



WINSKILL DOLPHINS LMR MEET

October 24-25, 2026

Watermania
14300 Entertainment Blvd, Richmond, BC

SANCTIONED BY SWIM BC: 66239

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 “open” and “observable” to others.

LAND ACKNOWLEDGEMENT

We are grateful to live, work, and be in relation with people from across many traditional and unceded territories and would like to acknowledge and thank the Musqueam Nation and all other Hunkumunum speaking language groups on whose unceded and traditional territory we hold our event.

POOL SET UP

- 8-lane 25-meter competition pool
- Omega Electronic Timing
- Two warm-up/warm-down lanes available throughout the meet

MEET RULES

- The meet will be run under the most current SNC rules.
- Swim BC competition warm-up safety procedures will be in effect.
- Warm-ups may be blocked and once entries are received, teams will receive notification of timelines and blocks for warm-up sessions.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1 except for 25m events which will be in-water starts conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.
- All heats are timed finals and will be senior seeded, slowest to fastest.
- All heats will be start over, with the previous heat remaining in the pool, except in backstroke, where swimmers will clear the pool between heats.
- 10 and under swimmers are limited to 4 hours of competition time.
- The visiting club's responsibility is to ensure that their swimmers are supervised at all times.
- Deck changes are explicitly prohibited.
- Adult only washrooms (volunteers, coaches, officials) are available in the main entry hallway of the pool. Washrooms in the changerooms are designated as swimmer only and should not be used by volunteers, coaches or officials
- 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.2.5.2.1):
 - 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.
- 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.
- 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 accommodations.

ELIGIBILITY

- All swimmers are required to be registered with Swim BC or other World Aquatics affiliated organizations.
- All entrants must have 200 IM time under 4:00.
- A 200 Free under 3:10 is required to swim the 400 Free or a 400 Free time of under 6:00
- A 200 IM under 3:30 is required to swim the 400 IM or a 400 IM time of under 6:30
- Proof of time report must be supplied with all entries.
- WDSC reserves the right to enter swimmers not meeting the qualifying standards.
- The age groups are based on the age of the swimmers on the first day of the competition. Swimmers will compete in the following Age Groups: 10 & under; 11-12; 13-14; 15 & over.

DEADLINES

- Entry deadline: Friday, October 16 by 11:59 pm.
- Scratch deadline: Monday, October 19 by 5:00 pm. No refunds for scratches done after the deadline.
- Deck entries, courtesy scratches, relay name/order changes: 30 minutes before start of session.

ENTRIES

- Entries will be limited to 250 participants per session.
- The Swimming Canada online entry system will be used for swimmer entry and registration. Entries must be submitted through the Swimming Canada online system. Emailed entries will not be accepted
- PARA swimmers are welcome to compete. Their classification numbers must accompany their entries.
- Max 6 (individual) events per swimmer, plus relays; no more than 4 (individual) events per day please.
- Team entries may be restricted to preserve timelines. Teams will be entered into the meet based on the date their original entry file is sent. Coaches will be notified if their entries have not been accepted.

- WDSC reserves the right to alter the meet to fit timelines. This may include combining heats between genders; cancelling or reducing relays; limiting swimmers to a maximum one 200m event per session; or other such alterations.
- Deck entries may be allowed where space permits and only for swimmers already entered in the meet.

OFFICIALS

- Each club attending the meet will be required to provide officials for each session of the meet.
- Please have officials sign up on the WDSC Sign up Genius, to be shared with teams before the meet.

AWARDS

- Throughout all sessions of the competition a small prize will be awarded to the winner of bell ringer heats. Ribbons will also be awarded to top eight (8) finishers of all morning session events.

ACCEPTABLE SWIMWEAR

- All swimmers are 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 a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

FEES

- Individual event entry fee: \$13.00/event (\$8.00/event for 25m events)
- Swim BC Competition Surcharge: \$5.00/swimmer
- Relay entry fee: \$20.00/relay
- Deck entry fee: \$20.00/event (cash only please)
- Cheques to be made payable to Winskill Dolphins Swim Club and received prior to start of the meet. E-transfers are also accepted sent in advance of the meet to treasurer@winskilldolphins.ca.

CONTACTS

- Meet Managers: Brent Zaluski & Alison Biggan zaluski.brent@gmail.com abiggan@gmail.com
- Head Coach: Judy Baker judy401@shaw.ca
- Meet Referee: Jon Govier

SATURDAY, OCTOBER 24, 2026**Session #1 (12 & under)****Warm up: 7:30am-8:20am****Start & Finish: 8:30-12:00pm**

GIRLS	EVENT	BOYS
1	200 IM	2
3	50 Fly	4
5	*50 Free*	6
7	200 Breast	8
9	100 Free	10
11	*25 Free*	12
13	100 Back	14
15	200 Fly	16
17	50 Breast	18
19	*25 Back*	20
21	400 Free	22
23	4x50 Free Relay	24

*** 10 & under only *****SATURDAY, OCTOBER 24, 2026****Session #2 (13 & over)****Warm up: 12:30-1:20pm****Start & Finish: 1:30pm-5:00pm**

GIRLS	EVENT	BOYS
25	200 IM	26
27	50 Fly	28
29	200 Breast	30
31	100 Free	32
33	100 Back	34
35	200 Fly	36
37	50 Breast	38
39	400 Free	40
41	4x50 Free Relay	42

SUNDAY, OCTOBER 25, 2026**Session #1 (12 & under)****Warm up: 7:30am-8:20am****Start & Finish: 8:30-12:00pm**

GIRLS	EVENT	BOYS
43	400 IM	44
45	100 Breast	46
47	50 Free	48
49	200 Back	50
51	100 Fly	52
53	200 Free	54
55	50 Back	56
57	4x50 Medley Relay	58

SUNDAY, OCTOBER 25, 2026**Session #4 (13 & over)****Warm up: 1:00pm-1:50pm****Start: & Finish: 2:00pm-5:30pm**

GIRLS	EVENT	BOYS
59	400 IM	60
61	100 Breast	62
63	50 Free	64
65	200 Back	66
67	100 Fly	68
69	200 Free	70
71	50 Back	72
73	4x50 Medley Relay	74



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."