



## **Titans Fall Invitational 2025**

November 29th - November 30th, 2025

Maple Ridge Leisure Centre  
11925 Haney Place  
Maple Ridge, BC V2X 6G2

Sanctioned by Swim BC - #59143

# OVERVIEW

## LAND ACKNOWLEDGEMENT

*The Ridge Meadows Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Katzie First Nation and Kwantlen First Nation.*

*Subject to change depending on the number of entries received.*

Session	Date		Warm-up	Heats	Estimated Finish
1	Sat – Nov 25th	12&O	7:30am	8:30am	12:30pm
2	Sat – Nov 25th	11&U	2:00pm	3:00pm	6:30pm
3	Sun – Nov 26th	12&O	7:30am	8:30am	11:30pm
4	Sun – Nov 26th	11&U	2:00pm	3:00pm	6:30pm

## QUALIFYING STANDARDS

11 & Under Session	12 & Over Session
Under 2:30 100 IM	Under 4:20 200 IM

## POOL & FACILITIES

The competition will be held in a 6 lane 25-meter pool with a Colorado touchpad timing system and 6-lane display board. There will be a 4 lane warm-down tank for use throughout the competition.

## ELIGIBILITY

Swimmers must be registered with Swim BC or other World Aquatic affiliate organization.

Swimmers must meet the qualifying standards as outlined above.

## SAFE SPORT STATEMENT

The Ridge Meadows Titans believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

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.

- There is to be no ‘**deck changing**’ on the pool deck, all changing must be done in the appropriate change room.

- Swimmers are encouraged to only use the facility changerooms, while the officials and coaches to use the restrooms in the lobby.
- 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.

## GENERAL INFORMATION

- To ensure that swimmers are placed in appropriate heats, coaches are requested to enter accurately estimated times for swimmers that have not previously participated in an event. No NT entries will be accepted.
- Upon request, Clubs entered must provide a proof of time for all events.
- Timed-Finals for all events with events seeded slowest to fastest.

- Results will be separated by gender into the following age groups: 10 & under, 11 year olds, 12-13 year olds, 14& Over.
- Provincial or National Records cannot be recognized for performances in mixed-gender events. Coaches are therefore requested to alert meet management to any potential record attempt before the entry deadline.
- There will be no individual or team scoring.
- Relays will be mixed gender and open age group. Swimmers entered in relays must also be entered in the meet. Entered mixed gender relays will be made up of 2 boys and 2 girls.
- Bell prizes will be awarded.

## ORGANIZING COMMITTEE

**Meet Manager:** Chloe Good

[chloegood@rmsctitans.ca](mailto:chloegood@rmsctitans.ca)

**Meet Referee:** Carrie Groenewald

[Official@rmsctitans.ca](mailto:Official@rmsctitans.ca)

**Head Coach:** Scott Wilson

[scottwilson@rmsctitans.ca](mailto:scottwilson@rmsctitans.ca)

**Entry Coordinator:** Scott Wilson

[scottwilson@rmsctitans.ca](mailto:scottwilson@rmsctitans.ca)

## ENTRIES

- Entries will be limited to 250 swimmers for each session to preserve reasonable session lengths. Teams will be notified if entries cannot be accepted.
- Meet management reserves the right to reduce the number of entries if the meet timelines do not fit a reasonable time frame.
- Swimmers can be registered for up to a maximum of 6 individual events, and up to two relays.
- Please submit entries directly to **entries must be submitted through the Swimming Canada online system**
- 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 Deadline

Friday November 21st, 2025 by 11:59pm  
**Entries must be submitted through the**

## Swimming Canada online system.

### Scratch Deadline

Tuesday November 25th, 2025 by 9:00pm to the Meet Manager

There will be no refunds for scratches made after the scratch deadline unless a medical note is presented to the Clerk of the Course.

- **Deck Entries and Courtesy Scratch Deadline**  
30 minutes before the start of each session.
- **Official Split Requests**  
30 minutes before the start of each session.
- RMSC reserves the right to enter swimmers not meeting the qualifying standards.

