



## BEST OF THE WEST FEST PRELIMINARY MEET INFORMATION PACKAGE

**April 23-26, 2026**

**Disclaimer:** This is a preliminary meet information package. All information except for the time standards is subject to change between now and the full meet package. The full meet package will be distributed by December 5<sup>th</sup>, 2025.

This is a joint meet organized by Swim Alberta, Swim BC, Swim Manitoba, and Swim Saskatchewan and hosted by Swim Manitoba.

**Location:** Pan Am Pool 25 Poseidon Bay, Winnipeg MB

**Pool:** 8-lane 50m competition pool

### Tentative Competition Start Times:

Competition Start Times				
	Thurs	Fri	Sat	Sun
Warm-up/Start	1:00pm / 2:30pm	7:30am / 9:00am	7:30am / 9:00am	7:30am / 9:00am
Finals/Start		3:30pm / 5:00pm	3:30pm / 5:00pm	3:30pm / 5:00pm

### Swimmer Eligibility:

- All swimmers must be registered with a Swim AB, Swim BC, Swim MB, Swim SK, SNC, or other World Aquatics recognized club. Para swimmers must have a valid Level 2, 3 or international sport classification by the entry deadline.
- Swimmers must achieve at least ONE Best of the West Fest Time Standards for their age category in a sanctioned competition within the Qualification Period. A swimmer's age is determined as of the first day of the competition.
- Para swimmers must achieve one of the [Provincial Para Swimming Minimum Entry Time \(MET\) standards](#) within the Qualification Period.

### Qualification Period:

- The Qualification Period is from January 1, 2024, to the entry deadline (March 31, 2026).
- Times can be achieved at any sanctioned Long Course or Short Course competition during the Qualification Period.

### Entries:

- Olympic Program swimmers are limited to a maximum of 7 individual entries.
- Paralympic Program swimmers are limited to a maximum of 7 individual entries.
- Olympic and Paralympic Program swimmers who meet the eligibility requirements have up to 3 bonus swims up to the maximum number of individual entries.



## Meet Schedule

### Day 1 - Thursday April 23

#### Preliminaries

4x50 Medley Relay (Mixed)  
1500 Free (Fastest heat female/male)  
200IM (Prelims)  
150 / 200 IM PS (Prelims)  
4x200 Free Relays  
1500 Free (remaining heats)

### Day 2 - Friday April 24

#### Preliminaries

100 Fly  
200 Br  
50 Free PS  
50 Free  
200 Bk  
200 / 400 Free PS  
400 Free

#### Finals

100 Fly  
200 Br  
50 Free PS  
50 Free  
200 Bk  
200 / 400 Free PS  
400 Free  
4x100 Free Relay

### Day 3 - Saturday April 25

#### Preliminaries

50 Bk  
50 / 100 Bk PS  
200 Free  
50 Fly  
50 / 100 Fly PS  
100 Br  
400 IM

#### Finals

50 Bk  
50 / 100 Bk PS  
200 Free  
50 Fly  
50 / 100 Fly PS  
100 Br  
400 IM  
4x100 Medley Relays

### Day 4 - Sunday April 26

#### Preliminaries

200 Fly  
100 Free PS  
100 Free  
200 Bk  
50 / 100 Br PS  
50 Br  
800 Free (slower heats)

#### Finals

200 Fly  
100 Free PS  
100 Free  
200 Bk  
50 / 100 Br PS  
50 Br  
200 IM  
150 / 200 IM PS  
800 Free (fastest heat)  
4x50 Free Relay (Mixed)



