



PSW FALL INVITATIONAL

HOSTED BY PACIFIC SEA WOLVES SWIM CLUB

October 17th and 18th, 2026

GRANDVIEW HEIGHTS AQUATIC CENTRE

16855 24 Ave

Surrey, BC V3S 0A2

Sanctioned by Swim BC #66861

Date	Warm-ups	Session Start
Saturday AM	6:30-7:50am	8:00am
Saturday PM	2:30-3:50pm	4:00pm
Sunday AM	6:30-7:50am	8:00am

Order of Events

Session #1 Saturday AM		
Female Event Number	Description	Male Event Number
1	100 Free	2
3	100 Brst	4
5	50 Fly	6
7	100 Back	8

Session #2 Saturday PM		
Female Event Number	Description	Male Event Number
9	200 Free	10
11	50 Back	12
13	100 Fly	14

Session #3 Sunday AM		
Female Event Number	Description	Male Event Number
15	200 IM	16
17	50 Breast	18
19	50 Free	20

CONTACTS:

Meet Entries: Ben Geary

Meet Manager: Ashley Sandquist

Head Coach: Jy Lawrence

Meet Referee: Yusula Choe

meetmanager@pacificseawolves.com

meetmanager@pacificseawolves.com

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yperkins@telus.net

SAFE SPORT STATEMENT:

- 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.
- Deck changing is explicitly prohibited.
- Adult Only Washrooms will be allocated for Volunteers, Coaches and Officials. Located beside the hospitality room and Blendz coffee. Athletes are assigned to use the change room washrooms.

POOL AND FACILITIES:

- Starts will be conducted from starting platforms (blocks) as per World Aquatics II.4.1 and II.15.1.4, from west end of pool.
- One 25-metre, 10 lane competition pool
- Colorado electronic timing, touch pads and scoreboard

LAND ACKNOWLEDGEMENT:

The Pacific Sea Wolves Swim Club would like to acknowledge that the land on which we gather is the traditional, unceded, and shared territories of the ǵíćǻǵ (Katzie), ǵʷǻ:ǵǻǵ (Kwantlen), and Semiahmoo First Nations.

ELIGIBILITY:

- All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.
- Para swimmers who are registered with a World Aquatics or WPS affiliate are welcome and will be seeded according to their entry time. Current WPS Rules will govern all Para events. Classification numbers must appear with the athlete's surname in entries.

ENTRY INFORMATION:

- Swimmers must have completed a 200 IM under 4:00 to be eligible to compete.
- Swimmers can swim up to 2 events per session and 6 events in total.
- Swimmers' age is as of the first day of competition. Results will be 11&under, 12-13, 14-15 and 16&over.
- 10&under are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering entries.
- No NTs: Please enter times for all events so accurate timelines can be established.
- Meet management reserves the right to restrict event selection to ensure the meet ends in a timely fashion.
- Entries must be submitted through the Swimming Canada online system. Emailed entry files will not be accepted.

ENTRY DEADLINE:

Wednesday October 7, 2026 AT 11:59PM

ENTRY FEES:

- Event fees are \$13 per event plus \$6 Swim BC Surcharge per athlete.
- Cheques payable to: **Pacific Sea Wolves Swim Club.**
- All fees **MUST** be paid prior to the start of the meet.
- Entries must be submitted through the Swimming Canada only system. Emailed entries are not permitted.
- Entries may only be submitted for swimmers whose registration is "ACTIVE" in the new REMS database.
- All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) – this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

ENTRY LIMITS:

- The total number of swimmers attending the meet will be limited to 500.
- Individual entries are limited to 6 events per swimmer, with up to 2 events per session.

DECK ENTRIES:

- Deck entries are \$30/event.
- Deck entries will be accepted up until 60 minutes prior to the start of racing and will be allowed for filling empty lanes only. No new Heats will be created.
- Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in the REMS registration system, date of birth, and SNC registration number.
- Deck entries must be paid in cash in advance of the swimmer being able to race in the event.

GENERAL MEET RULES:

- Swim BC warm-up procedures will apply and be monitored by Safety Marshals.
- Para swimmers registered with a World Aquatics or IPC affiliate are welcome to compete and classification numbers must accompany entries. Para will be seeded according to entry time. Current IPC Swimming Rules will govern all Para-Swimmer events.
- Teams requesting official splits are responsible for supplying timers for their swimmers.
- No point scores or awards will be given at this meet.
- The meet will run under Swim BC and Swimming Canada rules and regulations.
- Swim BC warm-up procedures and the World Aquatics one-start rule.
- All heats are timed finals and will be senior seeded, slowest to fastest Heats will be start overs (with the exception of Backstroke events).
- All swimmers will be permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
- It is the visiting club's responsibility to ensure their swimmers are always supervised both during sessions and between sessions.
- In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC 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.
- Coaches are reminded that once competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting blocks or at the turn end but are welcome to coach and encourage their swimmers from the sides of the pool.
- During events only one (1) swimmer per lane is permitted.
- The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include but is not limited to (C.2.3.2.1):
 - Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
 - Deliberate kicking or striking of the starting platform, including the back plate prior to the start.

- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.
 - The Referee may disqualify a swimmer for such misconduct.
- This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
 - Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'
 - Visual hand signals given by the starter/referee

SCRATCH DEADLINE:
Monday October 12, 2026 at 11:59PM

- No refunds will be allowed after the SCRATCH DEADLINE without a doctor's note. All scratches and final changes to entries must be emailed to the Entries Coordinator at meetmanager@pacificseawolves.com.



COMPETITION WARM-UP SAFETY PROCEDURES

For all Swim BC sanctioned competitions, Meet Management must ensure the following warm-up safety procedures are implemented. Coaches, swimmers, and officials share responsibility for adhering to these guidelines during all scheduled warm-up periods. Coaches are encouraged to support Safety Marshals in promoting a safe environment.

GENERAL WARM-UP

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Swimmers shall always be aware of their surroundings and keep the end walls clear.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Swimmers exiting sprint lanes must exercise caution and remain aware of their surroundings. When crossing into other lanes, they shall ensure they do not interfere with ongoing sprint activities, pace work, or lanes designated for Para swimmers.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety marshals will only be placed in the competition pool when warm-ups take place.

EQUIPMENT

- Only Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at Meet Management's discretion and recommended only for national events or senior competitions.
- At Meet Management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

VIOLATIONS

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer shall be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

SAFETY MARSHALS

The Safety Marshal is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official, whenever possible.

Safety Marshals shall:

- Be visible by safety vest.
- Be briefed thoroughly on the warm-up procedures
- Be situated at each end of the competition pool. Actively monitor all scheduled warm-up periods during competition days;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role in helping work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

PARA-SWIMMER NOTIFICATION

- Coaches are requested to notify Meet Management of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.
- Where a para lane is designated, only classified swimmers may use it. Violations may lead to disciplinary action.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."