



2026 Vancouver Island Regional LC Championships

June 5-7, 2026

Sanctioned by Swim BC: #61776

Meet Referee: Chelsey Flood

Meet Managers: Anke McGuire

MM email: meets@nanaimoriptides.com

Volunteer Coordinator: Terry Van Der Mark

nrstofficials@nanaimoriptides.com

Venue: Nanaimo Aquatic Centre

741 Third St, Nanaimo BC, V9R 7B2

Pool Features:

- 8 lane - 50m competition pool
- Colorado electronic timing, touch pads and scoreboard
- Warm up/warm down lanes during prelim sessions; tentative for finals session

Land Acknowledgement:

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

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 on the pool deck or in the pool lobby.

Eligibility:

1. Only clubs registered as Vancouver Island Region 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. Swimmer age is based on age on the first day of competition.
4. Qualifying times for individual events are per the 2025/2026 VIR Time Standards.
5. Entry times are to be submitted in LC meters established to a hundredth of a second. SC times converted by PoolQ, HyTek’s Team Manager or Team Unify will be accepted.

Meet Rules:

1. Swimming Canada rules will be in effect.

Warm Up and Estimated Sessions Times		
Friday, June 5th, 2026		
Preliminaries	Warm Up	8:00am – 8:50am
	Competition	9:00am – 1:30pm
Finals	Warm Up	4:00pm – 4:50pm
	Competition	5:00pm – 8:00pm
Saturday, June 6th, 2026		
Preliminaries	Warm Up	8:00am – 8:50am
	Competition	9:00am – 1:30pm
Finals	Warm Up	4:00pm – 4:50pm
	Competition	5:00pm – 8:00pm
Sunday, June 7th, 2026		
Preliminaries	Warm Up	8:00am – 8:50am
	Competition	9:00am – 1:30pm
Finals	Warm Up	3:15pm – 4:05pm
	Competition	4:15pm – 7:15pm

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. 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.



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9. 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.

10. This competition can provide the following accommodations for swimmers who are D/deaf or Hear 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'
- 1) Visual hand signals given by the starter/referee

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

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

12. Backstroke ledges will be used for all sessions.

13. All swim-offs are to be run at a time mutually agreed upon by coaches and officials. Every effort will be made to run the swim-off by the end of the session in which the tie occurred.

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.

Entries:

1. VIR teams entering will be given priority.
2. Entries will be limited to 300 swimmers, the team entering the 300th swimmer will be accepted.
3. There is a no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or timed finals.
4. The following rules apply for all finalists ('A' & 'B') plus alternates as listed on the officials posting of prelims results.
 - a. For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.

b. For finals, the scratch deadline will be 30 minutes following the completion of preliminary events (excluding time final events).

c. For finals, email scratches will not be accepted.

5. No deck entries or time trials.

Entry Fees:

1. \$15.75 per individual event
2. \$18.00 per Relay entry
3. \$5.00 per swimmer Swim BC Competition Surcharge
4. Fees must be paid prior to the start of the meet.
5. Late fees could be subject to a 10% penalty.
6. Please make cheques payable to **NRST** or by e-transfer to admin@nanaimoriptides.com

Entry Deadlines: **Thursday, May 28, 2026, by noon**

1. Entries must be submitted through the Swimming Canada online system.
2. **The deadline to upload entries is Thursday, May 28, 2026, by 12:00 pm (noon).**
3. **Scratch deadline with refund is noon on Tuesday, June 2, 2025.** Email scratches to 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.

Individual Events:

1. As of the entry deadline, a swimmer must have attained, after September 1, 2023, at least one qualifying time.
2. Swimmers with 1 – 6 qualifying times may enter a maximum of 6 events. To enter 7-9 events, swimmers must have qualifying times in all events entered.
3. 800m Free, 1500m Free, 400m Free, and 400 IM cannot be chosen as bonus swims - swimmers need to have the VIR qualifying standard to swim these events.
4. **NT (No times) will not be accepted.**
5. Disqualifying times will be in effect for all events. Swimmers meeting that standard will be entered as exhibition.
6. Swimmers are limited to 1 distance (800m or 1500m) event.
7. Qualifying time for Girls 1500m free is VIR standard in the 800m Free. Qualifying time for Boys 800m Free is VIR standard in the 1500m free. A swimmer who has attained a qualifying time in either distance event may swim either the 800m or 1500m free.
8. **Positive check-in deadline for the 800m and 1500m events is 9:00 am on Friday, June 5, 2026.**
9. **Positive check-in deadline for 400 IM is 8:30 on Saturday, June 6, 2026.**



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10. Positive check-in deadline for 400 free is 8:30 on Sunday, June 7, 2026.

