# WHISTLER SEAWOLVES SWIM CLUB INVITATIONAL
## MAY 23rd & 24th, 2026

**Sanctioned by Swim BC:** 61036

**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.

**Meet Philosophy:**
Our goal is to get every athlete a time for their event and ensure that every child is given an opportunity to swim and get their times when possible.

**Land Acknowledgement:**
Whistler Seawolves Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Squamish Nation and the Lil'wat Nation.

**Session Timelines**

| | Warm Up | Start | Finish |
|---|---|---|---|
| Saturday, May 23rd | 12:30pm (2 Sessions) | 1:30pm | 6:00pm |
| Sunday, May 24th | 12:30pm (2 Sessions) | 1:30pm | 6:00pm |

**Location:** Meadow Park Sports Centre
8625 Highway 99, Whistler BC V0N 1B8
604-935-7529
Meadow Park Sports Centre - Google Maps

**Pool:** 6 lane, 25m pool
Dolphin Electronic Timing System
Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
There is no warm-up/cool-down area while events being swum

**Meet Contacts**

| | |
|---|---|
| Meet Manager: | David Higgins Davidh@wrec.com (604-905-9626) |
| Meet Referee: | Mel Chandler level 5 |
| Officials and Volunteers: | Michelle Brown: michellebrown8168@gmail.com |
| Head Coach: | Brandi Higgins brandi4seawolves@gmail.com |

**Club Website**: http://whistlerseawolves.com

**Meet Format:**
1. All events will be Timed finals, mixed gender
2. All races will be 'start-overs' with the previous heat remaining in the pool, excluding backstroke events. Coaches, please outline this to your athletes.
3. Age groups: 10 & Under, 11-12, 13-14 and 15 & Over
4. Events will be senior seeded, and heats swum slowest to fastest

**Meet Rules:**
1. All Swim BC and Swimming Canada rules will be in effect. Clubs will be required to submit the complete list of coaches attending the meet.
2. All swimmers must be registered properly with Swimming Canada/Swim BC, or other World Aquatics affiliated organization.
3. 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. Deck Changes are specifically prohibited. The change room is open to all facility participants.

4. Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
5. The meet will be limited to 160 swimmers: the team entering the 160th swimmer will be accepted.
6. Deck entries must be submitted a minimum of 30 minutes prior to the start of the session and will be accepted only for empty lanes available. No extra heats will be created. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.
7. Meet management reserves the right to reduce the number of entries for all events if the meet timelines do not fit our allotted time frame. Clubs will be notified in advance and will have 24 hours to re-submit entries.
8. No Provincial or National records will be recognized from mixed gender events
9. This competition can provide the following accommodation 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 accommodations.
10. 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 changing facility.
11. During events only (1) swimmer per lane is permitted.
12. Coaches are reminded that once the competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting block or at the turn end, but are welcome to coach and encourage their swimmers from the sides of the pool.

**Special Meet Rules:**

1. Divisional and Provincial swimmers are welcome to participate.
2. Time Trial events will be swum mixed gender

**Scratches:**

1. Scratch Deadline with refund is **Tues. May 19th, 2026.** No refunds will be provided after this date without a medical note.
2. Session scratches must be received by the Clerk of Course a minimum of 30mins prior to the session start time.

**Awards and Scoring:**

1. Best times will be recognized for 10 & under, 1st to 6th place ribbons for all age groups
2. There will be no scoring at this meet.

**Entry Fees:**

1. Entries will be limited to 8 (8) individual events and two (2) relay events with no more than four (4) individual and one (1) relay event per session.
2. Coaches are asked to submit best times estimates for swimmers and relays to assist with seeding.
3. Individual Entry Fees: $90 for meet entry.
   $5 Swim BC Competition Surcharge (per swimmer)
   (Total of $95 for both sessions)
4. Relay Entry Fees: $25.00
5. Deck Entry Fees: $25.00 payable by cash or check, on deck when accepted
6. All Entry Fees must be paid prior to the start of the first session. Please make checks payable to **Whistler Sea Wolves Swim Club.**

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**Entry Deadline:**
Deadline for uploading entries to the Meet Manager is **Friday May 15th, 2026**. Ensure all Athletes are fully registered with Swimming Canada

**Officials:**
Teams are responsible to provide a reasonable number of timekeepers and officials for their swimmers. Volunteers will receive complimentary snacks and beverages

**Swimming Canada Part II 2.3.2**
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

**Officials Meeting** will be held **15 mins prior to the *start* of each session.**

If there is interest, we will have a stroke and turn clinic on the Friday before the meet. If you are interested, please contact the meet manager. Davidh@wrec.com

**Coaches Meeting:** **10 mins prior to warm-up on Sat. May 23rd.**
Location TBA.

**Parking:** Free parking is available at the pool.

**Hotels:** **Delta Whistler Village Inn and Crystal Lodge Whistler**

# WHISTLER SEAWOLVES SWIM CLUB INVITATIONAL
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| | | |
|---|---|---|
| | **Event List** | |
| | **Saturday Events** | |
| **Event Number** | **Event** | |
| 1<br>2<br>3<br>4<br>5<br>6<br>7<br>8 | 400m IM<br>100m Back<br>200m Breast<br>50m Free<br>100m Fly<br>50m Breast<br>200m Free<br>4 x 50 Medley Relay | |
| 9* | 800m Freestyle Time Trial | |
| | | |
| | **Sunday Events** | |
| **Event Number** | **Event** | |
| 10**<br>11<br>12<br>13<br>14<br>15<br>16<br>17 | 400m Free<br>100m Breast<br>200m IM<br>50m Back<br>200m Fly<br>100m Free<br>200m Back<br>50m Fly | |
| 18 | 4 x 50 Freestyle Relay | |
| | | |

* **Time Trial Events will be swum, mixed gender, if time permits. Final decision will be made by Referee prior to the start of the session.**

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## 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."**