AMAC - H2GRO Invitational

November 20-22, 2026.

Host Club

- Alberta Marlin Aquatic Club (AMAC)

Location

- Big Marble Go Centre, 2000 Division Ave N, Medicine Hat, Alberta

Competition Type:

- Age Group (Year-Round) Invitational (Open)
- Short Course Metres (25m)

Contacts

Meet Manager	Glen Mori	meets@marlin.ab.ca
Meet Manager	Tyson Josey	meets@marlin.ab.ca
Meet Director	Amber Smith	meet_director@marlin.ab.ca
Officials Coordinator	Amber Smith	officials@marlin.ab.ca
Meet Referee (Sanctioning Referee)	Iris Jackson	iris.jackson@albertacoach.ca
Coach Contact	Jordan Harper	headcoach@marlin.ab.ca

Land Acknowledgement

We would like to acknowledge that the facility in which we gather is situated on traditional treaty territory. Medicine Hat is located on Treaty 7 and neighbour to Treaty 4 territory. We would like to acknowledge these are the Traditional lands of the Siksika (Blackfoot), Kainai (Blood), Piikani (Peigan), Stoney Nakoda, and Tsuu T'ina (Sarcee) as well as the Cree, Sioux, and the Saulteaux bands of the Ojibwa peoples. We would also like to acknowledge we are on the Homelands of the Métis Nation District 2 Battle River Territory.

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.

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 Warm-Up

- Swimming Canada competition warm-up safety procedures will be in effect at this meet. The full details on the Competition Warm-Up can be found HERE.

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 4.1.1.
- In-water starts will be conducted as per Swimming Canada's Swimming Rule 4.1.2.

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 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.

All other items must follow the criteria set out in the Swim Alberta Competition Sanctioning Policy.

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

D/deaf or Hard of hearing

This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:

1. Non-verbal instruction provided by a *support person.
2. Hand signals given by the starter/referee.
3. Visual start strobe light options:
    - Option 1 Facility-Provided Strobe Light. An external strobe light is available at the Big Marble Go Centre.
    - Option 2 Personal Strobe Light. A personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the Colorado Championship starter unit.

Clubs are to contact Meet Management by the **Entry Deadline** of the need for accommodations.

*Note that the support person must show a status of "Registered" as support staff in the Swimming Canada registration system.

General Information

Eligibility

- This competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club.
- All swimmers attending this meet MUST be under the direct supervision of a Swim Alberta or Swim Canada recognized coach.
- No qualifying or de-qualifying times except for 400m IM, 400m Freestyle, 800m Freestyle and 1500m Freestyle.
    - 400M Freestyle and 400 IM qualifying time is set at 6:45.00 or faster
    - 800M Freestyle qualifying time is set at 13:00.00 or faster
    - 1500M Freestyle qualifying time is set at 26:00.00 or faster
    - Estimated times will not supersede any proven time.

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Key Dates:

Entry Deadline:	Monday, November 2, 2026.	
Withdrawal Deadline:	Monday, November 16, 2026.	(No refunds after this deadline)
Fees Due:	Friday, November 20, 2026.	(Prior to session 1 start)
Session 1:	Friday, November 20, 2026.	Warmup: 3:30pm/Start 4:30pm
Session 2:	Saturday, November 21, 2026.	Warmup: 7:30am/Start 8:30am
Session 3:	Saturday, November 21, 2026.	Warmup: 3:30pm/Start 4:30pm
Session 4:	Sunday, November 22, 2026.	Warmup: 7:30am/Start 8:30am

Facility:

- 8 lane 25m competition pool with Colorado Timing System Touch Pads, 8 lane 25m non-competition pool for warmups & cool downs.
- There are 2 entry doors to the pool area. Street shoes are permitted in designated areas only.
- Seating is limited. An effort will be taken to designate spectator seating from athlete seating.
- There are 5 change rooms available. Male/Female/Family change rooms are available near the front desk. Male/Female change rooms are available near the gymnasium entrance.
- Booster Juice and a concession stand are available on site. **Food is not permitted in the pool or spectator area.** Closed drink containers are permitted. Please clean up your area upon leaving.

Age Categories:

Female: 8 & Under, 9-10, 11-12, 13-14, 15 & over, para
Male: 8 & Under, 9-10, 11-12, 13-14, 15 & over, para

Fees:

Individual:	$18.00 per individual event
Relay:	$22.00 per relay event
Deck Entry:	$25.00 per individual event
Refunds:	No refunds after Withdrawal Deadline **(Monday, November 16, 2026.)**

- Entry fees are payable by e-transfer treasurer@marlin.ab.ca
- Fees due: **Friday, November 20, 2026.**

Meet Limit:

- The meet will be limited to 325 swimmers. The team entering the 325th swimmer will be accepted.

