



OLYMPIANS SWIMMING

OS May Invitational Swim Meet
May 15 - 17, 2026

Sanctioned by Swim BC #

Long Course Heats and Finals
12 & Under, 13 – 14, and 15 & Over Age Groups
Limited to 350 Swimmers
Entry Deadline: Saturday, May 9, 2026 at 9:00 pm



Location: Walnut Grove Community Centre
8889 Walnut Grove Drive,
Langley, British Columbia V1M 2N7

Ph: (604) 882-0361

Facility: 8 Lane, 25m Pool
Swiss Timing System

Land Acknowledgment: Olympians Swimming would like to acknowledge that the land on which we gather is on the traditional unceded territory of the Katzie, Kwantlen, Matsqui and Semiahmoo First Nations.

Safe Sport: All interactions between an athlete and an individual who is on a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

Facility Rules: Deck changing is explicitly prohibited.

There is no allocated adult and swimmers only washrooms in this facility. All washrooms are designated as male and female washrooms.

Please note that there will be limited deck space. Swimmer seating will be available in the adjacent gymnasium.

Estimated Timeouts: The meet management has the right to modify the schedule once the entries have been received.

SESSION	WARM-UP	RACING
Friday Timed Finals	2:30 pm – 3:15 pm	3:30 pm – 5:30 pm
Saturday Preliminaries	6:30 am – 7:45 am	8:00 am – 12:30 pm
Saturday Finals	3:00 pm – 3:50 pm	4:00 pm – 7:00 pm
Sunday Preliminaries	6:30 am – 7:45 am	8:00 am – 12:30 pm
Sunday Finals	3:00 pm – 3:50 pm	4:00 pm – 6:30 pm

Entry Deadline: **Saturday, May 9, 2026 at 9:00 pm (PST)**

Entry Fees:

1. Entry fees are a \$90.00 flat fee plus a \$5.00 Swim BC Competition Surcharge per swimmer.
2. There will be **No Deck Entries** for any event.



Payment Method:	Please make cheques payable to Olympians Swimming or send e-transfers to fees@langleyolympians.com with memo “[Club Name] 2026 May Invitational Meet Fee”.
Entries:	Meet entries will only be accepted via upload to the Swimming Canada website. Entries must include SNC registration number and date of birth. The meet is limited to 350 swimmers. Swimmers are limited to a maximum of 7 events.
Eligibility:	<ol style="list-style-type: none">1. All swimmers are required to be registered with Swim BC or other World Aquatics affiliated organizations.2. Swimmers must achieve 4:00 200 IM to be entered into this competition. Please submit proof of times.3. Not Time (NT) entries will not be accepted.4. Age groups will be based upon swimmers age as of the 1st day of the meet.
Scratch Deadline:	<ol style="list-style-type: none">1. Day of meet scratches need to be in 30 minutes prior to heats on Saturday & Sunday. (No refund of fees.)
Scratch Rules:	<ol style="list-style-type: none">1. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.2. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of prelims results.<ol style="list-style-type: none">a. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered “late scratches” and subject to the late scratch penalty of \$20.b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events.c. For finals, email scratches will not be accepted.



Events:

1. The meet manager reserves the right to modify the event schedule as follows: add events, cancel events if time constraints arise, and combine events to expedite the meet. Additionally, the meet manager may schedule breaks, if time permits, to allow swimmers more recovery time between events.
2. The 400 Free, 800 Free, 1500 Free, and 400 IM will be swum as timed finals.
3. Coaches should exercise discretion in choosing events for 10 & under swimmers to ensure that time on deck does not exceed Swim BC four-hour guidelines.

Meet Format:

1. Age will be determined as of Friday, May 15th, 2026.
2. Preliminaries and Timed Finals events will be swum Fastest to Slowest.
3. The 50m, 100m, and 200m events will be heats and finals.
4. The 400m, 800m and 1500m events will be timed finals.
5. All preliminary events will be swum as Open Age Group.
6. Age groups will be 12 & Under, 13-14, and 15 & Over except for the timed final events, as described below.
 - a. The 400m Free and 400m IM will be swum as timed finals 14 & Under and 15 & Over with the fastest 8 women and men advancing to finals.
 - b. The 800m and 1500m Free will be swum Open Age Group and Mixed Gender.
7. There will be an A & B Final for 13-14 and 15 & Over age groups which have 20 competitors or more in the age group as determined by the Psych Sheets as of Oct 31st in the 50m events, 100m events, 200 Free and 200 IM.
8. There will be an A Final only for 12 & Under swimmers in the 50m, 100m, and 200m events.
9. There will be an A Final only for 13-14 and 15 & Over swimmers in the 200m Back, 200m Breast, and 200m Fly events.
10. A coaches meeting will be held prior to the start of the meet (Saturday AM).

