



# 2026 NRST Spring Sprint April 25 - April 26, 2026

Sanctioned by SWIM BC: #61774

NRST would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Snuneymuxw peoples.

**Location:** Nanaimo Aquatic Centre  
741 Third St, Nanaimo BC, V9R 7B2

**Meet Referee:** Chelsey Flood

**Meet Manager:** Anke McGuire

**Officials Coordinator:** Terry Van Der Mark

**Meet Manager Email:**

[meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com)

**Officials Coordinator email:**

[nrstofficials@nanaimoriptides.com](mailto:nrstofficials@nanaimoriptides.com)

**Pool Features:**

- 8 lane - 50 m competition pool
- Colorado electronic timing, touch pads and scoreboard

**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 changes are explicitly prohibited.

-Volunteer, coaches, officials only washroom will be provided - located in the pool lobby.

**Meet Rules:**

1. This meet will be conducted under Swimming Canada rules and regulations.
2. Swim BC Competition Warm up safety procedures will be in effect and monitored by Safety Marshals.
3. Pool depth: 3.8m and 2.0m
4. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 (from both ends).
5. During events, only one (1) swimmer per lane is permitted.
6. 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.

7. 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.

8. 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 REMS as 'support staff'
- 2) Visual hand signals given by the starter/referee

Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

9. 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.

10. 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.



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- 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.

11. **Being mixed-gender**, Swim BC/Swimming Canada record breaking performances will not be ratified as new records.

12. Meet management may change session start times after the first entry deadline.

13. Backstroke ledges will be used for all sessions.

14. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

15. Teams are expected to keep their respective areas clean, including at the conclusion of each session.

### Eligibility:

1. Only clubs with a good standing with Swim BC will be accepted.
2. All swimmers are required to be registered with Swim BC or other World Aquatics affiliated organizations.
3. There is a maximum swimmer's age of 18 years old.
4. Swimmer's age is determined on the first day of the meet.
6. Meet Manager reserves the right to include swimmers from the host team who do not meet required time standards.

### Entries:

1. Entries will be limited to 300 swimmers, the team entering the 300th swimmer will be accepted. Sessions will be restricted to the following:
  - a. Session 1 - Saturday AM: 3 Events
  - b. Session 2 - Saturday PM: 2 Events
  - c. Session 3 - Sunday AM: 3 Events
  - d. Total Individual Events: 8 per swimmer
2. Reservations can be made by emailing the Meet Manager (meets@nanaimoriptides.com) with the

estimated number of swimmers attending the meet.

Entries will be accepted on a first come first serve basis. The Meet Manager will confirm by email those teams whose reservations are accepted.

3. Teams attending all three sessions of the meet will be given priority.

4. Please respect other teams wishing to attend by giving an accurate estimate of the number of swimmers wishing to attend.

5. NO deck entries will be accepted.

### Individual Events:

1. Age groups will be: 12 & under, 13&14, 15-18.

2. Swimmers must meet the qualifying time in each event entered. **NT (No times) will not be accepted.**

### 400 Information:

3. Meet management reserves the right to limit the number of heats in 400m events if estimated time outs are exceeded.

4. 400 Free & IM will be seeded fastest to slowest

**5. Swimmers will need to provide timers for the 400 Free & IM. Lanes with no timers go unprotected.**

### Relays:

1. Relays will run depending on session timeouts.

2. Relays will be run as Female & Male events.

3. There are no qualifying times for relays; however, entry times must be submitted for seeding purposes.

4. Swimmers participating in relay events only must be identified on entries as "RELAY ONLY SWIMMERS"

### Awards:

1. Individual place ribbons shall be presented for places 1st – 8th for the following age groups: 12 & Under, and 13-14.

2. There will be no ribbons for Relay events.



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### Entry Fees:

1. \$15.00 per individual event.
2. \$20.00 per relay entry.
3. \$5.00 per swimmer Swim BC Competition Surcharge.
4. Fees must be paid prior to the start of the meet, **if they are not paid a 10% penalty will be added to the total.**
5. Please make cheques payable to NRST or send by e-transfer to [admin@nanaimoriptides.com](mailto:admin@nanaimoriptides.com)

