



## **Mies Schootman Invitational Swim Meet**

January 16-18, 2026

Vancouver Aquatic Centre

1050 Beach Avenue

Vancouver, BC V6E 1T7

Sanctioned by Swim BC: #55389

### **CDSC acknowledges the financial support of the Province of British Columbia**

CDSC would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliwətaʔ (Tsleil-Waututh) Nations.

### **SAFE SPORT**

- 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.
- All organizing committees must either allocate adult only washrooms (volunteers, coaches, officials) and swimmer only washrooms, or indicate that this configuration is not available due to facility constraints. Every effort must be made to allocate separate washrooms.

### **POOL AND FACILITIES**

- 8x25m Competition Pool
- Omega Electronic Timing
- Omega blocks
- Warm up tank: 6x20.7m
- Pool depth: 1.5-2.0m on diving end and 4.5m on bulkhead end
- Spectator viewing gallery/stands upstairs
- Team Aquatic Supply (TAS) will be onsite for sales on Saturday, January 17th.
- Limited and PAY parking directly adjacent to the east side of the pool under the Burrard Street bridge (EasyPark Lot 63). Please note that Beach Avenue is now **one way from east to west**, so all traffic needs to come from east of Burrard Street to access the pool parking lot. Alternative parking lots are located about 10-minute walk from the pool. [Lot Details \(easypark.ca\)](https://easypark.ca)

**Due to restrictions at the Vancouver Aquatic Centre and the City of Vancouver, please note that parking, dropping off or picking up swimmers in the Handicap zone of this facility (directly in front of the facility), is strictly forbidden. Any parents found doing this may have their swimmer disqualified from the meet. Please limit parking on the facility grounds to the adjacent lot.**



## CONTACT INFORMATION

1. **Referee:** Jeannie Lo (Level 5)
2. **Meet Manager:** Jocelyn Chang ([meetmgr@canadiandolphin.ca](mailto:meetmgr@canadiandolphin.ca))
3. **Entries Coordinator:** - please contact Zach with any questions or concerns before meet ([zach2@canadiandolphin.ca](mailto:zach2@canadiandolphin.ca))
4. **Officials Coordinator:** Eric Hunter ([officials@canadiandolphin.ca](mailto:officials@canadiandolphin.ca))
5. **Head Coach:** Kelly Taitinger ([k.taitinger@canadiandolphin.ca](mailto:k.taitinger@canadiandolphin.ca))

## MEET RULES

1. All swimmers are required to be registered with Swim BC or other World Aquatics affiliated organizations
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. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
  - a. Non-verbal instruction provided by a 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. Facility or Swimming Canada provided strobe light: An external strobe light is available at this competition \* Note that the support person must show a status of "Registered" as support staff in the Swimming Canada registration system.

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

6. 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. Note: The full details on the Swim BC Event Photography and Video Policy can be found [here](#)
7. During events only one (1) swimmer per lane is permitted.
8. Starts will be dive overs; swimmers are to remain in the water until after the next heat has started except for backstroke
9. Starts will be conducted from Starting Platforms (blocks) as per AQUA FR 2.3 and SW 4.1
10. Clubs are responsible for their seating area and are required to keep it clean and tidy
11. **Clubs are responsible for their swimmers during and between sessions. No swimmers on deck between sessions. You are welcome to stay in bleachers.**



12. Coaches are asked to check in with Meet Manager upon arrival to pick up meet information and confirm payment of fees. Coaches' meeting will take place immediately following the clearing of pool after warm up.
13. 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.
14. 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.

#### OFFICIALS NEEDED

1. Teams will be responsible for supplying at least one Stroke & Turn Judge and 2 timers per session in which they participate. Please provide your list of officials by session by Saturday, January 10<sup>th</sup> to [officials@canadiandolphin.ca](mailto:officials@canadiandolphin.ca)
2. Officials to check in near the administration desk and be on deck at least 45 minutes prior to the start of each session. Meet Referee will review rules at Officials Briefing. ***Please check with Jeannie with regards to parking for Senior officials.***
3. Only swimmers, coaches and officials will be allowed on deck during the meet, including warm ups. **Parents are not allowed on deck at any time unless officiating.**

