

Olds Phoenix Presents: 2025 Penguin Party- 2 November



DATE: SUNDAY 2 November 2025

LOCATION: Olds Aquatic Centre - 5 lane, 25 meter pool @ 5303-46 Avenue

Schedule:

Time	MORNING	Time	AFTERNOON
9:30 am	Registration	12:30	Lunch Break
9:45 am	Coach Meeting	1:15	Officials on Deck
10-10:40 am	Swimmer Warm Up	1:25 pm	Watch Check
10:05-10:40 am	Official Meeting	1:30 pm	Swim Meet Continues
10:42 am	Watch Check & O Canada	5 pm	Swim Meet Completed
10:45 am	Racing Commences	530 pm ESTIMATED	Pizza Suppers for Enroute

. ENTRIES:

- 1) Swimmers are limited to a maximum of Five (5) individual swims, Plus relays.
- 2) Entries are required by Friday 24 October midnight

Please enter with entry times by either:

- o Swimmers Entry Link: <https://forms.gle/V5z183mJLJAHF6R7>
- o Food Entry Link: <https://forms.gle/HCsg6LaTMNXdqtut9>
- o Swims Can Enter by form in this meet package, link above or by Hy-Tek Team Manager via link: swim.wt@gmail.com

- 2) Swimmers must be registered in the Special Olympic Alberta database.
- 3) Please pre-register all swimmers. No Deck Entries.
- 4) Scratches requested prior 10 am to the Clerk of the Course.
- 5) Swim Entries must be submitted with the following information:
 - o swimmers name, gender, date of birth, club, event, event number & entry time



ENTRY FEES: \$60.00 per swimmer; \$30 per coach.

- 1) Fees are due by 2 November 2025. Entries due: 24 October 2025
- 2) Cheques to: Special Olympics Olds & District or e-transferred to: soaolds@gmail.com
- 3) Entry fees include: Pizza supper, snacks, prizes and other fun!

MEET RULES: The meet will be conducted under published FINA Swim rules, supplemented by approved Swim Alberta rules and regulations. The Special Olympics Alberta policies and procedures are applicable where appropriate.

DIVING RULES and Water Entry rules:

- 1) Race Starts will be conducted from Starting blocks as per FINA FR 2.3 and SW 4.1. Deck starts are permitted. Swim Meet Warm Up starts must be feet first entry only.
- 2) In-water starts will be conducted by Canadian Facility Rule CFR 2.3.1, CSW 4.1.2.

RESULTS: A copy of the results will be sent home with the Coach. Further results can be requested by emailing swim.wt@gmail.com. The results will also be available on Meet Mobile app.

AWARDS:

There will be ribbons for athletes placing up to 3th position. Every swimmer receives a participation ribbon.

PARKING AND FACILITIES:

- 1) There is space for parking at the Pool and the Fine Arts Centre just south of the pool.
- 2) Lockers are available, please bring a lock or Swimmers may keep their belongings on deck.
- 3) **NO GLASS CONTAINERS are permitted on deck.**

CHANGES: Meet management reserves the right to modify the meet program to allow for maximum number of swims in time allotted. Coaches will be advised of any changes to the program.

Officials & Volunteers – *Thank you for your interest, and we welcome your help!*

- 1) To Volunteer on Deck, please email swim.wt@gmail.com by 24 October.
- 2) Please indicate your choice: Timer, Stroke & Turn, Safety Marshall, Runner, Head Timer, Clerk of Course assistant, Starter, Swimmer Marshalling, etc.
- 3) **Officials Attire: White Shirt, Black Shorts or Pants; with indoor footwear. Red shirt for Stroke and Turn.**
- 4) **Official Meeting 10 am in the main lobby.**

Contacts:

- 1) Swim Meet Fees: Darren Brown soaolds@gmail.com. Cell (403) 507-5954
- 2) Olds SO Chair Person: Karen Mengersen: karen.mengersen@gmail.com, (403)559-8265
- 3) Meet Manager, Officials, Swim Entries: Teena swim.wt@gmail.com, Cell (403) 390-2002



Accommodations:

- 1) Ramada Inn and Suites – (403) 507-8349; 500-6700-46 Street in Olds
- 2) Pomeroy Inn and Suites (403) 556-8815; 4601-46th Avenue

TO REGISTER WITH LINK: <https://forms.gle/V5z183mJLJAHF6R7>

Session #	Female Event	Swim	Male Event
Session 1	1	200 M Freestyle	2
	3	200 M Breaststroke	4
	5	25 M Butterfly	6
	7	50 M Backstroke	8
	7A	50 M Backstroke Assisted** Mixed	8A
	9	100 M Breaststroke	10
	11	50 M Butterfly	12
Session 2	13	200 M Butterfly	14
	50	RELAY – Freestyle – 4 X 50 M (Mixed -any combo & number of genders=4)	50
		Lunch Break	
Session 3	15	25 M Backstroke	16
	15A	25 M Backstroke Assisted* Mixed	16A
	17	100 M IM	18
	19	50 M Freestyle	20
	19A	50 M Freestyle Assisted** Mixed	20A
	21	25 M Breaststroke	22
	23	100 M Backstroke	24
	25	50 M Freestyle	26
	25A	50 M Freestyle Assisted** Mixed	26A
	27	50 Breaststroke	28
	29	100 M Freestyle	30
Session 4	31	1500 M Freestyle Mixed	31

*Assisted may be with: Life Jacket, Kickboard, Float belt, Pool Noodle or Coach in Water.

SWIM ENTRY FORM – Due 24 October 2025 or: Link: <https://forms.gle/V5z183mJJLJAHF6R7>

	Name	DOB	M/F	Swim	Swim	Swim	Swim	Swim
1								
	SWIMMER TIME							
	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim
2								
	SWIMMER TIME							
	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim
3								
	SWIMMER TIME							
	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim
4								
	SWIMMER TIME							
	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim
5								
	SWIMMER TIME							
	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim
6								
	SWIMMER TIME							
	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim
7								
	SWIMMER TIME							
	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim
8								
	SWIMMER TIME							
	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim
9								
	SWIMMER TIME							

If you require more forms - please copy or use google link <https://forms.gle/6nentgcYhfyZnhwG6>

Food Choices due by Friday 24 October to swim.wt@gmail.com,

Easier way- Please try google form: <https://forms.gle/HCsg6LaTMNXdqtut9>



Team _____

Coach _____ Email _____ Text Number _____

#	Name	Pizza Choice				Please Indicate Dietary Issues:	Wings Typer	Salad
		Pepperoni	Cheese	Hawaiian	Veg			
Please indicate Number required (2 pieces per box)								
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								

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