

Alberta Competition Profiles

The following is a guide to provide information regarding Swim Alberta's competition types. Each competition type is identified by a competition level (1-5), which is intended to reflect the type of competition and the stage of swimmer development, noting that swimmers may enter the sport any age and stage of development. A Level 1 competition may include swimmers at any level while a Level 5 competition would be limited to qualifiers. For example, a Level 1: Single Session Time Final competition may be a club champs competition including swimmers in their first year as well as national level swimmers while a Level 5: Provincial Competition would only include swimmers who have achieved a time standard to qualify.

Clubs are encouraged to be creative when developing their competition schedule as well as what competitions they offer to their membership in order to provide exciting and appropriate opportunities to their membership.

In addition to these competition profiles, competition calendars are available that show both the general competition windows as well as a club sample. If you have questions regarding competition programming for your swimmers or club please reach out to the Swim Alberta staff.

Competition Notes, Assumptions and Rational

- Vision of Swim Alberta: Every swimmer has the opportunity to reach their full potential.
- Levels 1-5 are the order of general swimmer development. (general start point is Level 1)
- Levels 1-3 are to be managed by the clubs, Swim Alberta will provide recommendations and support regarding content, scheduling and format of these competitions however it is recommended that the local swimming community work together to ensure an appropriate schedule for individual club demographics.
 - o Clubs and each local swimming community are responsible to develop their own competition calendar, ensuring that each age group and demographic is covered at appropriate points throughout the season.
- Level 4: Provincial Series competitions are preparation competitions needed for swimmers at the Senior National, Junior National and Provincial Championship level.
 - o These competitions will be hosted by designated clubs and must meet requirements as established by Swim Alberta.
- Level 5: Provincial Competitions are heats and finals events including the Provincial Trials and Championships.
 - o Swim Alberta will run these competitions with support of a host club.
- All swimmers should be racing a blend of each competition type throughout a season. For example, swimmers may race any or all events at a Level 1-3 competition, early in a cycle prior to a Provincials Series or Championship.

Recommendations

Clubs should find Racing Blocks of 2-3 weekends in a row each season, especially for swimmers aged 12 & under. Racing blocks may include a blend of competition types (e.g. Level 1, Level 4, Level 2). Clubs should partner with other clubs to develop racing blocks to limit travel, take turns hosting competitions and ensure smaller clubs are included.

Swimmers at or above the provincial level should have an appropriate blend of SC and LC racing, a blend of racing is especially important through the months of February to April. It is recommended that a blend includes a 25m opportunity shortly after a 50m competition. Younger swimmers do not require the same number of 50m competitions. Depending on the age and development level of the swimmer, 50m competitions could be scheduled from January to July, April to June or not at all.

Definitions

The general definitions for each category under the levels of competition are listed below.

- Calendar: date / placement of competition(s)
- Facilities: minimum facility required to host the competition
- Officials: the level to which officials are required to staff the competition
- Stage: The approximate Long Term Athlete Development target stage
 - o FUNdamentals (FUN), Learn to Train (L2T), Train to Train (T2T), Train to Compete (T2C)
 - o These also refer to Swimming Canada's Appropriate Athlete Development stages
- Age Groups: General age groups, for provincial competitions the female age groups are listed, males are one year older
- Para: the para swimming level for each competition identified
- Travel: Expected travel within Alberta which demonstrates both time and finances

Calendar Templates

Swim Alberta has produced two draft calendars for coaches to use when planning competition schedules.

- Dates and Competition Windows – Includes general dates where each level of competition occur and includes the dates of Level 4, Level 5 and National level competitions.
- Club Sample Calendar – Outlines a draft of what a competition schedule could look like within a club.

Level 1: Time Final Single Session							
Home Opener, Novice Series, Club Champs, Dual/Tri Competition, Relay Challenge							
	Calendar	Facilities	Officials	Stage	Age Groups	Para	Travel
Time Final (Single Session)	Club / Local Schedule	25m	L1 Roster	FUN	8U, 9, 10, 11, 12, 13, 14, 15+	Yes	Local

Level 1: Time Final Single Session

- Target is for swimmers at the FUNdamentals stage and above
- Single session racing opportunity, generally but not limited to, novice level swimmers
- May include Club Champs, Relay Events, Dual Meets, Novice Competitions or Time Trials
- Open age groups (club decision)
- Recommended Short Course
 - exception for Provincial Championship Level swimmers and above
- Novice Competitions: Recommended events 100m and shorter
 - email practice times for ranking of events 200m+
- Aggregate Awards / Draw Prizes / Bell Heats
- Single age groups for ranking and awards
- Swim Alberta will provide support coordinating Novice Series events for local swimming communities
- For competitions focused on swimmers at the introductory level (first year), a maximum session length of two (2) hours is recommended. (not including warm-up)

Level 2: Time Final Multi-Session							
A time final competition where swimmers participate in more than one session, including Swim Alberta Festivals							
	Calendar	Facilities	Officials	Stage	Age Groups	Para	Travel
Time Final (Multi-Session)	Club / Local Schedule	25m	L2 Roster	L2T	8U, 9, 10, 11, 12, 13, 14, 15+	Yes	Local
Provincial Festivals	#1 End of Jan #2 Mid June	8-Lane 25m	L2 Roster	L2T	F = 8, 9, 10 M = 8-9, 10, 11	Level 1	North & South

