



2026 Stingrays' Annual Spring Break Invitational

March 6 & 7, 2026

Sanctioned by Swim BC: # 62698

Meet Referee: Kendra Stiwich

Meet Managers: Pierre Graham

MM email: meetmanager@duncanstingrays.com

Entries: jeanne@duncanstingrays.com

Venue: Cowichan Aquatic Centre

2653 James St, Duncan BC, V9L2X5

Friday:

8 x 25m Competition Pool

No Access to Wave Pool

Saturday:

8 x 25m Competition Pool

3 x 25m Wave Pool

All Sessions: Timing System

Fri: stopwatches

Sat: Colorado electronic touch pads + display

Safe Sport Statement:

Swim BC believes 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.

Swim BC provides a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. 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, observable, and interruptible to others.

The swim meet will be operating in a public facility, and we cannot allocate swimmer only washrooms. However, we request that volunteers, coaches, and officials avail of the washrooms located in the lobby at Cowichan Aquatic Centre and the Family Change Area located directly off the pool deck.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures, including but not limited, to the Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.

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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 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.

T'icum = "SWIM" in Hul'q'umi'num'

The Duncan Swim Team acknowledges and thanks the Quw'utsun whose traditional lands and waters we do our best to honour and respect through action and relationship.

Meet Rules:

1. This meet will be conducted under Swimming Canada rules and regulations.
2. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing: a) non-verbal instruction provided by the support person from the swimmer's own club, who is registered in the REMS as "support staff" b) visual hand signals given by the starter/referee c) Swimming Canada provided strobe light; Clubs must contact the Meet Manager by the entry deadline of the need for accommodations
3. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1; or
 - a. in-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
4. Swim BC competition warmup safety procedures will be in effect at this meet
5. All events will be swum as Timed Finals, mixed gender, senior seeded, swum slowest to fastest EXCEPT:
 - a. Events 3 (800 fr) & 4 (1500 fr) will be swum fastest to slowest, alternating events
6. Given events are mixed gender, Swim BC / Swimming Canada record breaking performances will not be ratified as new records
7. During events, only one (1) swimmer per lane is permitted
8. Deck changes are explicitly prohibited
9. Swimmers are allowed to race in swimwear of their choice at Swim BC sanctioned competitions. There is no requirement to declare the choice of swimwear to the referees if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed buoyancy or endurance
10. Coaches are reminded that once competition begins, the fields 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.
11. 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):
 - a. 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.
 - b. Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
 - c. 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



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Meet Rules cont'd

Eligibility:

1. All swimmers must be registered with a Swimming Canada/Swim BC or other World Aquatics affiliated organization
2. Swimmers qualified to race at the Swim BC Provincial Championships are ineligible to compete in this competition
3. Age groups are based on the age of the swimmer as of March 6, 2026.

Entry Fees:

1. \$11.00 per individual event
2. No charge for relay events
3. \$5.00 per swimmer Swim BC Competition Surcharge
4. Payment can be made by:
 - a. cheque payable to: Duncan Swim Team Society
 - b. EMT to admin@duncanstingrays.com

Entries Deadline:

1. Entries must be submitted through the Swimming Canada online system. Emailed entries will not be accepted.
2. Entry deadline is Sunday, March 1, 2026 @ 1159pm
3. Scratch deadline with refund is Thurs, Mar 5, 2026 at 7pm
4. POST DEADLINE: 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 after scratch deadline.
5. Teams requiring excessive attention after the scratch deadline will be charged \$5 admin fee per swimmer change. Please verify your entries before submitting.

Awards:

1. Age groups for results: 8&U, 9/10, 11/12, 13/14, 15&O
2. All events will have medals 1st – 3rd, & ribbons 4th – 8th
3. Heat Winners eligible for prize at prize table

Officials / Volunteers / Coaches:

DST gratefully appreciates assistance from visiting Teams. Please go to <https://www.duncanstingrays.com/event/2026-stingrays-annual-almost-spring-break-invitational-2026-3-6> to secure your seat on deck and be eligible for the Officials' Gift Card Raffle.

- Snacks will be provided to all volunteers.
- Coaches & Volunteers: please bring your own refillable water bottle (no glass please!). Water filling stations are available throughout the facility

Entries:

1. Entries will be limited to 230 swimmers per session.
2. Mixed relays should make all efforts for equal gender representation; however, minimum requirement is to have both boys and girls on each relay team.
3. Teams entering all sessions of the meet will be given priority.
4. Reservations can be made by emailing jeanne@duncanstingrays.com with the estimated number of swimmers attending the competition. Entries will be accepted on a first come first serve basis. Reservations will confirm by email those teams whose reservation are accepted.
5. Swimmers are limited to a max of 8 individual events (2 x distance on Friday & 6 on Saturday) and 2 relays.
6. Meet Management reserves the right to limit the # of heats in any event to maintain reasonable timelines. Teams will be notified if entries can't be accepted after the entry deadline.
7. Deck Entries will be accepted to fill empty lanes only.

- a. \$20 per event, payment due at submission
- b. New swimmers will be added to the meet upon proof of SNC Registration: Full Name, Date of Birth, & SNC ID

SESSION 1: Friday, March 6, 2026 Competition Pool Only

WU 4:00-4:35 / Racing: 4:40pm – 8:00pm

EVENT #	EVENT
1	400 Freestyle*
2	400 Individual Medley*
3	800 Freestyle*
4	1500 Freestyle*

*max 2 heats per event with priority given to lesser experienced racers. Scratch order will be: SNC qualified > Prov QTs > Div QTs > etc.

All efforts will be made to accommodate all entrants. Affected Teams will be notified shortly after the deadline for an alternative

SESSION 2: Saturday, March 7, 2026 Full Facility

Warm Up: 9:00am – 9:50am / Racing: 10:00am – 1:30pm

EVENT #	Description
5	200 Individual Medley
6	100 Backstroke
7	50 Butterfly
8	200 Butterfly
9	50 Freestyle
10	100 Breaststroke
11	4 x 50 Mixed Medley Relay

SESSION 3: Saturday, March 7, 2026 Full Facility

Warm Up: 3:00pm – 3:50pm / Racing: 4:00 – 7:30pm

EVENT #	Description
12	4 x 50 Mixed Freestyle Relay
13	200 Breaststroke
14	100 Freestyle
15	50 Backstroke
16	200 Backstroke
17	100 Butterfly
18	50 Breaststroke
19	200 Freestyle



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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."