



2025 Canada West Swimming Championship

November 28th – 30th, 2025

Hosted by: University of Lethbridge

Location: Max Bell Regional Aquatic Centre

Meet Package

1. Host Organizing Committee

Event Convener	Spencer Pommells 403-329-5174 Spencer.pommells@uleth.ca	Meet Manager	Jason Walper Meetmangerlasc@gmail.com
Ticketing, Hospitality, & Accreditation	Taylor Penney 403-329-2681 Taylor.penney@uleth.ca	Entries & Scratches	Jason Walper Meetmangerlasc@gmail.com
Communications	Olivia Roest 403-360-6243 Olivia.roest@uleth.ca	Lethbridge Head Coach	Peter Schori 403-329-2677 Peter.schori@uleth.ca
Head Athletic Therapist	Sara Scott 403-329-2678 Sara.scott@uleth.ca	Officials Coordinator	Sonya Friesen lascofficials@gmail.com
Advisory Meet Referee	Norma Lachance mathdva@gmail.com		

2. Swimming Canada / Swim Alberta 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. The competition may also be required to operate under playing regulations as outlined by U SPORTS.

Diving Rules

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and SW 4.1.

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

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](#).

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.

3. Schedule of Events ****All times local / MST****

Tuesday, November 25, 2025

12:00 pm Entry Deadline
12:00 pm Deadline for submitting Graduating Athletes

Friday, November 28, 2025

2:00 – 3:00 pm Registration & Technical Meeting
 Location: PE138 (Pool Classroom)
 ****Banner Drop Off Deadline****
3:00 pm Scratch Deadline for Friday's Timed Finals
3:00 – 3:50 pm Warm Ups
4:00 – 5:00 pm Heats (Events 1 – 8)
Finish Time + 30 min Scratch Deadline for 50 m Finals
5:30 – 7:30 pm Finals (Events 1 – 10)

Saturday, November 29, 2025

8:30 – 9:50 am Warm Ups
10:00 – 12:00 pm Heats (Events 11 – 22)
Finish Time + 30 min Scratch Deadline – Finals
12:15 pm Canada West Coaches Meeting
 Location: PE138
3:30 – 4:50 pm Warm Ups
4:50 – 5:00 pm Recognition of 4th & 5th Year Student-Athletes
5:00 – 7:30 pm Finals (Events 11 – 24)
Finish Time + 30 min Scratch Deadline for Sunday Preliminary events

Sunday, November 30, 2025

7:30 – 8:50 am Warm Ups
9:00 – 11:00 am Heats (Events 25 – 36)
Finish time + 30 min Scratch Deadline - Finals
1:30 – 2:50 pm Warm Ups
3:00 – 5:00 pm Finals (Events 25 – 38)
5:00 pm Championship Awards Presentations

4. Training Schedule

There are open pre-competition training times available on:

Thursday, November 27th from 4:00 – 6:00pm

Friday, November 28th from 8:00 – 10:00am

5. Competition Schedule

Session 1: Friday, November 28			Session 2: Friday, November 28		
3:00 – 3:50 pm Warm Ups					
4:00 – 5:00 pm Preliminary Heats			5:30 – 7:30 pm Finals		
Women's		Men's	Women's		Men's
#1	50 m Butterfly	#2	#7	800m Freestyle (faster heats)	
#3	50m Backstroke	#4		1500m Freestyle (faster heats)	#8
#5	50m Breaststroke	#6	#1	50 m Butterfly	#2
#7	800m Freestyle (slower heats)		#3	50m Backstroke	#4
	1500m Freestyle (slower heats)	#8	#5	50m Breaststroke	#6
			#9	4x200m Freestyle Relay	#10

Session 3: Saturday, November 29			Session 4: Saturday, November 29		
8:30 – 9:50 Warm Ups			3:30 – 4:50 pm Warm Ups		
10:00 am – 12:00 pm Preliminary Heats			5:00 – 7:30 pm Finals		
Women's		Men's	Women's		Men's
#11	50m Freestyle	#12	#11	50m Freestyle	#12
#13	400m IM	#14	#13	400m IM	#14
#15	100m Butterfly	#16	#15	100m Butterfly	#16
#17	200m Backstroke	#18	#17	200m Backstroke	#18
#19	100m Breaststroke	#20	#19	100m Breaststroke	#20
#21	200m Freestyle	#22	#21	200m Freestyle	#22
			#23	4x100m Freestyle Relay	#24

Session 5: Sunday, November 30			Session 6: Sunday, November 30		
7:30 – 8:50 Warm Ups			1:30 – 2:50 pm Warm Ups		
9:00 am – 11:00 am Preliminary Heats			3:00 – 5:00 pm Finals		
Women's		Men's	Women's		Men's
#25	200m Butterfly	#26	#25	200m Butterfly	#26
#27	100m Freestyle	#28	#27	100m Freestyle	#28
#29	200m IM	#30	#29	200m IM	#30
#31	100m Backstroke	#32	#31	100m Backstroke	#32
#33	200m Breaststroke	#34	#33	200m Breaststroke	#34
#35	400m Freestyle	#36	#35	400m Freestyle	#36
			#37	4x100m Medley Relay	#38

6. Meetings

Registration & Technical Meeting	
Date:	Friday, November 28 th
Location:	PE138 – Pool Classroom
Time:	2:00 – 3:00 pm

Canada West Coaches Meeting	
Date:	Saturday, November 29 th
Location:	PE138 – Pool Classroom
Time:	12:15 pm
Other:	Lunch will be provided

7. Registration

- Meet Entry File will be available on Swimming Canada Events Page.
- All entries must be submitted through the Swimming Canada online system.
- Registration of teams will take place at the Registration & Technical Meeting on Friday, November 28th.

