



OLYMPIANS SWIMMING

**OS May Invitational Swim Meet
May 15 - 17, 2026**

Sanctioned by Swim BC #63398

Long Course Heats and Finals
12 & Under, 13 – 14, and 15 & Over Age Groups
Limited to the team entering the 420th swimmer
Entry Deadline: Tuesday, May 5, 2026 at 12:00pm
Scratch Deadline: Saturday, May 9, 2026 at 12:00pm



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

Ph: (604) 882-0361

Facility: 8 Lane, 50m 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.

Swimmers only washrooms are located on deck next to the pool. Adults only washrooms are located next to the gymnasium. 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: **Tuesday, May 5, 2026 at 12:00pm (PT)**

Scratch Deadline: **Saturday, May 9, 2026 at 12:00pm (PT)**

Entry Fees:

1. Entry fees are a **\$15.00 per individual** event plus a \$5.00 Swim BC Competition Surcharge per swimmer.
2. There will be **No Deck Entries** for any event.



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- 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 the team entering the 420th swimmer.**
- Swimmers are limited to a **maximum of 7 events.**
- Only the following clubs with the confirmed number of athletes will be allowed entry to the meet: WVOSC, SKSC, CDSC, VPSC, PSW, WDSC and SQUP.
- Eligibility:**
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. No Time (NT) entries will not be accepted and will not be downloaded from the entry file.
 4. Age groups will be based upon swimmers age as of the 1st day of the meet.
- Scratch Deadline:**
1. Day of meet scratches need to be in 30 minutes prior to heats on Saturday & Sunday. (No refund of fees.)
- Scratch Rules:**
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.
 - 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 final
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 May 9th 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).



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- 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. 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.
 5. 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.
 6. The World Aquatics one-start rule will be in effect
 7. 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.
 8. During events only one (1) swimmer per lane is permitted.
 9. 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* 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
- Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.



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10. 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.
11. Clubs are responsible for their swimmers during and between sessions. No swimmers on deck between sessions.
12. Clubs are responsible for their seating area, gymnasium and are required to keep it clean and tidy.
13. Swimmers are not allowed to be seated on the ledge of the hot tub.

- Dividing 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. The fee for an official split is \$15 per split. Payment must be made in cash to the Meet Administration Desk prior to the start of the session in which the split will occur.
- Official Needed:**
- 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, May 9th to officials@simonfraseraquatics.com
 - Officials to check in near the administration desk and be on deck at least 1 hour prior to the start of each session. Meet Referee will review rules at Officials Briefing.
 - Only swimmers, coaches and officials will be allowed on deck during the meet, including warmups.



4. Parents are not allowed on deck at any time unless officiating.

Meet Management: Meet Referee
Khay See (Level 5)
officials@simonfraseraquatics.com

Meet Manager
Kristi McIntosh
kristi.mcintosh@gmail.com

Entries Coordinator
Khay See
officials@simonfraseraquatics.com

All entries must be submitted online by
Tuesday, May 5th, 2026 at 12:00 pm (PT)

The meet will be limited to the team entering the 420th swimmer.



FRIDAY, MAY 15, 2026		
Heats & 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 – 12:30 pm	Racing: 4:00 pm - 7:00 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 – 12:30 pm	Racing: 4:00 pm - 7:00 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 IM <i>(Timed Finals Fastest 8 - 14 & Under and 15 & Over in Finals)</i>	32



GIRLS						
12 & Under		13 – 14		15 & Over		
LCM	SCM	LCM	SCM	LCM	SCM	
200 Free	2:48.36	2:45.06	2:34.33	2:31.31	2:26.30	2:23.43
800 Free	11:48.20	11:34.31	10:51.49	10:38.72	10:19.35	10:07.21
1500 Free	22:44.81	22:18.05	20:53.65	20:29.07	20:02.45	19:38.87
200 Back	3:08.07	3:04.38	2:51.57	2:48.21	2:43.54	2:40.34
200 Breast	3:36.67	3:32.42	3:18.46	3:14.57	3:08.29	3:04.59
200 Fly	3:22.52	3:18.56	3:00.36	2:56.82	2:51.36	2:48.00
200 IM	3:09.46	3:05.75	2:55.32	2:51.89	2:45.58	2:42.33
		14 & Under		15 & Over		
		LCM	SCM	LCM	SCM	
		400 Free	5:21.53	5:15.22	5:07.74	5:01.70
		400 IM	6:06.71	5:59.53	5:50.80	5:43.93

BOYS						
12 & Under		13 – 14		15 & Over		
LCM	SCM	LCM	SCM	LCM	SCM	
200 Free	2:48.79	2:45.48	2:25.45	2:22.59	2:15.38	2:12.72
800 Free	11:50.80	11:36.86	10:21.12	10:08.94	9:45.12	9:33.65
1500 Free	22:34.10	22:07.54	19:49.88	19:26.55	18:39.83	18:17.87
200 Back	3:08.50	3:04.80	2:45.58	2:42.33	2:33.15	2:30.15
200 Breast	3:37.20	3:32.94	3:05.71	3:02.07	2:52.86	2:49.47
200 Fly	3:21.14	3:17.19	2:52.11	2:48.74	2:36.69	2:33.62
200 IM	3:10.96	3:07.22	2:45.14	2:41.91	2:32.83	2:29.84
		14 & Under		15 & Over		
		LCM	SCM	LCM	SCM	
		400 Free	5:09.55	5:03.47	4:47.80	4:42.15
		400 IM	5:46.78	5:39.98	5:27.89	5:21.46



No Time (NT) entries will not be accepted for the 400 Free, 800 Free, 1500 Free, and 400 IM events and will not be downloaded from the entry file. 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.



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.”