11. Age Groups for individual events are:
10 yrs & Under, 11 & 12 yrs, 13 & 14 yrs, 15 yrs & Over
12. Competitors may swim in any age group in which they meet the qualifying standard. Swimmers shall only swim in one age group for any given event. Meet Management must be notified prior to the entry deadline of any swimmers who will swim up any age group.

10 & Under Events:

1. All 10&U individual 100 m events will be swum as heats and finals events. They will be swum mixed gender and circle seeded during prelims, with separate gendered finals. There will be 'A' finals only.
2. All other 10&U individual events will be swum as timed finals, mixed gender, slowest to fastest.

11 & Over Events:

1. All individual 11&O events 200m or less will be 2 heat circle seeded, swum slowest to fastest, in open age groups. Finals will swim in age groups: 11-12; 13-14; 15&O.
2. There will be a 'B' Final for all 11 & over events with 24 or more entries. 'B' finals will be swum after the 'A' Final.
3. 400m Free and 400m IM - the Top 8 in each age group will swim in the Finals session of that day. The remainder of swimmers will swim during prelims and be seeded slowest to fastest, regardless of age. 400m events will be limited to 56 entries (7 heats) consisting of the fastest 8 entry times, regardless of age, plus the top 16 entry times in each age category.
4. The 11 & Over 800m Free and 1500m Free events will be Timed Finals during preliminaries, with a maximum of 4 heats each. They will swim fastest to slowest, alternating 800m free/1500m free, mixed gender. The fastest heat will be superseded. The top 8 in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times regardless of age. Swimmers will be seeded by time, but awarded by age group. **Swimmers must provide their own timers. Lanes with no timers go unprotected.**
5. Coaches will be notified after the entry deadline if swimmers did not meet the cut off and need to select another event.

Awards & Scoring:

1. For individual events, medals shall be presented for places 1st – 3rd. Ribbons shall be presented for 4th through 8th.
2. For relays, medals shall be presented to the 1st place team. Ribbons shall be presented to 2nd and 3rd place.
3. There will be no awards for the club relay.
4. Individual and Relay events will be scored as follows: 50-30-20-15-14-13-12-11

5. Para Swimmers will be awarded separate from the able-bodied events. Para Swimming Awards will be awarded on the minus one rule: 4+ swimmers = 3 awards, 1 swimmer = no awards.
6. 'B' finals will not be scored.

Relay Events:

1. Clubs may enter a maximum of 3 relay teams per event. Only A & B teams are eligible for scoring.
2. Swimmers participating in relay events only must be identified on entries as "RELAY ONLY SWIMMERS"
3. There are no qualifying times for relays; however, entry times must be submitted for seeding purposes.
4. Please submit names with your relay entries.
5. Swimmers may swim up in Relay events but may not swim on more than one Relay team per age group.
6. **11 & Over Relay name changes and the Club Relay name changes are to be submitted to the Administration Desk 30 minutes following the completion of preliminary events (excluding timed finals events).**
7. **10 & Under relay name changes are to be submitted to the Administration Desk 45 minutes prior to the start of prelims.**

Para Swimming Information:

1. This meet does not have WPS sanctioning.
2. Para Swimming events are Open Age Group and will run as multi disability. There are no minimum qualifying standards for Para Swimmers.
3. Para Swimmer entries must include each swimmer's complete classification with all 3 designations (if appropriate).
4. Para Swimmers must be licensed by WPS Swimming and have a minimum Level 2 Classification designation to be eligible to compete in the meet.
5. Eligible classes include S1 – S10, S11 – 12, and S14
6. Para Swimmers will be judged using the most current version of the WPS Swimming Rules.
7. Para Swimmers will race able-bodied events and be awarded separately. Coaches are asked to select appropriate events per your swimmer's classification.
8. Para Swimmers will be awarded separate from the able-bodied events. Para Swimming Awards will be awarded on the minus one rule: 4+ swimmers = 3 awards, 1 swimmer = no awards.

Officials:

The VIR Championships is a cooperative effort with officials participating from all clubs. Each participating club is required to provide officials for all meet sessions.

Shortly following the Entries Deadline, each participating Team will be assigned designated officiating roles at an approximate ratio of 1:10 (officials:swimmers). Please ask your officials to sign up on the



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NRST website <https://www.nanaimoriptides.com/event/2026-vir-lc-champs> noting their club affiliation and contact information.