8. Technical Information

8.1 Pool & Facility Details

[Max Bell Regional Aquatic Centre](#) - 4401 University Drive West, Lethbridge, AB T1K 3M4.

- 8 lane 25m race pool + 8 lane 25m warm up pool
- Lockers (coin available)
- Team banners will be hung on the east wall by Athletics and Recreation staff. Please bring your banner to the Technical Meeting on Friday, November 28.
- Free parking at the University on Weekends (starting Friday after 5:00 pm)
- Bus parking is available to the west of the Centre for Sport and Wellness.

8.2 Entries

- Only swimmers currently registered with a Swimming Canada Varsity Program and part of a Canada West varsity team are permitted to compete as per published playing regulations.
- All entries are to be uploaded on Swimming Canada website by Friday, November 21st, 2025 (12:00 pm PST / 1:00 pm MST)
- Entries for individuals who are “late qualifiers” will be permitted up until 12:00 pm PST / 1:00 pm MST on Tuesday, November 25th, 2025.

8.3 Scratch Deadline

- As per Canada West Playing regulation 4.3.5 The scratch deadline for all events other than the 50 m finals shall be 30 minutes following the end of the session. Scratches for the first evenings' timed final events will be accepted up to the end of the technical meeting held prior to the start of the meet, and the scratch deadline for the 50 m finals shall be 30 minutes after the conclusion of the 50m stroke prelims.

8.4 Scoring

- OMEGA electronic timing.

8.5 Results

- Real-time results will be available on Meet Mobile.
- Recap and Championship Information – www.canadawest.org and www.gohorns.ca
- A PDF version of the results will be sent to all participating schools SID at the end of each session.

8.6 Webcast

- Prelims will be webcast on www.canadawest.tv
- Daily Finals sessions will be webcast on www.canadawest.tv

8.7 Spectator Admission

- **Weekend Passes: (Advance Ticket Sales Link to Come)**
General Weekend Pass - \$30.00 (Ages 18+ & Up)
Youth Weekend Pass - \$15.00 (Ages 6 – 17)
- **Single Day Tickets:**
General Admission - \$15.00 Per Day (Ages 18+ & Up)
Youth Admission - \$10.00 Per Day (Ages 6 – 17)
UofL Student Admission - Free

9. Medical Services

9.1 Deck Coverage

- Max Bell Aquatic lifesaving staff will be available on-deck for first responder and/or emergency care during the meet.
- Emergency & first aid supplies will be on-site – access by contacting the staff on-deck.

9.2 Therapy / Medical Services

- The University of Lethbridge Medical Information Services sheet has been circulated to all Canada West members' medical personnel, please refer to that document.
- A University of Lethbridge varsity therapist (CATC) will be on-call for injury management during the competition.
- There will be a designated area (by the dive board) for IST staff to set up equipment/tables.

10. Canada West Awards

10.1 Graduating Student-Athletes

- Coaches must send list of the 5th Year or graduating athletes to Spencer Pommells (spencer.pommells@uleth.ca) by Tuesday, November 25 12:00 pm MST. Only these identified student-athletes will be recognized on deck during Session 4 on Saturday evening.

10.2 Student-Athlete Community Service Award Nominees

- All coaches must send in their nominees for the Canada West Student-Athlete Community Service Awards to Spencer Pommells (spencer.pommells@uleth.ca) by Tuesday, November 25 @ 12:00 pm MST.
- Nominations will be reviewed and circulated at the beginning of the meet, and will be voted on for selection at the end of the Coaches Meeting on Saturday, November 29th.
- The winners will be announced at the conclusion of the meet on Sunday.

10.3 Coach of the Year Awards

- Coach of the Year ballots will be circulated and voted on during the final session on Sunday, November 30th.
- Winners will be announced at the conclusion of the meet on Sunday.

