

AGE GROUP

Category 1: Swimmers born in 2013

Category 2: Swimmers born in 2014

Category 3: Para Swimmers and Special Olympic swimmers born 2004 to 2014



ZONE TEAM COMPOSITION

The maximum team size shall be:

20	Athletes per Zone	(# of females 10 # of males 10)
2	Coaches per Zone	• 4 females and 4 males in each of Category 1, 2
4	Chaperones	• 2 females and 2 males in Category 3 (1 of females min. 1 1 of males min. 1) (2 of females min. 1 2 of males min. 1)
1-2	Coach(es)	• 1 male and/or 1 female of the same sex for any zone that has a Special Olympics swimmer or a para swimmer with an intellectual impairment

FILL POLICY

- There will be no fills in Category 1 or 2
- All category 3 swimmers who have not qualified for the Alberta Summer Games will be ranked by sex, regardless of Zone.

*Fills must be submitted for approval to the Multisport Games Unit by **June 16, 2026**.*

ELIGIBILITY

Athletes

- To be eligible, all athletes must meet the age requirement for their category and the affiliation requirements outlined below.
- Athletes may compete for the Zone of their primary residence, or the Zone of their primary training facility. Participants must select their Zone on the Alberta Summer Games registration website prior to selections for the games.
- Para swimmers must have a current classification published on [Swimming Canada's Para Swimming Roster](#) prior to selections to be considered eligible for the Alberta Summer Games.
- Athletes who have attended the Canada Summer Games are not eligible for the Alberta Summer Games.

Coaches /Chaperones

- **NCCP Certification** – All Coaches must be National Coaching Certification Program (NCCP) Certified - **Level 1: Fundamentals Coach – Swimming**. The Head Coach must be a minimum of twenty (20) years of age by the start of the Alberta Summer Games and the Assistant Coach of each Zone must be a minimum of eighteen (18) years of age.
 - Any Zone team having a Coach that does not meet these requirements must submit a letter requesting an exemption. Exemptions are a one- time only opportunity for the individual coach. A coach who has been granted an exemption is ineligible for future Alberta Summer

Games as a coach for the sport of Swimming until the minimum certification guidelines are met.

- Each Zone must select one (1) male and one (1) female coach to their staff. One (1) additional coach will be added to the Zone staff for every S14 or Special Olympics swimmer of each sex.
- Four (4) chaperones (two (2) male and two (2) female) are required per Zone. These persons are separate personnel from the coaching staff. One (1) chaperone of the same sex will be designated to support swimmers with an intellectual disability however all chaperones will support the zone.
 - All chaperones must be at least eighteen (20) years old by the start of the Alberta Summer Games.
- **Safe Sport** - SafeSport Requirements for all coaches and chaperones by the registration deadline:
 - Must have a clear criminal records and vulnerable sector check from within the last three (3) years, or less if required by your Organization's policies.
 - Must have completed CAC's Safe Sport or Respect In Sport for Activity Leaders.
 - **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.**

Note: Where a coach or chaperone has been substituted after the registration deadline leading into the Games, they must have the above completed and verified with Mission Staff no later than 48 hours prior to the start of the Alberta Games.

AFFILIATION

- All swimmers must be registered as 'Competitive' with a Swim Alberta year-round program or registered as 'Summer' with a summer swimming club. Swimmers who are not a member of either of these groups may purchase a Limited Event Membership with Swim Alberta for **\$25.00**
 - The Limited Event Membership fee will allow the swimmer to participate in one competition to qualify for the Alberta Summer Games, and the Alberta Summer Games should they qualify. This fee does not include competition entry fees or the Alberta Summer Games registration fee. For further information, please contact the Swim Alberta office at (780) 415-1780 or check out **www.swimalberta.ca**.
- Special Olympics swimmers must register with Swim Alberta through Special Olympics Alberta.
- All coaches must be fully registered with Swim Alberta.

