



FRIESEN PLASTICS INC

Manufacturer of Flexible Packaging
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**LASC welcomes you to the
2025 Friesen Plastics Fall Challenge**

October 24-26, 2025

Sanction # Pending

Location	Max Bell Aquatic Centre at the University of Lethbridge 8 lane 25m competition pool + 8 lane 25m warm-up pool Omega timing and wedge blocks
Meet Manager	Jason Walper / Crystal Lothian meetmanagerlasc@gmail.com
Referee	Mike Alexander
Coaches Contact	Peter Schori peter.schori@uleth.ca
Officials Coordinator	Sonya Friesen lascofficials@gmail.com

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.

Competition & 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.

Diving Rules

1. Starts conducted from Starting Platforms (blocks) will comply with World Aquatics Facility Rule 16.1.4, 16.1.8 and Swimming Canada's Swimming Rule 4.1. 2.
2. Starts conducted from the Deck or Bulkhead will comply with Canadian Facility Rule C16.1.4.1 and Swimming Canada's Swimming Rule 4.1.1.
3. In-water starts will be conducted as per Swimming Canada's Swimming Rule 4.1.2.

Safe Sport

All interactions between an athlete and an individual who is in a position of trust should normally, and whenever 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.

Wearable Technology

If the referee is aware of a device that transmits data, sounds, or signals, either turned on or off, the referee shall ask the swimmer to remove it. Failure to comply will result in disqualification.

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.

Meet Format

Short Course Timed Finals. Senior seeded by gender from slowest to fastest

- Age groups are 10 & under, 11-12, 13-14, 15-17 and 18 and over for individual events

Entries

- A maximum of 325 swimmers will be accepted by order of entry with a minimum of 60 swimmers required to hold the meet..
- Swimmers are limited to 4 individual events in Session 1.
- Swimmers are limited to 2 individual events per session for sessions 2-4.
- Swimmers are limited to 10 individual events in total.
- The 400 freestyle will be limited to 24 swimmers for both 12 & under and 13 & over age groups, male and female (48 total per gender). Clubs will be contacted, and alternate events accepted for swimmers not in the top 24.
- Meet management reserves the right to limit the number of entries per event to maintain reasonable session length.
- Mystery 50 Event
 - After Session 1 has been completed, Meet Management will randomly draw one of the four 50m strokes swam to be included as the Mystery 50 Event.

- The fastest 8 overall times (male and female) for that 50m event will qualify for the Mystery 50 Event Quarterfinal in Session 2.
- The fastest 4 times in the Quarterfinal will qualify for the Semifinal in Session 3.
- The fastest 2 times in the Semifinal will qualify for the Final in Session 4.

Entry Deadline

Entries due on Friday, October 14, 2025. There will be no refunds after the entry deadline.

Entry Process

All club entries must be submitted through the Swimming Canada online system.

Swimmer Deck Entries may be permitted by Meet Management. Deck entries must include proof that the swimmer is fully registered with Swimming Canada.

Fees

Individual Timed Final events \$15

Relay Events \$20

**Make cheques payable to LASC or send an E-Transfer to: lasc.office@gmail.com*

**If using e-transfer as a method of payment, please contact meet management for follow up information.*

Rules

The meet will be conducted under published World Aquatics and/or IPC 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. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 & SW 4.1.

Eligibility

Entries will only be accepted for swimmers who are currently registered in the Swimming Canada registration database and have a Swimming Canada registration ID number unless the swimmer is registered with and representing a foreign World Aquatics affiliated federation. Except for Dive Readiness Standards, there are no qualifying standards for this event.

Scratches

The Swim Alberta scratch rules will be in effect for this competition. The scratch rules can be reviewed [here](#):

- Coaches are requested to submit any known scratches to meet management prior to the start of the meet.
- Individual scratches are due 30 minutes prior to the start of the session.
- Relay team scratches must be made 30 minutes prior to the start of the session in which the relay is swum.
- Relay names are due 30 minutes before the start of the session they are being swum.
- Relay name changes must be finalized 30 minutes before the first relay event is scheduled to begin.
- There shall be no penalty for swimmers who “no show” or submit a “late scratch” for their event.

Deck Entries

Will be permitted solely at the discretion of meet management. Additional heats will not be created and no re-seeding will occur. Fee of \$20.00 per entry must be paid with entry. No entries will be permitted later than 30 minutes prior to the start of the session. Deck entries will be swum as an exhibition.

Awards

- Individual events awarded 1-8th place for 10 & under, 11-12, 13-14 & 15-17 age groups
- Individual events: Medals awarded for 1st-3rd and Ribbons awarded for 4th - 8th
- Relay events ribbons awarded 1-3rd place for 10 & under, 11-12, 13-14 and 15-17 age groups
- Prizes for the Mystery 50 Event

Warm-ups

Will be run in accordance with Swim Canada & Swim Alberta standards. Dive lanes will be designated by the referee at their discretion. There will be a 25m warm-up/cool-down pool available during racing.

Hospitality

Food will be provided for coaches & officials. In efforts to be environmentally conscious, we encourage everyone to please bring individual water bottles.

Session One Friday, October 24, 2025 Timed Finals Warm-up 4:30-5:10 pm - Racing 5:15 - 8:00 pm
200 Free 50 Free 50 Fly 50 Back 50 Breast
Session Two Saturday, October 25, 2025 Timed Finals Warmup 8-8:40 am - Racing 8:45 - 1:00 pm
Mystery 50 Quarterfinal (Top 8 Open) 200 Back 100 Free 50 Fly 100 Breast 400 Free (Boys) 4 X 50 Free Relay
Session Three Saturday, October 25, 2025 Timed Finals Warmup 3:30-4:10 pm - Racing 4:15 - 8:00 pm
Mystery 50 Semifinal (Top 4) 200 IM 50 Breast 200 Fly 100 Back 400 Free (Girls)
Session Four Sunday, October 26, 2025 Timed Finals Warmup 8:30-9:10 am - Racing 9:15 - 1:00 pm
Mystery 50 Final (Top 2) 100 IM 100 Fly 50 Back 200 Breast 4 x 50 Medley Relay