### Entry Deadline: Thursday, April 16, 2026, by 4:00pm

1. Entries must be submitted through the Swimming Canada online system.
2. **The deadline to upload entries is Thursday, April 16, 2026, by 4:00 p.m..**
3. **Scratch deadline with refund is noon on Wednesday, April 22, 2026.** Email scratches to [meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com)
4. Teams requiring excessive changes after the registration deadline will be charged a \$5 admin fee per swimmer. Please verify your entries before submitting.
5. Swimmers who scratch from the meet for medical reasons must submit a medical certificate to receive a refund of meet fees. There will be no other refunds made after the scratch deadline.



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## Session Times

<b>Session 1: Saturday am</b>	
Warm up: 8:00 - 8:50	Racing: 9:00 - 1:00
100	12 & Under Female 200 Medley Relay *
101	12 & Under Male 200 Medley Relay*
102	13 - 14 Female 200 Medley Relay *
103	13 - 14 Male 200 Medley Relay *
104	15 - 18 Female 200 Medley Relay *
105	15 - 18 Male 200 Medley Relay *
1	100 Free
2	200 Breast
3	50 Fly
4	100 Back
5	200 IM

<b>Session 3: Sunday am</b>	
Warm up: 9:00 - 9:50	Racing: 10:00 - 2:00
300	12 & Under Female 200 Free Relay *
301	12 & Under Male 200 Free Relay *
302	13 - 14 Female 200 Free Relay *
303	13 - 14 Male 200 Free Relay *
304	15 - 18 Female 200 Free Relay *
305	15 - 18 Male 200 Free Relay *
11	100 Fly
12	200 Back
13	50 Free
14	100 Breast
15	400 Free

<b>Session 2: Saturday pm</b>	
Warm up: 3:30 - 4:25	Racing: 4:30 - 8:00
6	200 Free
7	200 Fly
8	50 Back
9	50 Breast
10	400 IM

\*Please see note above about Relay swims



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MEET TIME STANDARDS (MIXED GENDER)			
EVENT	12 & Under	13 - 14	15 - 18
<b>SESSION 1 - SATURDAY AM (50 M)</b>			
<b>200 MEDLEY RELAY</b>	<b>*Please see note above about Relay swims</b>		
<b>100 FREE</b>	<b>1:45</b>	<b>1:25</b>	<b>1:15</b>
<b>200 BREAST</b>	<b>4:00</b>	<b>3:40</b>	<b>3:20</b>
<b>50 FLY</b>	<b>1:00</b>	<b>0:50</b>	<b>0:45</b>
<b>100 BACK</b>	<b>2:00</b>	<b>1:45</b>	<b>1:25</b>
<b>200 IM</b>	<b>4:00</b>	<b>3:20</b>	<b>3:00</b>
<b>SESSION 2 - SATURDAY PM (50 M)</b>			
<b>200 FREE</b>	<b>3:30</b>	<b>3:00</b>	<b>2:45</b>
<b>200 FLY</b>	<b>4:00</b>	<b>3:40</b>	<b>3:20</b>
<b>50 BACK</b>	<b>0:55</b>	<b>0:50</b>	<b>0:45</b>
<b>50 BREAST</b>	<b>1:00</b>	<b>0:55</b>	<b>0:50</b>
<b>400 IM</b>	<b>7:15</b>	<b>6:45</b>	<b>6:20</b>
<b>SESSION 3 - SUNDAY AM (50 M)</b>			
<b>200 FREE RELAY</b>	<b>*Please see note above about Relay swims</b>		
<b>100 FLY</b>	<b>2:10</b>	<b>1:40</b>	<b>1:30</b>
<b>200 BACK</b>	<b>3:45</b>	<b>3:25</b>	<b>3:00</b>
<b>50 FREE</b>	<b>0:45</b>	<b>0:40</b>	<b>0:35</b>
<b>100 BREAST</b>	<b>2:10</b>	<b>1:50</b>	<b>1:40</b>
<b>400 FREE</b>	<b>6:30</b>	<b>5:45</b>	<b>5:20</b>



## 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.



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### 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."**