FRIDAY, June 5, 2026

Prelims		Warm Up 8:00 am – 8:50 am Competition 9:00 am – 1:30 pm		Finals		Warm Up 4:00 pm – 4:50 pm Competition 5:00 pm – 8:00 pm	
Female	Event	Male		Female	Event	Male	
1	10 & Under 100 Breast (mixed)						
2	11 & Over 100 Breast	3		102	11-12 200 Free Relay	103	
4	10 & Under 100 Fly (mixed)			104	13-14 200 Free Relay	105	
5	11 & Over 200 Fly	6		106	15 & Over 200 Free Relay	107	
7	10 & Under 50 Back (TF) (mixed)			1	10 & Under 100 Breast		
8	11 & Over 50 Back	9		2	11 & Over 100 Breast	3	
10	10 & Under 200 IM (TF) (mixed)			4	10 & Under 100 Fly		
11	11 & Over 200 IM	12		5	11 & Over 200 Fly	6	
13	11 & Over 50 Free	14		8	11 & Over 50 Back	9	
15	11 & Over 800 Free (TF) (mixed)			11	11 & Over 200 IM	12	
16	11 & Over 1500 Free (TF) (mixed)			13	11 & Over 50 Free	14	

SATURDAY, June 6, 2026

Prelims		Warm Up 8:00 am – 8:50 am Competition 9:00 am – 1:30 pm		Finals		Warm Up 4:00 pm – 4:50 pm Competition 5:00 pm – 8:00 pm	
Female	Event	Male		Female	Event	Male	
200	10 & U 200 Medley Relay	201		203	8 x 50 Free Club Relay		
17	11 & Over 400 IM (TF)	18		17	11 & Over 400 IM **	18	
19	10 & Under 100 Back (mixed)			19	10 & Under 100 Back		
20	11 & Over 100 Back	21		20	11 & Over 100 Back	21	
22	10 & Under 100 Free (mixed)			22	10 & Under 100 Free		
23	11 & Over 200 Free	24		23	11 & Over 200 Free	24	
25	10 & Under 50 Fly (TF) (mixed)			26	11 & Over 50 Fly	27	
26	11 & Over 50 Fly	27		28	11 & Over 200 Breast	29	
28	11 & Over 200 Breast	29					

SUNDAY, June 7, 2026

Prelims		Warm Up 8:00 am – 8:50 am Competition 9:00 am – 1:30 pm		Finals		Warm Up 3:15 pm – 4:05 pm Competition 4:15 pm – 7:15 pm	
Female	Event	Male		Female	Event	Male	
300	10 & Under 200 Free Relay	301		302	11 - 12 200 Medley Relay	303	
30	11 & Over 100 Free	31		304	13 - 14 200 Medley Relay	305	
32	10 & Under 50 Breast (TF) (mixed)			306	15 & Over 200 Medley Relay	307	
33	11 & Over 50 Breast	34		30	11 & Over 100 Free	31	
35	10 & Under 50 Free (TF) (mixed)			33	11 & Over 50 Breast	34	
36	11 & Over 200 Back	37		36	11 & Over 200 Back	37	
38	10 & Under 200 Free (TF) (mixed)			39	11 & Over 100 Fly	40	
39	11 & Over 100 Fly	40		41	11 & Over 400 Free **	42	
41	11 & Over 400 Free (TF)	42					



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** = Fastest heats by age group.

< = Finals scratch deadline 30 minutes following completion of this event.

