



Name of Meet: UCSC Dino Cup 2026  
Hosted by: University of Calgary Swim Club  
Date of Meet: Sat & Sun, April 11-12, 2026  
Entry Deadline: Tuesday March 31, 2026 @ 5 pm  
Sanctioned by: Swim Alberta  
[www.calgaryswimming.com](http://www.calgaryswimming.com)

**Facility and Location:**

University of Calgary Aquatic Centre, Calgary, AB

Map: <https://www.ucalgary.ca/about/our-campuses/campus-maps-and-room-finder>

\*The pool is located in the KNA Building, between the Olympic Oval and the MacEwan Students Centre.

1 25-meter 8 lane pool for competition/ 1 25-meter 8 lane pool for warm-up/cool-down.  
Electronic timing will be used.

**Meet Manager:**

Tara Wong – [tarawong@msn.com](mailto:tarawong@msn.com)

Officials Coordinator: [officials@calgaryswimming.com](mailto:officials@calgaryswimming.com)

**Sessions:**

Saturday April 11, 2026

Session #	Age Groups	Warm-Up	Start
1	8 & Under Girls / 9 & Under Boys	8:30-9:20am	9:30am
2	9-10 Girls / 10 Boys	2:00-2:50pm	3:00pm

Sunday April 12, 2026

Session #	Age Groups	Warm-Up	Start
3	8 & Under Girls / 9 & Under Boys	8:30-9:20am	9:30am
4	9-10 Girls / 10 Boys	2:00-2:50pm	3:00pm

**Meet Rules:**

The meet will be conducted under published World Aquatic 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 warm-up procedures will be in effect.

**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.

**Pool Rules:**

Swimmers should follow all posted Alberta Health Services and UofC Aquatic Centre rules. Outdoor shoes should not be worn on deck.

**Competition and Diving Readiness Standards:**

Entry for the competition is limited to participants who have passed Swim Alberta's Competition Swim Test. During the competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.



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**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.

**Eligibility:**

This meet is a Level 2 multi-club competition, open to all swimmers currently registered with Swim Canada or a WA-affiliated club.

**Qualifying Times:**

There are no qualifying times for this meet.

**Age Groups:** 7 and under (girls/boys), 8 years (girls/boys), 9 years (girls/boys), 10 years (girls/boys). Ages will be determined based on the swimmer’s age on the first day of the meet.

**Meet Format:**

All events will be swum fastest-to-slowest. All events are timed finals. The 200 free and IM may be restricted to the fastest 2 heats for that session. If a swimmer does not make a 200-meter event they will be permitted to enter a different event on that day. Swimmers are limited to a maximum of six (6) individual events, and 3 events on any given day. Swimmers are also limited to no more than 3 events of 100 meters or longer.

400 Freestyle Home Swim – If clubs would like their swimmers to get a 400 freestyle result they can run a time trial in their home pool and submit the results to the meet management at the beginning of the competition. The 400 Free will not be ranked for awards and will not make up one of the maximum 6 swims.

**Entries:**

All entries must be submitted through the Swimming Canada online system. Teams can reserve spots for their swimmers in this meet by emailing [dave@calgaryswimming.com](mailto:dave@calgaryswimming.com) or [competitions@calgaryswimming.com](mailto:competitions@calgaryswimming.com). Additional spots will be assigned on a first come, first-serve basis for entries received through the Swimming Canada system. Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.

Deck entries will be permitted under the following circumstances:

1. No new heats will be created to accommodate a deck entry.
2. Approval of the meet manager.
3. Swimmers will be charged double the regular event fee, payable upon entry being confirmed.

Entry times are required for all entries to facilitate timing of the meet by the meet manager. An entry of NT will **NOT** be accepted.



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*Meet Management reserves the right to limit enrollment of swimmers to the first 475 swimmers, to alter, revise, limit enrollment, or otherwise modify the program. Minimum number of swimmers in the competition is 150. Reserved spots is 250. Coaches will be advised of any changes prior to the start of the meet.*

**Entry Fee:**

\$18 per individual entry.

**Entry Deadline:**

Entries and entry fees are due on or before March 31, 2026 at 5:00 pm. E-transfer of entry fees may be sent to: [accounting@calgaryswimming.com](mailto:accounting@calgaryswimming.com). Alternatively, cheques can be made payable to University of Calgary Swim Club and sent to:

Tara Wong  
c/o University of Calgary Swim Club  
KNA 253, 2500 University Drive NW  
Calgary, Alberta T2N 1N4

**Scratches:**

The [Swim Alberta scratch rule](#) will be in effect for this competition. **No refunds will be issued for scratches received after the entry deadline.**

For optimization of timeouts only, scratches can also be sent to the Meet Manager up until 5 pm on April 8<sup>th</sup>, 2026 by emailing the Meet Manager.