#### ENTRY FEES

1. Meet entry fees are \$12.00 per individual event and \$6.00 per relay, and Swim BC Competition Surcharge of \$5.00 per swimmer
2. Entry fees must be paid prior to the start of the first session.
3. Payment
  - a. By 1 cheque for all swimmers entered under the club acronym and make payable to the ***Canadian Dolphin Swim Club***
  - b. By e-transfer to [treasurer2022@canadiandolphin.ca](mailto:treasurer2022@canadiandolphin.ca)

#### ENTRIES AND SEEDING

1. Meet entries must be **uploaded prior to Noon Thursday Jan 8th, 2025** to the Swimming Canada REMS database. Entries sent directly to the meet manager will NOT be accepted.
2. Only the following clubs with the confirmed number of athletes will be allowed entry to the meet. - OS, CHIN, GATOR, WDSC, PSW, HST, SQUP, RAPID, WSC, WVOSC



3. Please enter times in SCM. Converted times will be accepted.
4. Please ensure that your swimmer's accounts are valid and active to avoid delay. Meet results with file error when submitting results may be removed to avoid delay in result submission.
5. 9-digit SNC ID number must accompany all swimmers' entries.
6. Meet entry limit is achieved by invited teams entering the 500<sup>th</sup> swimmer.
7. Age groups are based on the swimmer's age as of the 1<sup>st</sup> day of the meet.
  - a. Results will be 11 yrs & U, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs & O
8. Events will be seeded FAST to SLOW
9. Coaches to consider Swim BC guidelines to ensure deck time is not exceeded for 10&U swimmers when selecting events.

#### DECK ENTRIES

1. No Deck entries will be permitted.

#### SCRATCHES

1. Scratches after the entry deadline will only be refunded with a doctors note.

#### MEET ENTRY TIME STANDARD

1. **Swimmers must have achieved a 3:45 in the 200 IM** to be eligible to participate in the meet.
2. NO NT times accepted for accurate timeline. All NTs will automatically be scratched.
3. Time standards for 200 metre and above events are posted on the event list.
  - a. **Swimmers must have validated times for these events. Non-Validated/Handwritten times will be automatically scratched. CDSC swimmers are exempt from this rule.**
4. **CDSC (host club) reserves the right to enter their swimmers at a reduced standard.**
5. The meet management may enter any swimmers at a reduced standard at their discretion.

#### EVENT LIMITS

1. CDSC (host club) reserves the right to limit/alter the meet to fit the time schedule. Affected swimmers will be notified.
2. Swimmers will be limited to a maximum of **2 individual events per session** + relay(s), if applicable. **Swimmers limited to one event only during session 1 – time standards apply**
3. Distance events are mixed (no records) and will be limited to 7 heats for 800 FR and 5 heats for 1500 FR.
4. 400 free and 400 I.M. will be limited to 5 heats per gender with at least the fastest 8 swimmers from each age group (12 & U, 13 – 14 and 15 & O). + the next fastest 16 swimmers overall based on proven times. Coaches will be notified if swimmers do not make these events and may be allowed to change to another event, once all entries are received.
5. CDSC swimmers may be permitted more individual and relay events to accommodate hosting.
6. CDSC swimmers may enter any events without making the qualifying standard.



## RELAYS

- Mixed relays **must** be 2 boys and 2 girls
- Relay age groups will be 12&U; 13-14; 15&O.
- Relays will be limited to 3 teams per club per age group listed.

## DISTANCE EVENTS

1. Positive check in is required for the 800FR and 1500FR during the start of the warm up with the Admin desk.

## AWARDS

1. **PRIZE MONIES:** - **swimmers must swim at least 6 events in order to qualify for prize monies.**
  - Swimmers achieving the highest HYTEK point total for one swim (Olympic event) will receive the following based on male and female.

**\$850 total prize monies available:**

**12 & u:** - \$75.00 – male and female  
**13 – 14:** - \$150.00 – male and female  
**15 & older:** - \$200 – male and female

2. **Margaret Durward Team Spirit Award** will be presented to team with greatest spirit and volunteerism as selected by senior officials
3. **Tommy Balabanov Award** for Top Male 100FR (based on HYTEK Point)
4. **Leslie Cliff Award** for Top Female 400IM (based on HYTEK Point)

## WARM UP PROTOCOL – COACHES PLEASE SHARE WITH YOUR SWIMMERS!

For the main warm up, teams may be given a 30-minute session in the main tank. The east tank will always be open to swimmers excluding session breaks. Absolutely no diving in the EAST and WEST Pools.