Meet Entry Procedures:

- Swimmers are limited to a maximum of 2 individual events per session. There is no minimum number of individual entries.
- All entries must be submitted through the Swimming Canada online system.
- Entry times are required for all individual entries. Entries with No Times (NT) will not be accepted with the exception of relays. Please estimate a time for your swimmers.
- Meet Management reserves the right to alter, revise, limit enrolment, or otherwise modify the program to ensure maximum number of swims in a session of reasonable length, following receipt of entries. Coaches will be advised of any changes prior to the start of the meet.

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.

Deck Entries:

- Swimmer Deck Entries may be permitted by Meet Management.
- Deck entries must include proof that the swimmer is fully registered with Swimming Canada.
- Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system, and will only be accepted if no additional heats are created.
- Deck entries are exhibition swims only and will cost $25 per swim.
- Deck entries must be paid in cash at the time of entering.

Scratches:

- The Swim Alberta scratch rule will be in effect for this competition. The withdrawal deadline for refunds will be **Monday, November 16, 2026**.
- All scratches that occur after Monday, November 16, 2026 must be submitted using the online scratch forms provided in the technical bulletin. QR codes will also be provided to coaches on deck.

Deadlines:

Entry Deadline:	**Monday, November 2, 2026.**
Withdrawal Deadline:	**Monday, November 16, 2026.**
Late Scratch Deadline:	**Session 1: Thursday, November 19, 2026. 3:00pm. In order to seed Session 1.** **Session 2-4: Thirty (30) minutes prior to the conclusion of the previous session.**
Deck Entry Deadline:	**60 minutes prior to the start of the session.**
Relay Scratch Deadlines:	**30 minutes prior to the conclusion of the previous session.**

Competition Information

Awards

- Medals will be awarded for all age categories from 1st - 3rd in individual events.
- Ribbons will be awarded for all age groups from 4th - 8th and all relays.

Hospitality

- All coaches and officials are welcome in the Sage Room near the front entrance of the facility. Snacks will be available all day, meals will be available between sessions. No athletes will be allowed.

Officiating

- We will require officials and volunteers for all four sessions and visiting clubs are encouraged to participate. There is limited seating at the pool. Please contact our coordinator directly.

  Officials Coordinator: Amber Smith officials@marlin.ab.ca

Meet Format

- All events are timed finals.
- 50m, 100m and 200m races will be senior seeded by gender, slowest to fastest.

400m IM/400m Freestyle/800m Freestyle/1500m Freestyle

- Swimmers must meet qualifying standards.
- 400m races will be senior seeded by gender, fastest to slowest.
    - 400's will be limited to a maximum of 24 female entries and 24 male entries.
- 800m/1500m races will be senior seeded fastest to slowest. Meet management reserves the right to swim the 800m/1500m events gender combined.
    - Swimmers are limited to swimming one of the 800m or 1500m events.
    - A maximum of two heats for each distance (800m and 1500m) will be permitted and entries will be limited to a maximum of 16 participants combined by gender.
- AMAC swimmers will be prioritized, after which swimmers will be accepted fastest to slowest to the maximum entry limit for each event.
- If there are scratches prior to the withdrawal deadline, Monday November 16th, next entries will be accepted. Meet management will notify coaches.

Positive Check-in

Swimmers in the 800 Free and 1500 Free must positively check-in at the coaches information table under the waterslide no later than 15 minutes after the start of warm-ups of the session on the day of the event. There is no penalty for swimmers who do not check in. Failure to check in will be deemed a scratch.

Meet Program

Session 1 Friday Afternoon Timed-Finals
Warmup: 3:30 PM / Start: 4:30 PM

Female All age groups		Male All age groups
1	100 Freestyle	2
3	200 Breaststroke	4
5	50 Backstroke	6
7	400 IM	8

Session 2 Saturday Morning Timed-Finals
Warmup: 7:30 AM / Start: 8:30 AM

Female All age groups		Male All age groups
9	200 IM	10
11	100 Backstroke	12
13	50 Butterfly	14
15	400 Freestyle	16

Session 3 Saturday Afternoon Timed-Finals
Warmup: 3:30 PM / Start: 4:30 PM

Female All age groups		Male All age groups
17	200 Backstroke	18
19	50 Freestyle	20
21	100 Breaststroke	22
23	200 Butterfly	24
25	4 x 50 Medley Relay	26

Session 4 Sunday Morning Timed-Finals
Warmup: 7:30 AM / Start: 8:30 AM

Female All age groups		Male All age groups
27	200 Freestyle	28
29	50 Breaststroke	30
31	100 Butterfly	32
33	4 x 50 Freestyle Relay	34
	10 Minute Break	
35	800 Freestyle	36
37	1500 Freestyle	38

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Sponsor Hotel Information

AMAC FALL INVITATIONAL SC

SPONSOR HOTELS

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- Waterslide, pool, kiddies pool and hot tub.
- Full service restaurant with $10 pizza special!
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403-504-5151 ext 2

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- Suites that sleep up to 6
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