



Titans Medley Add-Up 2026

Saturday March 7th, 2026

Maple Ridge Leisure Centre
11925 Haney Place
Maple Ridge, BC V2X 6G2

Sanctioned by Swim BC - #59144

OVERVIEW

LAND ACKNOWLEDGEMENT

The Ridge Meadows Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Katzie First Nation and Kwantlen First Nation.

Subject to change depending on the number of entries received.

Session	Date		Warm-up	Heats	Estimated Finish
1	Sat – March 7th	13&O	7:30 – 8:20am	8:30am	12:00pm
2	Sat – March 7th	12&U	1:30 – 2:20pm	2:30pm	6:00pm

QUALIFYING STANDARDS

RMSC reserves the right to enter swimmers above the qualifying standard

12 & Under Session	13 & Over Session
Under 2:15 100 IM	Under 4:00 200 IM

POOL & FACILITIES

The competition will be held in a 6 lane 25-meter pool with a Colorado touchpad timing system and 6-lane display board. There will be a 4 lane warm-down tank for use throughout the competition.

ELIGIBILITY

Swimmers must be registered with Swim BC or another World Aquatics affiliate organization.

Swimmers must meet the qualifying standards as outlined above.

SAFE SPORT STATEMENT

The Ridge Meadows Titans believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

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.

- There is to be no ‘**deck changing**’ on the pool deck, all changing must be done in the appropriate change room.
- Swimmers are encouraged to only use the facility changerooms, while the officials and coaches use the restrooms in the lobby.

- 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.

GENERAL INFORMATION

- To ensure that swimmers are placed in appropriate heats, coaches are requested to enter accurately estimated times for swimmers that have not previously participated in an event. No NT entries will be accepted.
- Upon request, Clubs entered must provide a proof of time for the IM.
- Timed-Finals for all events with events seeded slowest to fastest. The top 6 swimmers from each age group 9 & under, 10-year-olds, 11 and 12-year-olds, 13 and 14-year-olds, and 15 and over and gender will swim in a timed final at the end of each event.

- Results will be separated by gender into the following age groups: 9 & under, 10-year-olds, 11 and 12-year-olds, 13 and 14-year-olds, and 15 and over.
- The Age Group Event streams will be as below:

Age Group Stream	Events
9 and under	50 Fly, 50 Back, 50 Breast, 50 Free
10-year-olds	50 Fly, 50 Back, 50 Breast, 50 Free
11 and 12-year-olds	50 Fly, 100 Back, 100 Breast, 50 Free
13 and 14-year-olds	100 Fly, 100 Back, 100 Breast, 50 Free
15 and over	100 Fly, 100 Back, 100 Breast, 50 Free

- Our Titans Medley Add-Up Champions will be awarded with a Championship belt based on their add-up time across the 4 events that are offered. Swimmers should enter all 4 events offered for their age group stream in the meet.
- Bell prizes will be awarded throughout the meet.

ORGANIZING COMMITTEE

Meet Manager: MJ Hutchinson

competitions@rmsctitans.ca

Meet Referee: Chris Wakelin

wakelin3395@gmail.com

Entry Coordinator: Darryl Rudolf

darryl.rudolf@gmail.com

ENTRIES

- Entries will be limited to 200 swimmers for each session to preserve reasonable session lengths. Teams will be notified if entries cannot be accepted.
- Meet management reserves the right to reduce the number of entries if the meet timelines do not fit a reasonable time frame.
- Swimmers can be registered for up to a maximum of 4 individual events and are encouraged to enter all 4 events offered for their age group stream.

- 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 Deadline

Wednesday February 25th, 2026 by 11:59pm to Entry Coordinator darryl.rudolf@gmail.com

Scratch Deadline

Monday March 2nd, 2026 by 1:00pm to Entry Coordinator darryl.rudolf@gmail.com

There will be no refunds for scratches made after the scratch deadline unless a medical note is presented to the Clerk of the Course.

- Deadline for deck entries, courtesy scratches, relay name/order changes: 30 minutes before start of each session.
- RMSC reserves the right to enter swimmers not meeting the qualifying standards.

FEES

- \$55 meet fee per swimmer, which includes a \$5.00 Swim BC Competition Surcharge. \$15 per relay entry.
- Deck Entries will be accepted (Exhibition only), if room is available in the event, at a fee of \$20.00/event. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears on the SNC registration system, date of birth, and SNC registration number.
- Meet payments must be handed to the Clerk of the Course 30 minutes prior to the start of Session 1. Please make cheques payable to **Ridge Meadows Swim Club**. E-transfers will be accepted for entry fees and can be sent to finance@rmsctitans.ca.
- Refund request after the scratch deadline must be accompanied by a doctor's note.

*Please note that the 25m events are for RMSC novice level swimmers. If you are interested in entering swimmers in the novice level events, please email Darryl Rudolf at darryl.rudolf@gmail.com. Entry fees for the novice level will be \$35.00 which includes the \$5.00 Swim BC Competition Surcharge.

MEET RULES

- All applicable Swimming Canada rules will be observed.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics 11.4.1 and 11.15.1.4 (from both end or from deep end only).

- All swimmers are permitted to race in 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.
- Swim BC competition warm-up safety procedures will be in effect and will be monitored by safety marshals. Please refer to the attached warm-up procedure.
- The age group for each swimmer is based on the swimmer's age as of March 7, 2026.
- All events will be timed finals.
- 10 & under swimmers are limited to 4 hours of competition time per session. Coaches are requested to adhere to this limit when considering events entered.
- 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 accommodation
- During events only one (1) swimmer per lane is permitted.
- 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.

- 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 OFFICIALS

- Each participating club is asked to provide Timers and Stroke & Turn Officials proportionally to the number of swimmers registered for each session according to the table below; *or other experienced deck officials. These are minimum requirements only. More help will be appreciated.
- Please email the names and contact information of your timers and officials who are able to volunteer at the meet to Carrie Goenewald at officials@rmsctitans.ca.
- Meetings for Officials will be held 30 minutes prior to the start of each session, unless altered by the Meet Manager or Referee.

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

EVENTS

Saturday, March 7th

Session 1 – 13 and Over

Events		
Warm-Up: 7:30am		
Girls	Boys	
Event #		
1	2	100 Butterfly
3	4	100 Backstroke
5	6	100 Breaststroke
7	8	50 Freestyle
9		Mixed 13 and Over 4x50 Medley Relay

Session 2 – 12 and Under

Events		
Warm-Up: 1:30pm		
Girls	Boys	
Event #		
110		Mixed 25 Butterfly (Novice)
12 and under		
11	12	50 Butterfly
111		Mixed 25 Backstroke (Novice)
10 and under		
13	14	50 Backstroke
11 and 12 year olds		
15	16	100 Backstroke
112		Mixed 25 Breaststroke (Novice)
10 and under		
17	18	50 Breaststroke
11 and 12 year olds		
19	20	100 Breaststroke
113		Mixed 25 Freestyle (Novice)
12 and under		
21	22	50 Freestyle
23		Mixed 12 and under 4x50 Medley Relay



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."

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Charlotte Faulkner

Vice President, Director, Portfolio Manager