## Best of the West Fest Time Standards

WESTERNS 2026 FEMALE STANDARDS										
Long Course Metres						Short Course Metres				
17&Over	16	15	14	13 & U	Event	17&Over	16	15	14	13 & U
00:27.56	00:27.84	00:28.20	00:28.42	00:29.03	50 FR	00:27.01	00:27.28	00:27.64	00:27.85	00:28.45
00:59.52	01:00.12	01:01.08	01:01.79	01:03.15	100 FR	00:58.33	00:58.92	00:59.86	01:00.55	01:01.89
02:08.82	02:10.12	02:12.41	02:14.08	02:17.48	200 FR	02:06.24	02:07.52	02:09.76	02:11.40	02:14.73
04:34.29	04:37.06	04:41.63	04:44.74	04:51.05	400 FR	04:28.80	04:31.52	04:36.00	04:39.05	04:45.23
09:26.93	09:32.66	09:40.96	09:49.52	09:57.39	800 FR	09:15.59	09:21.21	09:29.34	09:37.73	09:45.44
18:22.25	18:33.38	18:52.43	18:54.84	19:12.10	1500 FR	18:00.20	18:11.11	18:29.78	18:32.14	18:49.06
00:30.40	00:30.71	00:31.02	00:31.33	00:31.96	50 BK	00:29.79	00:30.10	00:30.40	00:30.70	00:31.32
01:06.62	01:07.29	01:08.75	01:09.63	01:11.60	100 BK	01:05.28	01:05.94	01:07.38	01:08.24	01:10.17
02:24.37	02:25.83	02:28.63	02:30.61	02:34.56	200 BK	02:21.48	02:22.91	02:25.66	02:27.60	02:31.47
00:34.24	00:34.59	00:34.94	00:35.11	00:35.81	50 BR	00:33.56	00:33.90	00:34.24	00:34.41	00:35.09
01:16.53	01:17.30	01:18.44	01:19.11	01:21.62	100 BR	01:15.00	01:15.75	01:16.87	01:17.53	01:19.99
02:44.40	02:46.06	02:50.18	02:51.49	02:56.58	200 BR	02:41.11	02:42.74	02:46.78	02:48.06	02:53.05
00:28.58	00:28.87	00:29.02	00:29.45	00:30.04	50 FL	00:28.01	00:28.29	00:28.44	00:28.86	00:29.44
01:04.98	01:05.64	01:06.76	01:07.80	01:09.48	100 FL	01:03.68	01:04.33	01:05.42	01:06.44	01:08.09
02:25.82	02:27.29	02:30.89	02:33.09	02:37.97	200 FL	02:22.90	02:24.34	02:27.87	02:30.03	02:34.81
02:26.32	02:27.80	02:30.38	02:32.57	02:35.76	200 IM	02:23.40	02:24.84	02:27.37	02:29.52	02:32.64
05:11.45	05:14.60	05:19.75	05:24.53	05:32.23	400 IM	05:05.22	05:08.31	05:13.35	05:18.04	05:25.59

WESTERNS 2026 MALE STANDARDS										
Long Course Metres						Short Course Metres				
17&Over	16	15	14	13 & U	Event	17&Over	16	15	14	13 & U
00:25.05	00:25.56	00:25.94	00:26.56	00:27.36	50 FR	00:24.55	00:25.05	00:25.42	00:26.03	00:26.81
00:54.32	00:55.56	00:56.50	00:57.85	00:59.59	100 FR	00:53.23	00:54.45	00:55.37	00:56.69	00:58.40
01:58.80	02:01.70	02:03.83	02:07.16	02:10.97	200 FR	01:56.42	01:59.27	02:01.35	02:04.62	02:08.35
04:15.18	04:20.90	04:24.62	04:31.73	04:39.88	400 FR	04:10.08	04:15.68	04:19.33	04:26.30	04:34.28
08:55.04	09:03.68	09:11.46	09:22.98	09:39.87	800 FR	08:44.34	08:52.81	09:00.43	09:11.72	09:28.27
17:08.48	17:19.17	17:37.53	17:54.69	18:26.93	1500 FR	16:47.91	16:58.39	17:16.38	17:33.20	18:04.79
00:28.42	00:28.70	00:29.28	00:30.16	00:31.06	50 BK	00:27.85	00:28.13	00:28.69	00:29.56	00:30.44
01:01.31	01:03.33	01:04.12	01:05.87	01:07.85	100 BK	01:00.08	01:02.06	01:02.84	01:04.55	01:06.49
02:14.32	02:17.30	02:19.18	02:22.79	02:27.07	200 BK	02:11.63	02:14.55	02:16.40	02:19.93	02:24.13
00:30.65	00:30.96	00:31.89	00:33.00	00:33.99	50 BR	00:30.04	00:30.34	00:31.25	00:32.34	00:33.31
01:09.46	01:10.54	01:12.01	01:14.14	01:16.36	100 BR	01:08.07	01:09.13	01:10.57	01:12.66	01:14.83
02:31.71	02:34.79	02:37.50	02:42.11	02:46.97	200 BR	02:28.68	02:31.69	02:34.35	02:38.87	02:43.63
00:26.11	00:26.37	00:27.16	00:28.11	00:28.95	50 FL	00:25.59	00:25.84	00:26.62	00:27.55	00:28.37
00:59.18	01:00.51	01:01.54	01:03.45	01:05.35	100 FL	00:58.00	00:59.30	01:00.31	01:02.18	01:04.04
02:13.51	02:17.01	02:19.83	02:24.32	02:28.65	200 FL	02:10.84	02:14.27	02:17.03	02:21.43	02:25.68
02:14.85	02:18.16	02:19.92	02:23.60	02:27.91	200 IM	02:12.15	02:15.40	02:17.12	02:20.73	02:24.95
04:50.32	04:56.27	05:00.15	05:10.80	05:20.12	400 IM	04:44.51	04:50.34	04:54.15	05:04.58	05:13.72