



2026 BC Winter Provincial Championships

Sanctioned by Swim BC: 61187

Hosted By: Pacific Coast Swimming & Swim BC

Swim BC and Pacific Coast Swimming would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the lək'wəŋən peoples and WS.NEĆ peoples.

SAFE SPORT

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment free of abuse, harassment, and discrimination. This involves promoting open and observable environments and 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 be in an environment or space that is both 'open' and 'observable' to others.

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.

Deck changes are explicitly prohibited.

Athlete only washrooms are located in the team change rooms located on the east side of the pool.

VENUE

Saanich Commonwealth Place
4636 Elk Lake Dr.
Victoria, BC. V8Z 5M1

POOL

Competition Pool: 25m X 8 Lanes (2 pools)
Warm-up/Cool Down: 25m X 4 Lanes

ORGANIZING COMMITTEE

Meet Director	Melissa Webster	melissa.webster@swimbc.ca
Meet Manager	Kuy Neable & Mike Sanborn	meets@pacificcoastswimming.com
Meet Referee	Glenn Greig	glgreig@gmail.com
	Mhiran Faraday	mdfaraday@gmail.com
Para Advisor	Marilyn King	loveswimming2023@gmail.com
Officials Coordinator	Jamie Hilbert & Anna Hunt	volunteerPCS@gmail.com
Entries Coordinator	Melissa Webster	melissa.webster@swimbc.ca

ENTRY DEADLINE

February 23, 2026 @ 9:00pm PST

SCRATCH DEADLINE

March 2, 2026 @ 12:00pm

PRE-MEET PRACTICE

March 4, 2026	9:15am – 10:30am (limited availability) 10:30am – 1:00pm (limited availability) 1:00pm – 2:00pm (limited availability) 5:00pm – 6:00pm (limited availability)	To Book, Please contact Bree (bree.dobler@saanich.ca)
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TECHNICAL / COACH MEETING

TBD



2026 BC Winter Provincial Championships

ENTRY INFORMATION

ELIGIBILITY

Swimmer Registration:	All swimmers must be registered with a Swim BC, SNC, or other World Aquatics affiliated club.
Qualifying Period:	September 1, 2024 – February 23, 2026 (entry deadline).
Qualification Requirement:	During the qualifying period, athletes must achieve at least 1 Swim BC Provincial Championship Time Standard in their respective age group at an appropriately sanctioned competition.
Swimmer Age:	Age is determined as of the first day of competition (March 5, 2026).

AGE GROUPS

Individual Events:	12 & Under 13-14 15-16 17 & Over
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ENTRY LIMITS

Individual Entries:	Swimmers are limited to a max of 9 individual entries. All entries must meet the Provincial time standard except as described below.
Non-Qualified Swims:	Swimmers who have achieved 1 or 2 Qualifying Times (QT) are eligible to swim 1 Non-Qualified (NQ) event. 1 QT = 1 NQ swim 2 QT = 1 NQ swim 3+ QT = 0 NQ swims NQ events must be 200m or shorter in distance. All NQ Events must meet the ICVD/VFD time standard. NQ events may only be entered in addition to a qualified event.

ENTRY SUBMISSION

Entries Upload:	Entries must be submitted and validated through REMS prior to the entry deadline. All attending coaches and support staff must be listed when uploading the entries via REMS.
Validation:	Non-Validated Times are not accepted; swimmers must have a valid entry time for each event they enter. All entries will be validated via the Swim Canada results database (Swim Rankings). No Time (NT) will not be accepted. Times are to be submitted in the course they were achieved. Converted times will NOT be accepted. All SCM entries will be converted to LCM by Swim BC and seeded accordingly. It is responsibility of the coach to ensure that all swimmers are qualified and entered appropriately.
Late Entries:	After the entry deadline, new swimmers will NOT be accepted. Amendments to entered swimmers will be accepted at the discretion of Swim BC.

ENTRY FEES

Individual Fees:	\$105.00 / swimmer
Relay Fees:	\$15.00 / relay
Payment Methods:	<u>Cheque:</u> Please make cheques payable to Pacific Coast Swimmers and Parents Association. <u>E-Transfer:</u> payments@pacificcoastswimming.com

All fees MUST be paid to the Administration Desk prior to the start of the meet.



2026 BC Winter Provincial Championships

DECK ENTRIES

There will be no deck entries, exhibition swims, or time trials.

COMPETITION RULES

This meet will follow rules as outlined in the current Swimming Canada Rulebook. Rules, regulations, and procedures outlined in this Meet Information Package will supersede those in the Swimming Canada Rulebook.