## FEES

- \$75.00 per swimmer, which includes the Swim BC Competition Surcharge. Deck Entries will be accepted (Exhibition only), if room is available in the event, at a fee of \$15.00/event. 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 SNC registration system, date of birth, and SNC registration number.
- Official Split Request \$10.00 fee per request.
- Meet payments must be handed to the Clerk of the Course 30 minutes prior to the start of Session 1. Please make cheques payable to **Ridge Meadows Swim Club**. E-transfers will be accepted for entry fees and can be sent to [finance@rmsctitans.ca](mailto:finance@rmsctitans.ca).
- Refund request after the scratch deadline must be accompanied by a doctor's note

## DISTANCE

- The 800m and the 1500m Free events will be swum fastest to slowest. The 800 and 1500 Free events will be limited to 12 entries, per session. Swimmers who are not eligible based on the entry cut off numbers will be permitted to swim in another event.
- There will be positive check-in for the 800m and the 1500m events. Deadline will be the start of the session in which the event will be swum.

## MEET RULES

- All applicable Swimming Canada rules will be observed.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatic FR 2.3 and SW 4.1. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.
- All swimmers are permitted to race in 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 a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

- Swim BC competition warm-up safety procedures will be in effect and will be monitored by safety marshals. Please refer to the attached warm-up procedure.
- The age group for each swimmer is based on the swimmer's age as of Nov 29th, 2025.
- All events will be timed finals.
- 10 & under swimmers are limited to 4 hours of competition time per session. Coaches are requested to adhere to this limit when considering events entered.
- 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 from the swimmer's own club, who is registered in the REMS as 'support staff'
  2. Visual hand signals given by the starter/referee
  3. Facility or Swimming Canada provided strobe light: An external strobe light is available at this competition, clubs must contact Meet Management by the Entry Deadline of the need for accommodation
- During events only one (1) swimmer per lane is permitted.
- 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.
- 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.

## MEET OFFICIALS

- Each participating club is asked to provide Timers and Stroke & Turn Officials proportionally to the number of swimmers registered for each session according to the table below; \*or other experienced deck officials. These are minimum requirements only. More help will be appreciated. Please email the names and contact information of your timers and officials who can volunteer at the meet to Carrie Groenewald at [officials@rmsctitans.ca](mailto:officials@rmsctitans.ca).
- Meetings for Officials will be held 45 minutes prior to the start of each session, unless altered by the Meet Manager or Meet Referee

3-5 Swimmers	1 timer*
6-10 swimmers	1 timer, 1 stroke & turn*
11 or more swimmers	2 timers, 1 stroke & turn*

# EVENTS

**Saturday, November 29th**

## Session 1 – 12 and Over

Event	Description
	<b>Warm-up: 7:30am</b>
101	Mixed 12 and over 200 IM
102	Mixed 12 and over 100 Free
103	Mixed 12 and over 50 Fly
104	Mixed 12 and over 200 Back
105	Mixed 12 and over 100 Breast
106	Mixed 12 and over 50 Back
107	Mixed 12 and over 200 Fly
108	Mixed 12 and over 400 Free
109	Mixed 12 and over 800 Free

## Session 2 – 11 and Under

Event	Description
	<b>Warm-up: 2:00pm</b>
1	Mixed 11 and under 200 IM
2	Mixed 11 and under 100 Free
3	Mixed 11 and under 50 Fly
4	Mixed 11 and under 200 Back
5	Mixed 11 and under 100 Breast
6	Mixed 11 and under 50 Back
7	Mixed 11 and under 200 Fly
8	Mixed 11 and under 400 Free

# EVENTS

**Sunday, November 30th**

## Session 3 – 12 and Over

Event	Description
	<b>Warm-up: 7:30 am</b>
110	Mixed 12 and over 200 Free
111	Mixed 12 and over 100 Fly
112	Mixed 12 and over 50 Free
113	Mixed 12 and over 200 Breast
114	Mixed 12 and over 400 IM
115	Mixed 12 and over 100 Back
116	Mixed 12 and over 50 Breast
117	Mixed 12 and over 100 IM
118	Mixed 12 and over 1500 Free

## Session 4 – 11 and Under

Event	Description
	<b>Warm-up: 2:00pm</b>
10	Mixed 11 and under 25 Back
11	Mixed 11 and under 200 Free
12	Mixed 11 and under 100 Fly
13	Mixed 11 and under 25 Free
14	Mixed 11 and under 50 Free
15	Mixed 11 and under 200 Breast
16	Mixed 11 and under 25 Fly
17	Mixed 11 and under 400 IM
18	Mixed 11 and under 100 Back
19	Mixed 11 and under 25 Breast
20	Mixed 11 and under 50 Breast
21	Mixed 11 and under 100 IM



## COMPETITION WARM-UP SAFETY PROCEDURES

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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.”**



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Charlotte Faulkner

Vice President, Director, Portfolio Manager