



PSW WINTER INVITATIONAL

HOSTED BY PACIFIC SEA WOLVES SWIM CLUB
JANUARY 31st and FEBRUARY 1st, 2026

GRANDVIEW HEIGHTS AQUATIC CENTRE
16855 24 Ave
Surrey, BC V3S 0A2

Sanctioned by Swim BC #60131

Date	Morning			Afternoon		
	Warm Ups	Preliminaries	Estimated Timeout	Warm Ups	Finals	Estimated Timeout
Saturday January 31, 2026	7:30-8:20AM	8:30AM	2:00PM	4:30-5:20PM	5:30PM	8:00PM
Sunday February 1, 2026	7:30-8:20AM	8:30AM	2:00PM	4:00-4:50PM	5:00PM	7:30PM

Order of Events

SATURDAY	SUNDAY
400 Free	400 IM
200 Breast	200 Free
15 Minute Warm-down	15 Minute Warm-down
100 Back	200 Back
200 IM	100 Breast
15 Minute Warm-down	15 Minute Warm-down
100 Free	50 Free
100 Fly	200 Fly
20 Minute Warm-down	20 Minute Warm-down
800 Free (Timed Final)	1500 Free (Timed Final)

CONTACTS:

Meet Entries: Jy Lawrence

meetmanager@pacificseawolves.com

Meet Manager: Rui Sun

meetmanager@pacificseawolves.com

Head Coach: Jy Lawrence

jy@pacificseawolves.com

Meet Referee: Norma Lachance/Yusula Choe

mathdva@gmail.com / yperkins@telus.net

SAFE SPORT STATEMENT:

- 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 changing is explicitly prohibited.
- Adult Only Washrooms will be allocated for Volunteers, Coaches and Officials. Located beside the hospitality room and blend coffee. Athletes are assigned to use the changeroom washrooms.

POOL AND FACILITIES:

- Starts will be conducted from starting platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
- One 50-metre, 10 lane competition pool
- Colorado electronic timing, touch pads and scoreboard

LAND ACKNOWLEDGEMENT:

The Pacific Sea Wolves Swim Club would like to acknowledge that the land on which we gather is the traditional, unceded, and shared territories of the qíćəý (Katzie), q̓wɑ:ńłəń (Kwantlen), and Semiahmoo First Nations.

ELIGIBILITY:

- Swimmers must be registered with Swim BC or other World Aquatics-related organizations.
- Age group is determined by age of swimmer on January 31, 2026.
- Athletes must have at least ONE qualifying time, in an appropriate sanctioned competition, as of the entry deadline.
- Swimmers from Pacific Sea Wolves may be entered in events with empty lanes.

ENTRY INFORMATION:

- Entries will be validated against the SNC meet results database; invalid entry times, unofficial splits, or converted entry times will not be accepted.
- No NTs: Please enter times for all events so accurate timelines can be established.
- Meet management reserves the right to restrict event selection to ensure the meet ends in a timely fashion.
- **Late entries** (entries received or uploaded after 12:00pm on Wednesday, January 21, 2026) **will be accepted at discretion of Meet Management. If accepted, the Meet Fees will be doubled.**

ENTRY DEADLINE:

WEDNESDAY, January 21, 2026 AT 9:00PM

ENTRY FEES:

- Meet Fees (including Swim BC Competition Surcharge) are \$115.00 per swimmer.
- Cheques payable to: **Pacific Sea Wolves Swim Club.**
- All fees **MUST** be paid prior to the start of the meet.
- Meet entries must be submitted to the meet manager.
- Please include the proper contact name, phone number and email address when sending entries.
- Entries may only be submitted for swimmers whose registration is "ACTIVE" in the new REMS database.
- All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) – this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

ENTRY LIMITS:

- The total number of swimmers attending the meet will be limited to 340.
- Individual entries are limited to 5 events per swimmer. (If qualified in one you get 4 bonus events, if qualified in two you get 3 bonus events, if qualified in three you get 2 bonus events, if qualified in four you get 1 bonus event).
- Limits for the 800 and 1500 events are limited to 20 of each gender. Should a swimmer only qualify in the 800 or 1500 Free events and are not one of the 20 in either gender for that event, they may still enter the meet and swim 4 bonus events.