WARM-UP PROCEDURES

The Swim BC Competition Warm-Up Safety Procedures will be in effect and will be monitored by safety marshals.

STARTS

Pool Depth:	Deep End: 2.5m	Shallow End: 2.0m
Dive Rules:	Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4. For Paralympic Swimming events starts will be conducted as per WPS rules.	
Backstroke Ledges:	Backstroke Ledges will be available.	
Misconduct:	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): <ul style="list-style-type: none">• 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.	

SWIMWEAR & TAPING

Swimwear:	All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.
Taping:	All swimmers shall be required to comply with Swimming Canada taping rules, following the taping review process and guidelines published by Swimming Canada . A committee shall be created to review taping requests.

D/DEAF AND HARD OF HEARING ACCOMMODATION

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.

SWIM OFFS

All swim-offs will be run at a time mutually agreed upon by coaches and officials.

Coaches are to report to the Admin Desk when a swim-off is announced.



2026 BC Winter Provincial Championships

GENERAL MEET RULES

PHOTOGRAPHY / VIDEOGRAPHY

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.

All photographers must have applied for and received permission from Swim BC prior to the start of meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for their club's use only. All approved photographers must be identified by wearing a self-provided safety vest.

COACH CONDUCT

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.

Coaches must check in with the Administration desk immediately upon arrival to pay entry fees, pick up Meet Package and receive any information regarding changes.

CODE OF CONDUCT

Violations of the Swim BC Code of Conduct and Ethics policy may result in immediate disqualification and removal from the meet.

COMPETITION FORMAT

SEEDING

Fastest three heats of all prelims/final events will be circle-seeded, except for 400 Free and 400 IM – those two events will have the fastest 2 heats circle-seeded.

During events only one (1) swimmer per lane is permitted.

PRELIMINARIES

Preliminary heats may be swum double-ended, divided by meet management such that both ends finish at approximately the same time.

FINALS

There will be an "A" final only for each age group.

Time Final events (including relays) with 9 or 10 entrants, will be seeded such that the fastest heat will have all lanes filled.

DISTANCE EVENTS

POSITIVE CHECK IN

There will be a positive check-in for the following events: 800 FR | 1500 FR

Deadline will be the start of the prelims session in which the event will be swum.

SEEDING

The 800 Freestyle and 1500 Freestyle are time finals.

The fastest heat of women and fastest heat of men, (top 4 per age group) will swim in finals on the event's respective day. All remaining swimmers will swim at the end of preliminaries, senior seeded, fast to slow, alternating women then men.

Requests for swimmers scheduled in finals to be moved to preliminaries will NOT be granted.



2026 BC Winter Provincial Championships

RELAYS

AGE GROUPS

Relay Events: 12 & Under | 13-14 | 15-17 | 18 & Over

ENTRIES

- Validation:** Validated relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best times of the four swimmers entered.
Relay entries that have an entry time MUST include names. If a relay is entered with less than four (4) names, it will be seeded as “NT”.
“NT” entries will be accepted.
- Qualifying Times:** There are no qualifying times for relays.
- Swim-Up:** No more than TWO (2) swimmers per relay event may swim up from a younger age group. In such cases, the swimmer(s) may swim in both their own age-group relay as well as in one or more older age group relays.
Only one relay event per age group may include swimmers from a younger age group.
- Relay-Only Swimmer:** Relay Only swimmers must be listed on their club’s Hy-Tek entry file as “Relay Only”.
Relay Only swimmers are subject to the Relay-Only surcharge (\$15.00).
Each club will be allowed one “Relay Only” swimmer per age group and gender in the entire competition.
Action Required: An email must be sent to the Entries Contact prior to the entry deadline notifying them of the relay-only swimmers and their SNC ID number and DOB.
- Relay Name Changes:** Coaches must submit their relay name changes via Relay Form provided by the Admin Desk.
All relay name changes must be submitted at the start of the session in which the relay will be swum.
- Seeding:** All relay events are timed finals.
Only the fastest EIGHT (8) validated relay entries in each age group will swim at the conclusion of finals sessions. All other relays will swim in the prelims sessions.
Requests for relays scheduled in finals to be moved to preliminaries will NOT be granted.

PARALYMPIC SWIMMING

The most current WPS rules will be observed for all Paralympic Program events.

EVENTS

- Event List:** There will be SEVEN (7) Paralympic Program events:
50 Free | 100 Free | 200/400 Free (TF) | 50/100 Back | 50/100 Breast | 50/100 Fly | 150/200IM.