Level 2: Time Final Multi-Session

- Target is for swimmers at the Learn to Train Stage (L2T) and above
- Competitions for developing novice swimmers and above and an opportunity for provincial level swimmers to race any event in a larger competition for clubs
- Open or Closed Invitationals
- Limited Heats and Finals events may occur within or between sessions.
 - Example - a final of the first event is run at the end of the session (festivals)
- Includes Festivals / Time Standards not Required
- All age groups offered (club decision)
- Single age aggregate awards / mixed gender racing
- It is recommended that most competitions be offered as short course, understanding that as swimmer increases their level of swimming ability, they should experience more long course competitions.
- Recommended events 200m and shorter
 - email practice times for ranking of events 400m+
 - Clubs may choose to offer events 400m or greater at the end of a session or run a separate distance session
- A maximum session length of three (3) hours is recommended. (not including warm-up)

Level 3: Heats and Finals							
A heats and finals competition, time standards are optional.							
	Calendar	Facilities	Officials	Stage	Age Groups	Para	Travel
Heats and Finals	Club / Local Schedule	6+ Lane 25m	L3 Roster	L2T > T2T	10U, 11, 12, 13, 14, 15+	Yes	Local

Level 3: Heats and Finals

- Target is for swimmers between the Learn to Train (L2T) and Train to Train (T2T) stages
- An opportunity for an entire team to participate in a heats and finals competition, either as a cycle end or as preparation.
 - Not recommended in same city and weekend as a Provincial Series (Level 4) Competition to ensure all swimmers have the opportunity to participate at the appropriate competition.
- Open or Closed Invitationals
- Time standard or de-qualifying time (club decision)
- Open Age Groups (club decision)
- Single age finals recommended (club decision)
- Recommended, Short Course (Sept-March), Long Course (April-July)
- Not recommended during the following dates (Sept 1 - Oct 20 / Mar 20 – Apr 30)
- Clubs may choose to offer events 400m and shorter depending on the target age and stage of the swimmers
 - email practice times for ranking of events 800m+
 - Clubs may choose to offer events 800m or greater at the end of a session or run a separate distance session
- A maximum session length of four (4) hours. (not including warm-up)

<p align="center">Level 4: Provincial Series</p> <p align="center">Key heats and finals competitions for swimmers to qualify and prepare for the Provincial Championships. Time Standards must be close to the provincial standards and occur at a premium facility</p>							
	Calendar	Facilities	Officials	Stage	Age Groups	Para	Travel
Provincial Series	#1 End of Oct #2 Mid Dec	8-Lane 25m (+ Cool Down)	L4 Roster	T2T > T2C	12U, 13, 14, 15+	Level 2+ Para Category <i>Para point rankings</i>	#1 South #2 North
	#3 Early Feb #4 Late Feb	8-Lane 50m (+ Cool Down)					#3 North #4 South
	#5 Early June #6 Early July						#5 South #6 North

Level 4: Provincial Series

- Target is for swimmers at the Train to Train (T2T) stage and above
- Heats and Finals competitions designated as ‘Swim Alberta Provincial Series Competitions’
 - Purpose: to ensure appropriate competition preparation for swimmers at the Provincial Championship, Junior and Senior National levels.
- Short Course (Oct - Dec) / Long Course (Feb-July)
- Minimum time standard at or above the provincial standard (approved by Swim Alberta)
- Age groups used for Provincial Competitions do not need to be used at the Provincial Series events. It is recommended that single age racing or alternate formats be used. Note that while age groups, time standards and format may be a club decision, these will need to be approved by Swim Alberta.
- All classified para swimmers who have achieved a provincial para time standard are permitted and encouraged to attend. A para swimmer category to be ranked using the Swimming Canada para points system to be offered at all provincial series events.
- Additional requirements will be communicated to the host clubs by Swim Alberta

Level 5: Provincial Competitions							
	Calendar	Facilities	Officials	Target	Age Groups	Para	Travel
Provincial Trials SC	One Week prior to Prov Champs LC	2x8-lane 25m	Level 5 Roster	L2T > T2T	Female – 12U, 13-14, 15+ Male – 13U, 14-15, 16+	no	Alberta
Provincial Championships LC	Three Weeks prior to Spring Nationals	8-Lane 50m (+Cool-Down)		T2T > T2C		Level 2+	
Summer Provincials LC	Same date as CJC (when possible)	8-Lane 50m (+Cool-Down)		T2T	Female – 11U, 12, 13, 14, 15+ Male – 12U, 13, 14, 15, 16+	Level 2+	

Level 5: Provincial Competitions

Provincial Trials SC

- Will run one week prior to Provincial Championships LC
- Target is for swimmers at the end of the Learn to Train (L2T) Stage
- The single week prior to Provincial Championships provides a larger window for clubs to run invitationals prior to the spring provincial competitions

Provincial Championships LC

- Will run three weeks prior to Spring Nationals, which is the first weekend of spring break in Edmonton and Calgary. If the date of trials moves, the date could remain at the start of spring break but would be reviewed.
- Target is for swimmers at the Train to Train (T2T) Stage and above

Summer Provincials LC

- Run on the same weekend as CJC when possible
- Target is for swimmers at the Train to Train stage and above
 - Approximately 90-120 swimmers will attend CJC's depending on location (ages 13-14, 15-17)
- 4 Days, about 600 swimmers, qualifying based on provincial ranking (Top 20 ranking by event, details will be communicated)
- A finals only (Female 11U, 12, 13, 14, 15+ / Male 12U, 13, 14, 15, 16+) *Format may be adjusted when CJC occurs in Alberta*
- 4x50m relays (alternate days: by gender / mixed)