ENTRY AND ZONE PLAYOFF PROCEDURES

Consult the Provincial Sport Coordinator to determine the date and location of Zone playoffs. All Zone trial meets must be completed by **June 9, 2026**.

ALBERTA GAMES ATHLETE REGISTRATION FEE(S) AND DEADLINE

All Zone team athletes, who qualify to compete at the 2026 Alberta Summer Games (excluding coaches and chaperones), are required to pay an individual registration fee of \$80.00. This fee will offset the costs related to transportation, accommodation, meals, Zone identification, medals, athlete entertainment

**SPORT TECHNICAL PACKAGE
SWIMMING**

and sport competitions. *Information on the collection of this fee(s) will be available in the final technical package.*

Swimming participants will also receive a racing cap and t-shirt representing their zone.

Once selected to attend the Alberta Summer Games, Swim Alberta will collect a fee of \$30.00 in addition to the Alberta Games fee.

The Swimming registration deadline is **June 9, 2026**.

RULES AND EVENTS

The meet will be conducted under published World Aquatics and/or WPS 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.

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.
- Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule C16.1.4.1 and Swimming Canada's Swimming Rule C4.1.1.
- In-water starts will be conducted as per Swimming Canada's Swimming Rule C 4.1.2.

Practice: Friday July 17 Zones 1-4 – 9:00 – 10:00 am Zones 5-8 – 10:00 – 11:00am			
Session 1: Friday July 17 Warm-ups – 1:30 pm Racing – 2:15 pm		Session 2: Saturday July 18 Warm-ups – 8:30 am Racing – 9:15 am	
100 Freestyle	Categories 1-3	100 Backstroke	Categories 1-2
50 Butterfly	Categories 1-2	50 Breaststroke	Categories 1-3
4 x 50 Freestyle (M/F)	Categories 1-3	4 x 50 Freestyle Mixed	Categories 1-3
Session 3: Saturday July 18 Warm-ups – 1:30 pm Racing – 2:15 pm		Session 4: Sunday July 19 Warm-ups – 8:30 am Racing – 9:15 am	
100 Breaststroke	Categories 1-2	100 Individual Medley	Categories 1-2
50 Backstroke	Categories 1-3	50 Freestyle	Categories 1-3
4 x 50 Medley Mixed	Categories 1-3	4 x 50 Medley (M/F)	Categories 1-3

Format

- Each session will include preliminaries and finals for all individual events.*
**If there are less than eight male or female swimmers in category 3, the event will be swum as time final during finals.*
- The order of each session will go as follows:
 - Preliminaries for Individual Events (categories 1-3)

- Break (15-20 minutes)
- Finals for Individual Events (categories 1-3)
- Relays
- All preliminaries for individual events will be senior seeded, slow to fast by sex.
- All finals for individual events* will be swum by category and sex.
**Each zone may have a maximum of two swimmers in a final.*
- All relay events will be swum as timed finals, either as Female / Male or Mixed, as per the event order.

Entries: Category 1-2

- All swimmers must be entered in one event per session and may swim a maximum of four individual events.
- Zones with a full roster must enter swimmers in the relay of their age category. If a zone does not have a full category 2 roster, swimmers from category 1 may be used to fill a relay.
- All entries to the Alberta Summer Games must be submitted with times. Relay times may be calculated by adding the four (4) individual 50m times and subtracting 1.5 seconds.

Entries: Category 3

- All swimmers must be entered in one event per session and may swim a maximum of four individual events.
- All entries to the Alberta Summer Games must be submitted with times.
- Swimmers from multiple zones may be combined to create category 3 relays.

PROTEST PROCEDURES

As per Swimming Canada rules.

EQUIPMENT SPECIFICATIONS

N/A

PROVINCIAL SPORT COORDINATOR

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ZONE SPORT REPRESENTATIVE

The Provincial Sport Coordinator, indicated above, has been appointed by Swim Alberta to serve as the primary contact and leader of the association's participation in the Alberta Games. For any questions about Swimming in the Alberta Games, contact your Provincial Sport Coordinator, or visit www.swimalberta.ca.