ENTRIES

- Classifications:** Paralympic swimmers complete classifications *(S, SB, SM) must be included with athlete surname in their entries.
Paralympic swimmers must be a minimum of a Level 2 sport classification by the entry deadline.
No sport classification will be provided at the event.
- Qualification Requirement:** During the qualifying period, Paralympic swimmers must achieve at least one (1) [Paralympic Provincial Time Standards](#) at an appropriately sanctioned competition.
There are NO non-qualified swims.



2026 BC Winter Provincial Championships

Entry Limits:

Swimmers with sport class NE SB9 NE are eligible to enter up to a maximum of 2 events in the S/SM10 sport class events provided they meet the S/SM10 Time Standard in each event. These swims will be exhibition.

Paralympic swimmers may enter Olympic Program events provided they meet the Provincial Championship Standard in their age group and that event. Paralympic swimmers cannot enter the same event in both the Paralympic and Olympic program categories.

SEEDING

Paralympic Program events will be single-gender and multi-class.

SCORING

Strokes/events where distances are split by class (e.g., 50/100 Back) will be scored against each other for one set of finalists from each of those pairs of events.

Placings will be determined by using the current male and female Swimming Canada Performance Points Charts.

SCRATCHES

Scratches received prior to March 2, 2026 @ 12:00pm will not incur Meet Fees.

There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims.

The following rules apply to all finalists and alternates listed in the official preliminary results posting, as well as all swimmers competing in time-final events.

- For all final events, 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.
- For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
- For finals, all scratches must be submitted to the Administration Desk.

For the prelims of the 400 FR and 400 IM, no-shows and unexcused incomplete swims will be treated as “late scratches” and will incur a \$20 penalty. Fines must be paid immediately. The swimmer will not be permitted to compete in any subsequent events until the fine has been paid.

SCORING

Individual Scoring: 30 - 25 - 22 - 20 - 18 - 17 - 16 - 15

Relay Scoring: 60 - 50 - 44 - 40 - 36 - 34 - 32 - 30

AWARDS

MEDALS

Awarded for 1st, 2nd, and 3rd places for all individual and relay events.

Presentation: Medals will be presented immediately after the event is announced as official (unless otherwise communicated).

RIBBONS

Awarded for 4th, 5th, 6th, 7th and 8th places for individual events only.

Presentation: Coaches are to pick ribbons up at the end of the meet.¹

¹ It is the responsibility of each club's coach to ensure that all club ribbons are collected at the conclusion of the meet.



2026 BC Winter Provincial Championships

INDIVIDUAL AGGREGATES

Age Categories:	<u>Male:</u> 12 & Under 13-14 15-16 17 & Over Para <u>Female:</u> 12 & Under 13-14 15-16 17 & Over Para
Qualification:	Eligible athletes must be registered with a Swim BC club.
Scoring:	Will be scored using the individual scoring system listed above.
Presentation:	Individual Aggregate Awards will be presented at the end of Sunday Finals.

TEAM AWARDS

Qualification:	Team category placement is determined by each club's percentage of provincial competitive registrations, rounded to the nearest tenth, as of the entry deadline. Clubs at 1.8% and under will compete in the Small Team category; all BC clubs are eligible for the Open category.
Open	Presented to the top scoring club.
Small Team	Presented to the top-scoring Small Team.
Presentation:	Team Awards will be presented at the end of Sunday Finals.



2026 BC Winter Provincial Championships

Schedule of Events

THURSDAY PRELIMS			
Warm-Up:		7:30am – 8:50am	
Competition:		9:00am – 2:00pm	
FEMALE	MALE	AGE	EVENT
1	2	Open	200 Breast
3	4	Open	50 Free
101	102	Para	50 Free
5	6	14 & Under	400 IM
7	8	Open	100 Fly
103/203	104/204	Para	50/100 Fly
9	10	12 & Under	4 X 50 Free Relay
11	12	13-14	4 X 50 Free Relay
13	14	15-17	4 X 50 Free Relay
15	16	18 & Over	4 X 50 Free Relay
17	18	14 & Under	800 Free
19	20	15 & Over	800 Free

THURSDAY FINALS			
Warm-Up:		4:30pm – 5:20pm	
Competition:		5:30pm – 8:30pm	
FEMALE	MALE	AGE	EVENT
1	2	Open	200 Breast
3	4	Open	50 Free
101	102	Para	50 Free
5	6	14 & Under	400 IM
7	8	Open	100 Fly
103/203	104/204	Para	50/100 Fly
17	18	14 & Under	800 Free (Top 4 Per Age Group)
19	20	15 & Over	800 Free (Top 4 Per Age Group)
9	10	12 & Under	4 X 50 Free Relay
11	12	13-14	4 X 50 Free Relay
13	14	15-17	4 X 50 Free Relay
15	16	18 & Over	4 X 50 Free Relay

