prize with new exciting prizes being introduced each day.
- Winners will be announced during the Finals session each day and prizes will be given to a club coach where the swimmer is not present.

Awards

- Medals will be awarded during Sessions 3, and 5.
- Medals will be awarded to the top three individual placing males and females in each age group for all A final (and Timed Final) races.

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- Medals will be awarded to the top three placing male and female teams in each age group for the Relay races.

Official Splits

- Must be requested prior to the start of the session and will only be considered for swimmers attempting a National level qualifying time.

Requirement for Time Trial Sanctions

- A Time Trial sanction is intended for record attempt and is limited to one (1) event with one (1) swimmer or one (1) relay team. No entry fees are permitted for time trials.
- All other items must follow the criteria set out in the Swim Alberta Competition Sanctioning Policy.

Results

- Results will be posted to www.swimming.ca within 24 hours of completion of the meet. If this should not be possible, all coaches will be informed via email.
- Unofficial Results will be posted on the pool deck during the preliminary sessions.

Coaches Meeting

- There will NOT be a coaches meeting.

Hospitality

- Hospitality will be available in the official's room during all sessions for all coaches, volunteers, and officials.

Post Session Team Area Clean-Up

- As a courtesy to the host club, to avoid additional meet charges from the facility, we kindly ask coaches and teams to ensure all personal belongings, waste, and recyclable products are cleaned up from the teams seating area(s) before they leave deck at the end of each session.

Request Guest Clubs to Provide Officials

- Assistance from guest clubs throughout the weekend will be appreciated and specific officiating requests will be shared prior to the meet.
- Please contact KSC officials at officials@killarneyswimming.com to fill these positions.

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 in the swimwear of their choosing at all competitions sanctioned by Swim Alberta. It is not required to declare the choice of swimwear wear to the Referee if the fabric of the swimwear is permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Taping

- Athletes requiring taping are required to provide a note indicating such from a medical doctor.
- World Aquatics approval for taping must be provided by the Session Referee before the start of each session.

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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 [HERE](#)

Referees

For multi -day heats and finals competitions, it is recommended that a Meet Referee be appointed. The Meet Referee must meet the requirements outlined in the Swim Alberta Role of the Meet Referee document, available on the Meet Manager Information Page. All other competitions are not required to appoint a Meet Referee. Only the Meet Referee, if one is appointed, should be listed in the Meet Information Package. Session Referees should not be included in the meet package.

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Friday, May 1, 2026

Session 1 Timed Finals - Warm-up Start: 2:30 PM Racing: 3:30 PM

| FEMALES | EVENT | MALES | TYPE |
|---------|-------------|-------|--------------|
| 1 | 200m Back | 2 | Timed Finals |
| 3 | 200m Breast | 4 | Timed Finals |
| 5 | 200m Fly | 6 | Timed Finals |
| 7 | 400m IM | 8 | Timed Finals |
| 9 | 400m Free | 10 | Timed Finals |

Saturday, May 2, 2026

Session 2 Prelims Warm-up Start: 7:30 AM Racing: 8:30 AM

Session 3 Finals Warm-up Start: 3:30 PM Racing: 4:15 PM

| FEMALES | EVENT | MALES | TYPE |
|--------------------------|--------------------|--------------------------|------------------------|
| 11 | 100m Back | 12 | Preliminaries / Finals |
| 13 | 200m IM | 14 | Preliminaries / Finals |
| 15 | 50m Fly | 16 | Preliminaries / Finals |
| 17 | 100m Free | 18 | Preliminaries / Finals |
| 19 | 50m Breast | 20 | Preliminaries / Finals |
| 101 103 105 107 | 4x50m Medley Relay | 102 104 106 108 | Finals |

Sunday, May 3, 2026

Session 4 Prelims Warm-up Start: 7:30 AM Racing: 8:30 AM

Session 5 Finals Warm-up Start: 3:30 PM Racing: 4:15 PM

| FEMALES | EVENT | MALES | TYPE |
|--------------------------|------------------|--------------------------|------------------------|
| 21 | 200m Free | 22 | Preliminaries / Finals |
| 23 | 100m Fly | 24 | Preliminaries / Finals |
| 25 | 50m Back | 26 | Preliminaries / Finals |
| 27 | 50m Free | 28 | Preliminaries / Finals |
| 29 | 100m Breast | 30 | Preliminaries / Finals |
| 201 203 205 207 | 4x50m Free Relay | 202 204 206 208 | Finals |

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