Vancouver Island Region (VIR) Time Standards									VIR dequalifying standards				
Female	10&Under		11-12yrs		13-14yrs		15&Over		SC	LC			
	SC	LC	SC	LC	SC	LC	SC	LC					
50 Freestyle	00:42.00	00:43.00	00:37.00	00:38.00	00:34.00	00:35.00	00:31.00	00:32.00			00:26.32	00:27.11	50 Freestyle
100 Freestyle	01:40.00	01:42.00	01:23.00	01:25.00	01:14.00	01:16.00	01:07.00	01:09.00			00:57.05	00:58.76	100 Freestyle
200 Freestyle	03:40.00	03:44.00	03:00.00	03:04.00	02:41.00	02:45.00	02:26.00	02:30.00			02:02.77	02:06.45	200 Freestyle
400 Freestyle			06:20.00	06:28.00	05:32.00	05:40.00	05:04.00	05:12.00			04:22.44	04:30.31	400 Freestyle
800 Freestyle			13:00.00	13:16.00	11:33.00	11:49.00	10:38.00	10:54.00			09:02.39	09:18.66	800 Freestyle
1500 Freestyle													1500 Freestyle
50 Backstroke	00:50.00	00:51.00											50 Backstroke
100 Backstroke	01:54.00	01:56.00	01:35.00	01:37.00	01:24.00	01:26.00	01:16.00	01:18.00			01:03.42	01:05.32	100 Backstroke
200 Backstroke			03:16.00	03:20.00	02:59.00	03:03.00	02:44.00	02:48.00			02:17.07	02:21.18	200 Backstroke
50 Breaststroke	00:58.00	00:59.00											50 Breaststroke
100 Breaststroke	02:08.00	02:10.00	01:46.00	01:48.00	01:36.00	01:38.00	01:27.00	01:29.00			01:11.65	01:13.80	100 Breaststroke
200 Breaststroke			03:42.00	03:46.00	03:23.00	03:27.00	03:06.00	03:10.00			02:36.38	02:41.07	200 Breaststroke
50 Butterfly	00:57.00	00:58.00											50 Butterfly
100 Butterfly	02:08.00	02:10.00	01:38.00	01:40.00	01:24.00	01:26.00	01:16.00	01:18.00			01:02.90	01:04.79	100 Butterfly
200 Butterfly			03:32.00	03:36.00	03:03.00	03:07.00	02:48.00	02:52.00			02:20.81	02:25.03	200 Butterfly
100 Individual Medley	01:56.00												100 Individual Medley
200 Individual Medley	04:10.00	04:14.00	03:24.00	03:28.00	02:59.00	03:03.00	02:46.00	02:50.00			02:20.42	02:24.63	200 Individual Medley
400 Individual Medley			07:00.00	07:08.00	06:12.00	06:20.00	05:48.00	05:56.00			04:58.10	05:07.04	400 Individual Medley

Vancouver Island Region (VIR) Time Standards									VIR dequalifying standards				
Male	10&Under		11-12yrs		13-14yrs		15&Over		SC	LC			
	SC	LC	SC	LC	SC	LC	SC	LC					
50 Freestyle	00:42.00	00:43.00	00:37.00	00:38.00	00:33.00	00:34.00	00:30.00	00:31.00			00:22.99	00:23.65	50 Freestyle
100 Freestyle	01:40.00	01:42.00	01:23.00	01:25.00	01:12.00	01:14.00	01:05.00	01:07.00			00:50.21	00:51.72	100 Freestyle
200 Freestyle	03:40.00	03:44.00	03:00.00	03:04.00	02:38.00	02:42.00	02:22.00	02:26.00			01:50.07	01:53.37	200 Freestyle
400 Freestyle			06:20.00	06:28.00	05:28.00	05:36.00	04:56.00	05:04.00			03:55.28	04:02.34	400 Freestyle
800 Freestyle			13:00.00	13:16.00									800 Freestyle
1500 Freestyle					22:30.00	23:00.00	21:00.00	21:30.00			15:59.22	16:28.00	1500 Freestyle
50 Backstroke	00:50.00	00:51.00											50 Backstroke
100 Backstroke	01:54.00	01:56.00	01:35.00	01:37.00	01:22.00	01:24.00	01:14.00	01:16.00			00:55.59	00:57.26	100 Backstroke
200 Backstroke			03:16.00	03:20.00	02:56.00	03:00.00	02:40.00	02:44.00			02:02.45	02:06.12	200 Backstroke
50 Breaststroke	00:58.00	00:59.00											50 Breaststroke
100 Breaststroke	02:08.00	02:10.00	01:46.00	01:48.00	01:34.00	01:36.00	01:25.00	01:27.00			01:02.43	01:04.01	100 Breaststroke
200 Breaststroke			03:42.00	03:46.00	03:20.00	03:24.00	03:02.00	03:06.00			02:17.13	02:21.24	200 Breaststroke
50 Butterfly	00:57.00	00:58.00											50 Butterfly
100 Butterfly	02:08.00	02:10.00	01:38.00	01:40.00	01:22.00	01:24.00	01:14.00	01:16.00			00:55.00	00:56.65	100 Butterfly



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200 Butterfly			03:32.00	03:36.00	03:00.00	03:04.00	02:44.00	02:48.00			02:03.87	02:07.59	200 Butterfly
100 Individual Medley	01:56.00												100 Individual Medley
200 Individual Medley	04:10.00	04:14.00	03:24.00	03:28.00	02:56.00	03:00.00	02:42.00	02:46.00			02:03.87	02:07.59	200 Individual Medley
400 Individual Medley			07:00.00	07:08.00	06:08.00	06:16.00	05:40.00	05:48.00			04:25.82	04:33.79	400 Individual Medley



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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.



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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."