**Awards:**

8 & Under Girls / 9 & Under Boys – Best Time Tokens and “Dino-Mite” Heat Winner Ribbons will be awarded throughout the meet.

9-10 Girls / 10 Boys - Ribbons will be awarded for 1<sup>st</sup> to 8<sup>th</sup> places. Aggregate prizes will be awarded to the top 3 swimmers in each age group. Individual points will be awarded as follows: 9-7-6-5-4-3-2-1. These are groups will also have Best Time Tokens and “Dino-Mite” Heat Winner Ribbons.

**Results:**

Official results will be posted on the Swimming Canada website – [www.swimming.ca](http://www.swimming.ca) within 48 hours of the completion of the meet. Unofficial results may be shared via Meet Mobile and posted on the University of Calgary Swim Club website: [www.calgaryswimming.com](http://www.calgaryswimming.com).

**Psych Sheets:**

Psych sheets will be available prior to the meet and will be posted on the University of Calgary Swim Club website: [www.calgaryswimming.com](http://www.calgaryswimming.com)



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#### Heat Sheets:

Heat sheets will be made available via Meet Mobile prior to each session.

#### Requirement for Time Trial Sanctions:

A Time Trial sanction is intended for a 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.

#### 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](#)

#### Coaches Meeting:

If required, a coaches meeting may be held on April 11<sup>th</sup> at 8:45 am at the South End of the pool. Otherwise, notices pertaining to the meet will be placed in each club's hanging folders in the official/hospitality room.

#### Newly Defined 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.



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**Schedule of Events:**

Saturday April 11 <sup>th</sup> , 2026							
Warm Up: 8:30 - 9:20 am / Start: 9:30 am				Warm Up: 2:00 - 2:50 pm / Start: 3:00 pm			
Session 1				Session 2			
Girls	Age Group	Event	Boys	Girls	Age Group	Event	Boys
1	7 & Under	100 Free	2	30	9 Years	100 Free	
3	8 Years	100 Free	4	31	10 Years	100 Free	32
	9 Years	100 Free	5	33	9 Years	50 Fly	
6	7 & Under	25 Breast	7	34	10 Years	50 Fly	35
8	8 Years	25 Breast	9	36	9 Years	100 IM	
10	7 & Under	25 Back	11	37	10 Years	100 IM	
12	8 Years	50 Fly	13		10 Years	200 IM	38
	9 Years	50 Fly	14	39	9 Years	50 Breast	
15	7 & Under	100 IM	16	40	10 Years	50 Breast	41
17	8 Years	200 IM		42	9 Years	100 Back	
	8-9 Years	200 IM	18	43	10 Years	100 Back	44
19	7 & Under	50 Breast	20	45	9-10 Years	200 Free	
21	8 Years	50 Breast	22				
	9 Years	50 Breast	23				
24	7 & Under	100 Back	25				
26	8 Years	100 Back	27				
	9 Years	100 Back	28				

**Other Information:**

1. Competition will run only in the North pool.
2. Events 50 meters and longer will have dive starts. Swimmers will be permitted to dive off the blocks or off the edge of the pool.
3. 25-meter events will start from the bulkhead. Water starts will be used.



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Schedule of Events (con't):

Sunday April 12 <sup>th</sup> , 2026							
Warm Up: 8:30 - 9:20 am / Start: 9:30 am				Warm Up: 2:00 - 2:50 pm / Start: 3:00 pm			
Session 3				Session 4			
Girls	Age Group	Event	Boys	Girls	Age Group	Event	Boys
51	8 Years	100 Breast	52	76	9 Years	100 Breast	
	9 Years	100 Breast	53	77	10 Years	100 Breast	78
54	7 & Under	25 Free	55	79	9-10 Years	200 IM	
56	8 Years	100 IM	57		10 Years	100 IM	80
	9 Years	100 IM	58	81	9 Years	50 Free	
59	7 & Under	25 Fly	60	82	10 Years	50 Free	83
61	8 Years	25 Fly	62	84	9 Years	100 Fly	
	9 Years	25 Fly	63	85	10 Years	100 Fly	86
64	7 & Under	50 Free	65	87	9 Years	50 Back	
66	8 Years	50 Free	67	88	10 Years	50 Back	89
	9 Years	50 Free	68		10 Years	200 Free	90
69	7 & Under	50 Back	70				
71	8 Years	50 Back	72				
	9 Years	50 Back	73				
74	8 Years	200 Free					
	8-9 Years	200 Free	75				

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