DIVE lanes will open for the last 10 minutes of the 30-minute block in lanes 1, 4, 5, and 8 with swim back lanes being in lanes 2, 3, 6 and 7 – swimmers going in to the closest lane available after diving.

	EAST TANK	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	WEST TANK
		DIVE	SB	SB	DIVE	DIVE	SB	SB	DIVE	
<b>SB = Swim Back; Dive = Dive Lanes – DO NOT GET OUT to Bulkhead – go under rope to swim back lane</b>										

**Should timelines between sessions be tight, the 30-minute block may be modified or cancelled.**



## ORDER OF EVENTS

<b>Friday – Session 1</b> Warm Up 10:00-11:00 AM; Session Approx 11:15-2:15 PM *Pre-Registered Officials on Deck by 10:15 AM		
Female	Event	Male
#1 (mixed)	800 FREE (Limit of 7 Heats) FREESTYLE ONLY*** <b>(QT 10:30.00)</b>	#1 (mixed)
#2 (mixed)	1500 FREE (Limit of 5 Heats) Freestyle ONLY*** <b>(QT 20:30.00)</b>	#2 (mixed)

<b>Friday – Session 2</b> Warm Up 2:15-3:15 PM; Session Approx 3:30-7:30 PM *Pre-Registered Officials on Deck by 2:45 PM		
Female	Event	Male
#3	100 BACK	#4
#5	200 FLY <b>(QT – 3:25.00S)</b>	#6
#7	400 I.M. (limit of 5 Heats) <b>(QT – 6:30.00S)</b>	#8
#9 (mixed)	12&U 200 MEDLEY RELAY	#9 (mixed)
#10 (mixed)	13-14 200 MEDLEY RELAY	#10 (mixed)
#11 (mixed)	15&O 200 MEDLEY RELAY	#11 (mixed)

<b>Saturday – Session 3</b> Warm Up 7:00-8:00 AM; Session Approx 8:15-1:45 PM *Pre-Registered Officials on Deck by 7:15 AM		
Female	Event	Male
#12	200 BREAST <b>(QT – 3:40.00S)</b>	#13
#14	200 FREE <b>(QT – 3:00.00S)</b>	#15
#16	100 I.M.	#17
#18	50 BACK	#19

<b>Saturday – Session 4</b> Warm Up TBD; Session Approx 3:00-7:30 PM *Pre-Registered Officials on Deck by 2:15 PM		
Female	Event	Male
#20	200 BACK <b>(QT – 3:15.00S)</b>	#21
#22	100 FREE	#23
#24	50 BREAST	#25



### Sunday – Session 5

Warm Up 7:00-8:00 AM; Session Approx 8:15-12:30 PM

\*Pre-Registered Officials on Deck by 7:15 AM

Female	Event	Male
#26	200 I.M. <b>(QT 3:25.00S)</b>	#27
#28	100 FLY	#29
#30	50 FREE	#31

### Sunday – Session 6

Warm Up TBD; Session Approx 1:45-6:30 PM

\*Pre-Registered Officials on Deck by 1:00 PM

Female	Event	Male
#32	400 FREE (Limit of 5 Heats) <b>12&amp;U Boys and Girls QT –5:30.00</b> <b>13&amp;O Boys QT –4:40.00</b> <b>13&amp;O Girls QT –5:00.00</b>	#33
#34	100 BREAST	#35
#36	50 FLY	#37
#38	12&U 200 MEDLEY RELAY	#39
#40	13-14 MEDLEY RELAY	#41
#42	15&O MEDLEY RELAY	#43
#44	12&U 200 FREE RELAY	#45
#46	13-14 FREE RELAY	#47
#48	15&O FREE RELAY	#49



## COMPETITION WARM-UP SAFETY PROCEDURES

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Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent upon 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.

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 over 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 warmups. 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."**

September 18, 2025