Seeding:

The meet will be pre-seeded.



Meet Rules:

1. All SNC and Swim BC rules as stated in the SNC rulebook will apply.
2. This meet will be conducted under Swimming Canada rules and regulations.
3. Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
4. 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.
5. The World Aquatics one-start rule will be in effect
6. This meet will be conducted under Swimming Canada rules and regulations.
7. Pool Depth: Shallow End 1.5m, Deep End 3.7m.
8. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
9. 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.
10. 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.
11. During events only one (1) swimmer per lane is permitted.
12. This competition can provide the following accommodations for swimmers who are Deaf or Hard of hearing:
 - a. Non-verbal instruction provided by a *support person* Note that the support person must show a status of “Registered” as support staff in the Swimming Canada registration system.
 - b. Hand signals given by the starter/referee
 - c. Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.



Diving Rules:	Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1
Scoring:	There will be no team or individual scoring.
Awards:	No awards are giving out in this meet.
Official Splits:	Request must be sent in before the start of the session. Club must provide 3 timers.
Meet Management:	<u>Meet Referee</u> Khay See (Level 5) officials@simonfraseraquatics.com <u>Entries Coordinator</u> Khay See officials@simonfraseraquatics.com

All entries must be submitted online by
Saturday, May 9, 2026 at 9:00 pm (PST)
The meet will be limited to the first 350 swimmers.



FRIDAY, MAY 15, 2026		
		Timed Finals
		Warm-up: 2:30 pm – 3:15 pm
		Racing: 3:30 pm – 5:30 pm
FEMALE	EVENTS	MALE
1	200 IM Heats <i>(Finals on Saturday Evening.)</i>	2
3	50 Free Heats <i>(Finals on Sunday Evening.)</i>	4
5	800 Free Timed Final*	5
6	1500 Free Timed Final*	6

**Management reserves the right to limited entries to fit the timeline.*

Please see the entry standards on the following page.

SATURDAY, MAY 16, 2026		
Preliminaries		Finals
Warm-up: 6:30 am – 7:45 am		Warm-up: 3:00 pm - 3:50 pm
Racing: 8:00 am – 12:00 pm		Racing: 4:00 pm - 6:30 pm
FEMALE	EVENTS	MALE
7	200 Back	8
9	50 Breast	10
11	50 Back	12
13	100 Free	14
1	200 IM <i>(Finals Only - Advancing from Friday Preliminaries)</i>	1
15	100 Fly	16
17	200 Breast	18
19	400 Free <i>(Timed Finals Fastest 8 - 14 & Under and 15 & Over in Finals)</i>	20

SUNDAY, MAY 17, 2026		
Preliminaries		Finals
Warm-up: 6:30 am – 7:45 am		Warm-up: 3:00 pm - 3:50 pm
Racing: 8:00 am – 12:00 pm		Racing: 4:00 pm - 6:00 pm
FEMALE	EVENTS	MALE
21	200 Free	22
23	50 Fly	24
3	50 Free <i>(Finals Only - Advancing from Friday Preliminaries)</i>	4
25	100 Breast	26
27	100 Back	28
29	200 Fly	30
31	400 Free <i>(Timed Finals Fastest 8 - 14 & Under and 15 & Over in Finals)</i>	32



FEMALE ENTRY STANDARDS			
EVENT	12 & UNDER	13 - 14	15 & OVER
1500 Free	22:50.00	20:53.00	20:00.00
800 Free	12:06.00	11:05.00	10:36.00
400 IM	6:38.00	6:06.00	5:51.00
400 Free	5:52.00	5:22.00	5:08.00

MALE ENTRY STANDARDS			
EVENT	12 & UNDER	13 - 14	15 & OVER
1500 Free	22:40.00	19:54.00	18:35.00
800 Free	12:15.00	10:49.00	10:06.00
400 IM	6:41.00	5:50.00	5:25.00
400 Free	5:53.00	5:11.00	4:47.00

No Time (NT) entries will not be accepted for the 400 Free, 800 Free, 1500 Free, and 400 IM events. Swimmers must meet the minimum standards above. Olympians Swimming has the right to enter swimmers into these events who do not meet the minimum standards.

The Meet Management has the right to limit entries to ensure that the meet runs within the allotted timeline.



SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

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.
- 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.
- 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 not be in place during the competition in warm-up/warm-down pools.



EQUIPMENT:

- 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 Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.

March 31, 2021