11. Accommodations

Host Hotel:

Holiday Inn – 2375 Mayor Magrath Drive South, Lethbridge AB

- Phone: 403-359-5602
- Group Name: Canada West Swim Championships
- Cost: \$130.00

Additional Accommodations:

Sandman Signature Lethbridge Lodge – 320 Scenic Dr. S, Lethbridge AB

- Phone: 403.328.1123
- Group Name: Canada West Swim Championships

Best Western Plus Service Inn & Suites – 209 41st S, Lethbridge AB

- Phone: 403.329.6844
- Group Name: Canada West Swim Championships

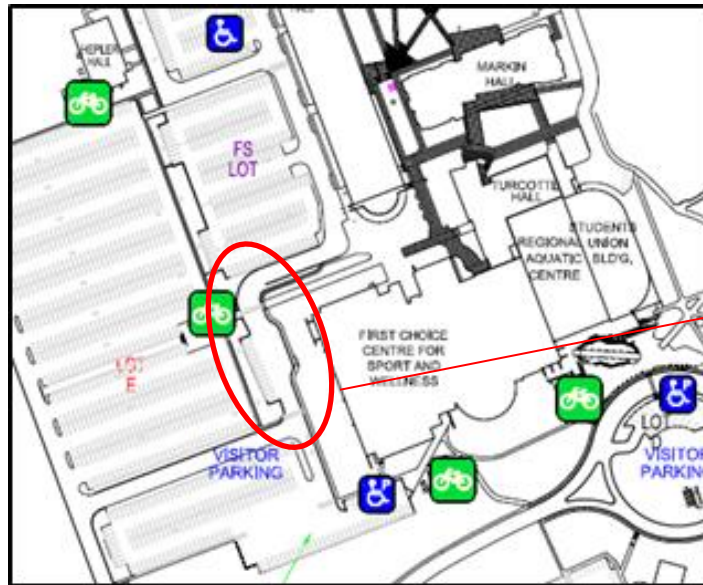
Holiday Inn Express – 217 41st S, Lethbridge AB

- Phone: 403.942.5856
- Group Name: Canada West Swim Championships

Surestay Plus Hotel by Best Western – 2225 Mayor Magrath Dr. S, Lethbridge AB

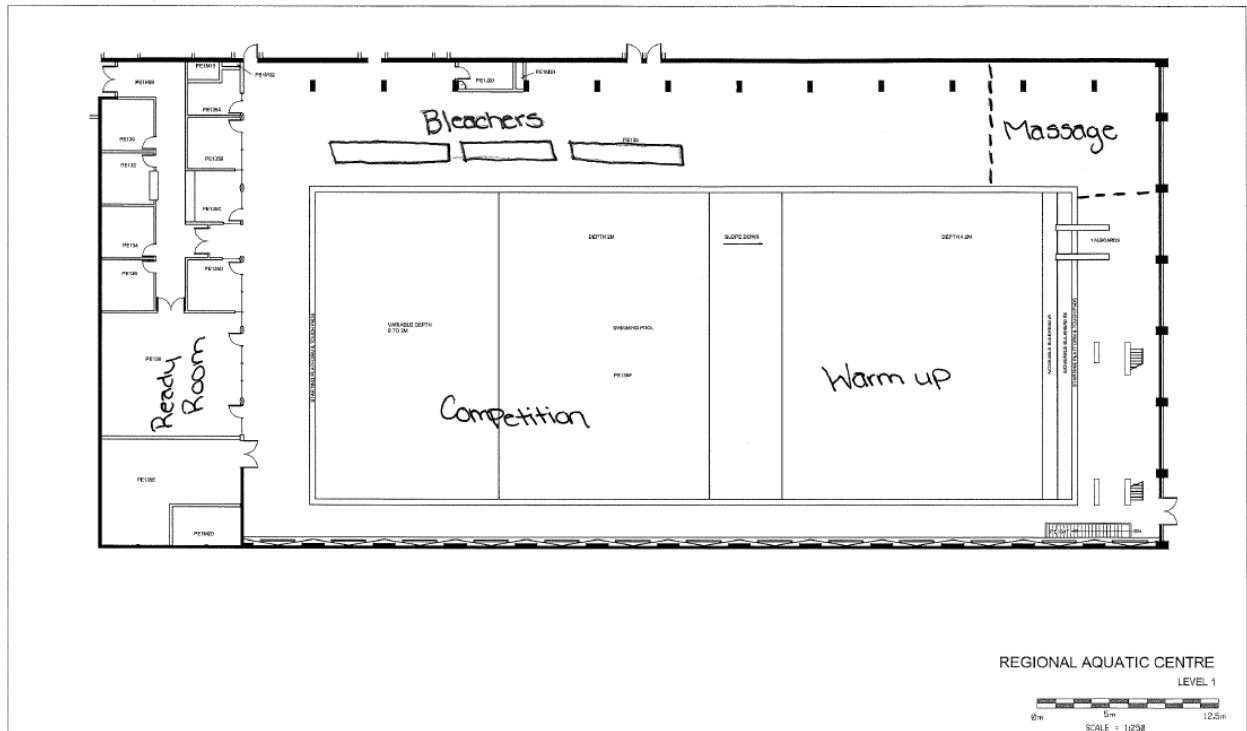
- Phone: 403.380.6677
- Group Name: Canada West Swim Championships

12. Campus & Facility Maps



Bus Parking

13. Max Bell Centre Schematics



14. Canada West Playing Regulations

- Canada West will follow the U SPORTS Playing Regulations. Meets will follow SNC rules as outlined in the SNC handbook. The Canada West Swimming Playing Regulations provide additional regulations that will also be followed or supersede a U SPORTS Playing regulation for the Canada West Championship meet.
 - [Canada West Swimming Regulations](#)
 - [U SPORTS Swimming Regulations](#)