



Saturday January 24 – Sunday January 25, 2026

Harry Jerome Aquatic Centre

123 East 23rd Street

North Vancouver, BC, V7L 3E2

<https://goo.gl/maps/voVa3FVTNgu>

Sanctioned by Swim BC - # 62151

Chena Swim Club respectfully acknowledges the original peoples of these lands and waters, specifically the səlilwətał (Tsleil-Waututh), Sk̓w̓x̓wú7mesh Úxwumixw (Squamish), and xʷməθkʷəy̓əm (Musqueam), on whose unceded ancestral lands we gather.

OVERVIEW

Session	Date	Age	Warm Up	Start	Estimated Finish
1	Saturday, January 24	12 Under	7:20-8:20 am	8:30 am	1:30 pm
2	Saturday, January 24	13 Over	2:00-2:50 pm	3:00 pm	7:00 pm
3	Sunday, January 25	12 Under	7:20-8:20 am	8:30 am	1:30 pm
4	Sunday, January 25	13 Over	2:00-2:50 pm	3:00 pm	6:45 pm

ENTRY INFORMATION

ELIGIBILITY

- All athletes must be registered with Swim BC, Swimming Canada, or other swimming organizations recognized by World Aquatics.
- Competitors' ages are as of the first day of competition (January 24, 2026)).
- Meet entry standard: 200 IM in under 4:30. Upon request, Clubs entered must **provide a proof of time sheet** for the **200 IM** for all swimmers. Entries that cannot be proven may be removed.

MEET ENTRIES

- The meet is limited to 250 swimmers per session at the discretion of the meet manager.
- Each swimmer will be allowed up to 3 events per day and a maximum of 5 events for the weekend.
- 13 and Over swimmers may only swim one of the 200 events on Sunday (200 Free/200 Breast/200 Fly) Events 27/28/29.
- Coaches are requested to enter estimated times for swimmers that have not previously participated in that event.
- The meet manager reserves the right to reduce the number of entries if the timeline does not fit a reasonable time frame.
- All entries must be submitted through the Swimming Canada online system. No emailed entries will be accepted.
- Deck Entries may be accepted, at the discretion of Meet Management, to fill empty lanes. No new heats will be created. Deck Entries will count toward the five individual event limit.
- Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in the SNC registration system, date of birth, and SNC registration number.
- A technical bulletin outlining any changes to the meet format will be distributed once entries are in.

COMPETITION RULES

ENTRY DEADLINES

- **Entry Deadline:** Saturday January 17th, 2025, by 11:59pm.
- **Scratch Deadline:** Tuesday, January 20th, 2025, by 11: 59 pm
- **Deck Entry Deadline:** 30 minutes before each session

SAFE SPORT

- Swim BC Competition Warm Up Safety Procedures will be in effect.
- 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.
- 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.
- There is to be no ‘deck changing’ on the pool deck, all changing must be done in the appropriate changeroom
- All officials, volunteers and coaches will use the family changeroom washroom. The regular men's and women's washroom will be restricted to swimmers.
- It is the visiting club's responsibility to ensure that their swimmers are supervised at all times.
- **There will be limited spectator seating during the swim meet, with seating for athletes, coaches, and volunteers/officials being the priority. The upstairs viewing area will be opened for the spectators.**

GENERAL MEET RULES

MEET RULES

- This swim meet will be conducted under Swimming Canada rules and regulations.
- Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1
- During events only one (1) swimmer per lane is permitted.
- Backstroke ledges will be available.
- 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.
- 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

- 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.
- Swim BC warm-up procedures will be in effect and will be monitored by safety marshals. 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.

MEET FORMAT

- This swim meet will feature **timed finals** for all events. All events are seeded from slowest to fastest.
- The results will be separated by gender into the following age groups: 10&under and 11-12, 13-14, and 15&over.

PARA-SWIMMING

- Para-swimmers who are registered with World Aquatics or a WPS affiliate are welcome. Complete classifications (S, SB, SM) must accompany entries. WPS guidelines will apply.
- All prelims will be integrated, seeded according to entry time. Please contact Meet Management for any lane placement or other accommodations needed.

SCRATCHES

- **Tuesday, January 20th**
- There will be no refunds for scratches made after the deadline unless a medical note is presented to the Meet Manager.
- There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during timed finals.

GENERAL INFORMATION

Sanctioned by Swim BC and Hosted by Chena Swim Club

Meet Package: The only meet package considered valid is the most current one found at www.swimming.ca

Meet Format: Short Course (25 m) Timed Finals

POOL & FACILITIES

- The competition will be held in a 6 lane 25-meter pool with a Colorado touch pad timing system and 6-lane display board.
- There will be no warm down pool space available while events are being swam.

ENTRY FEES

Individual events: \$12 per event
Deck entries: \$20 per event
Swim BC Surcharge: \$5 per swimmer

- Meet payments must be handed to the Clerk of the Course 30 minutes prior to the start of heats on the first day of the meet.
- Deck entries will only be accepted for swimmers who are already entered in the meet. Deck entries will be entered into empty lanes only, no new heats will be created. Deck entries first come; first served. Deck entry requests are required 30 minutes before the end of warm-up and are payable in cash when the deck entry is accepted.
- Please make cheques payable to: **Chena Swim Club**, or e-transfer to: etransfer@chenaswimclub.ca

MEET MANAGEMENT

MANAGEMENT CONTACT

- **Meet Manager:** Bambi Roy: meet.manager@chenaswimclub.ca
- **Meet Referee:** Daniel Fassina: officials.coord@chenaswimclub.ca
- **Head Coach:** Roger Hana: head.coach@chenaswimclub.ca
- **Officials Coordinator:** officials.coord@chenaswimclub.ca

MEET OFFICIALS

- Each participating club will be required to provide Timers and Stroke & Turn Officials proportionally to the number of swimmers registered for each session according to the table below:

3-5 Swimmers	1 timer
6-10 swimmers	1 timer, 1 stroke & turn
11 or more swimmers	2 timers, 1 stroke & turn

- Officials meeting will be held 30 minutes before each session starts, unless altered by the Meet Manager or Referee.

SCHEDULE OF SESSIONS

CHENA SWIM MEET January 24 - 25, 2026



Saturday Jan 24th AM 12&U 7:30-8:30 Warmup (20 min block assigned) 8:30-12:30 Racing	Saturday Jan 24th PM 13 Over 2:00-3:00 Warmup (Lane Assignment TBD) 3:00-7:00 Racing
Event 1 - Mixed 200 IM	Event 21 - Mixed 200 IM
Event 2 - Mixed 50 Fly	Event 22 - Mixed 50 Fly
Event 3 - Mixed 100 Back	Event 23 - Mixed 100 Back
Event 4 - Mixed 50 Fr	Event 24 - Mixed 50 Fr
Event 5 - Mixed 100 Breast	Event 25 - Mixed 100 Breast

Sunday Jan 25th AM 12&U 7:30-8:30 Warmup (20 min block assigned) 8:30-12:30 Racing	Sunday Jan 25th PM 13 Over 1:30-2:30 Warmup (Lane Assignment TBD) 2:30-6:45 Racing
Event 7 - Mixed 100 IM	Event 27,28,29 - Mixed 200 Fr/Br/Fly
Event 8 - Mixed 50 BK	Event 30 - Mixed 50 BK
Event 9 - Mixed 100 FR	Event 31 - Mixed 100 FR
Event 10 - Mixed 50 BR	Event 32 - Mixed 50 BR
Event 11 - Mixed 100 Fly	Event 33 - Mixed 100 Fly



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.



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."