FRIDAY PRELIMS			
Warm-Up:		7:30am – 8:50am	
Competition:		9:00am – 2:00pm	
FEMALE	MALE	AGE	EVENT
21	22	Open	200 Free
23	24	Open	100 Back
105/205	106/206	Para	50/100 Back
25	26	Open	50 Fly
27	28	15 & Over	400 IM
29	30	12 & Under	4 X 100 Free Relay
31	32	13-14	4 X 100 Free Relay
33	34	15-17	4 X 100 Free Relay
35	36	18 & Over	4 X 100 Free Relay
37	38	14 & Under	1500 Free

FRIDAY FINALS			
Warm-Up:		4:30pm – 5:20pm	
Competition:		5:30pm – 8:30pm	
FEMALE	MALE	AGE	EVENT
21	22	Open	200 Free
23	24	Open	100 Back
105/205	106/206	Para	50/100 Back
25	26	Open	50 Fly
27	28	15 & Over	400 IM
37	38	14 & Under	1500 Free (Top 4 Per Age Group)
29	30	12 & Under	4 X 100 Free Relay
31	32	13-14	4 X 100 Free Relay
33	34	15-17	4 X 100 Free Relay
35	36	18 & Over	4 X 100 Free Relay

SATURDAY PRELIMS			
Warm-Up:		7:30am – 8:50am	
Competition:		9:00am – 2:00pm	
FEMALE	MALE	AGE	EVENT
39	40	Open	200 Back
41	42	Open	100 Free
107	108	Para	100 Free
43	44	Open	200 Fly
45	46	Open	100 Breast
109/209	110/210	Para	50/100 Breast
47	48	12 & Under	4 X 100 Medley Relay
49	50	13-14	4 X 100 Medley Relay
51	52	15-17	4 X 100 Medley Relay
53	54	18 & Over	4 X 100 Medley Relay
55	56	15 & Over	1500 Free

SATURDAY FINALS			
Warm-Up:		4:30pm – 5:20pm	
Competition:		5:30pm – 8:30pm	
FEMALE	MALE	AGE	EVENT
39	40	Open	200 Back
41	42	Open	100 Free
107	108	Para	100 Free
43	44	Open	200 Fly
45	46	Open	100 Breast
109/209	110/210	Para	50/100 Breast
55	56	15 & Over	1500 Free (Top 4 Per Age Group)
47	48	12 & Under	4 X 100 Medley Relay
49	50	13-14	4 X 100 Medley Relay
51	52	15-17	4 X 100 Medley Relay
53	54	18 & Over	4 X 100 Medley Relay

SUNDAY PRELIMS			
Warm-Up:		7:00am – 8:20am	
Competition:		8:30am – 2:00pm	
FEMALE	MALE	AGE	EVENT
57	58	Open	200 IM
111/211	112/212	Para	150/200 IM
59	60	Open	50 Back
61	62	Open	50 Breast
63	64	Open	400 Free
65	66	12 & Under	4 X 50 Medley Relay
67	68	13-14	4 X 50 Medley Relay
69	70	15-17	4 X 50 Medley Relay
71	72	18 & Over	4 X 50 Medley Relay

SUNDAY FINALS			
Warm-Up:		4:00pm – 4:50pm	
Competition:		5:00pm – 8:00pm	
FEMALE	MALE	AGE	EVENT
57	58	Open	200 IM
111/211	112/212	Para	150/200 IM
59	60	Open	50 Back
61	62	Open	50 Breast
63	64	Open	400 Free
113/213	114/214	Para	200/400 Free
65	66	12 & Under	4 X 50 Medley Relay
67	68	13-14	4 X 50 Medley Relay
69	70	15-17	4 X 50 Medley Relay
71	72	18 & Over	4 X 50 Medley Relay

Note: Session times are subject to change



2026 BC Winter Provincial Championships



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management must ensure that the following warm-up safety procedures are implemented at all Swim BC sanctioned competitions. Coaches, swimmers, and officials share responsibility for following these procedures during all scheduled warm-up periods. Coaches are encouraged to assist Safety Marshals in maintaining a safe environment on deck.

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.



2026 BC Winter Provincial Championships

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.”