DECK ENTRIES:

- Deck entries are \$30/event.
- Deck entries will be accepted up until 60 minutes prior to the start of racing and will be allowed for filling empty lanes only. No new Heats will be created.
- Deck entries will be exhibition swims only (EXH), and do not qualify swimmers for finals or awards.
- 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 REMS registration system, date of birth, and SNC registration number.
- Deck entries must be paid in cash in advance of the swimmer being able to race in the event.

GENERAL MEET RULES:

- Swim BC warm-up procedures will apply and be monitored by Safety Marshals.
- Para swimmers meeting BC Provincial standards and registered with a World Aquatics or IPC affiliate are welcome to compete and classification numbers must accompany entries. Para will be seeded according to entry time. Current IPC Swimming Rules will govern all Para-Swimmer events.
- Teams requesting official splits are responsible for supplying timers for their swimmers.
- The meet will run under Swim BC and Swimming Canada rules and regulations.
- Swim BC warm-up procedures and the World Aquatics one-start rule.
- Heats will be start overs (with the exception of backstroke events)

- All swimmers will be 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 permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
- It is the visiting club's responsibility to ensure their swimmers are always supervised both during sessions and between sessions.
- 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.
- 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.
- During events only one (1) swimmer per lane is permitted.
- All swim-offs will be run at a time mutually agreed upon by coaches and officials. Every effort will be made to run swim-offs by the end of the session in which the tie occurs.
- 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.
- This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
 - Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'
 - Visual hand signals given by the starter/referee

WITHDRAWAL RULES:

- FINAL WITHDRAWAL DEADLINE, without financial penalty, is **Monday, January 26th at 12:00PM.**
- No refunds will be allowed after the WITHDRAWAL DEADLINE without a doctor's note. All withdrawal and final changes to entries must be emailed to the Entries Coordinator at meetmanager@pacificseawolves.com.

SCRATCH RULES:

- SCRATCH DEADLINE for Finals will be 30 minutes from the conclusion of the following preliminary events:
 - Saturday, January 31: 100 FLY
 - Sunday, February 1: 200 FLY
- A Scratch fee of \$25 will be implemented for each late scratch.

EVENTS:

- Age groups for finals are Girls 15 & Under, Girls 16 & Over, Boys 16 & Under, Boys 17 & Over.
- There will be a consolation 'B' Final in all events that have 40 or more entries, per age group as of the withdrawal deadline.
- A list of events with B finals will be included in the Technical Bulletin. It is the responsibility of the coaches and swimmers to know which events have a B Final.

800 AND 1500 FREE EVENTS:

- These events are timed finals and will be swum fastest to slowest.
- **Positive check-in** is required for all 800m and 1500m races. Failure to check-in will result in a scratch.
- **Positive check-in deadline** is 30 minutes AFTER the start of the session in which the event will be swum.
- Lap counter cards will not be provided.

AWARDS:

- There is no team scoring for this meet.
- First place from each event will be placed in a draw for a \$100 Team Aquatic Supplies online gift card.
- One draw for each age group and gender.

Meet Entry Standards

Female	Short	Long	Male	Short	Long
50 Free	28.23	29.03	50 Free	25.76	26.56
100 Free	1:01.55	1:03.15	100 Free	56.27	57.87
200 Free	2:14.28	2:17.48	200 Free	2:03.96	2:07.16
400 Free	4:44.65	4:51.05	400 Free	4:25.33	4:31.73
800 Free	9:44.59	9:57.39	800 Free	9:10.18	9:22.98
1500 Free	18:48.10	19:12.10	1500 Free	17:30.69	17:54.69
100 Back	1:10.40	1:11.60	100 Back	1:04.67	1:05.87
200 Back	2:32.16	2:34.56	200 Back	2:20.39	2:22.79
100 Breast	1:19.62	1:21.62	100 Breast	1:12.14	1:14.14
200 Breast	2:52.58	2:56.58	200 Breast	2:38.11	2:42.11
100 Fly	1:08.08	1:09.48	100 Fly	1:02.05	1:03.45
200 Fly	2:35.17	2:37.97	200 Fly	2:21.52	2:24.32
200 IM	2:32.56	2:35.76	200 IM	2:20.40	2:23.60
400 IM	5:25.83	5:32.23	400 IM	5:04.40	5:10.80



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."