



Hollyburn Spring Meet

May 16-17, 2026

GENERAL INFORMATION

Sanctioned by Swim BC: 62543

This meet will be conducted under Swimming Canada rules and regulations.

Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.

FACILITIES

- Hollyburn Country Club – 950 Cross Creek Rd, West Vancouver, BC, V7S 2S5
- 6-lane 25 metre competition pool
- Quantum Timing System
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
- During events only one (1) swimmer per lane is permitted.

ORGANIZING COMMITTEE

Meet Manager – Shanshan Xu xushanshantm@gmail.com Rob Smith rasgrpinc@gmail.com

Meet Referee – Randa Ridgway ridgwayranda@gmail.com

Head Coach/Entries Coordinator – Brad Hutton bhutton@hollyburn.org

Official Coordinator – Rob Smith rasgrpinc@gmail.com

FORMAT

- Heats and Finals – 4 session meet. All 50-200m events will be swum as heats and finals. 400m events will be timed finals at the end of the morning session. Relays will be timed finals in the afternoon session.
- Results will be separated by gender into the following age groups: 11&under, 12-13, 14&over.
- Medals will be awarded for 1st, 2nd and 3rd places in all age groups in each event.

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 changes are explicitly prohibited.
- Adult-only washrooms are available (volunteers, coaches, officials) and swimmer-only washrooms.
- 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.

ELIGIBILITY

- All swimmers must be registered with a SNC, USS or World Aquatics recognized organization.
- Swimmers should be LMR qualified to participate.
- A maximum of 200 swimmers will be able to participate.
- The age groups are based on the age of the swimmers on the first day of the competition.
- This is an open invitational, please email Brad with expected numbers to reserve your spot.

ENTRIES

- Entry deadline will be **Thursday, May 7, 2026, at 11:59pm**. All entries submitted afterwards *may* not be entered at the discretion of the meet and facility management.
- Swimmers will be limited to **six (6)** individual events plus **one (1)** relay per relay event.
- Entries for this meet will be done as follows:
 - Entries must be submitted through the REMS Swimming Canada online system.
 - Entries may only be submitted for swimmers whose registration is active in the REMS database.
- **No NT times will be accepted for entry.**
- **Deck Entries will be accepted, at the discretion of meet management, to fill empty lanes. Payment of \$25 per event must be made at the time of the deck entry submission.** 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 SNC registration system, date of birth, and SNC registration number.

ENTRY FEES

- Swimmers will pay \$15.00 per individual event as well as a \$5.00 Swim BC Competition Surcharge. Fees include relays.
- Payment must be made by cheque. Cheques to be made out to Hollyburn Swim Team.



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SCRATCHES

- Scratches received prior to **Wednesday, May 13** will not incur Meet Fees.
- There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
- The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of prelims results.
 - For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
 - For finals, email scratches will not be accepted.

HEARING SUPPORT

- 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 2. Hand signals given by the starter/referee * Note that the support person must show a status of "Registered" as support staff in the Swimming Canada registration system

SWIMWEAR

- 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.

PHOTOGRAPHY

- 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.

MISCONDUCT INFRACTIONS

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.



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EVENT LIST

Saturday, May 16, 2026 - Prelims			
Warm-Up:	8:30-9:20am	Competition:	9:30-2:00pm
FEMALE	MALE	AGE	EVENT
1	2	Open	200 IM
3	4	Open	100 Free
5	6	Open	200 Back
7	8	Open	50 Brst
9	10	Open	100 Fly
11	12	Open	200 Brst
13	14	Open	50 Back
15	16	Open	400 Free *TF

Sunday, May 17, 2026 - Prelims			
Warm-Up:	8:00-8:50am	Competition:	9:00-1:30pm
FEMALE	MALE	AGE	EVENT
23	24	Open	200 Free
25	26	Open	50 Fly
27	28	Open	100 Back
29	30	Open	100 Brst
31	32	Open	200 Fly
33	34	Open	50 Free
35	36	Open	100 IM
37	38	Open	400 IM *TF

Saturday, May 16, 2026 - Finals			
Warm-Up:	4:00-4:50pm	Competition:	5:00-7:30pm
FEMALE	MALE	AGE	EVENT
17	18	11&under	4x50 MR
19	20	12-13	4x50 MR
21	22	14&over	4x50 MR
1	2	Open	200 IM
3	4	Open	100 Free
5	6	Open	200 Back
7	8	Open	50 Brst
9	10	Open	100 Fly
11	12	Open	200 Brst
13	14	Open	50 Back

Sunday, May 17, 2026 - Finals			
Warm-Up:	3:00-3:50pm	Competition:	4:00-6:30pm
FEMALE	MALE	AGE	EVENT
39	40	11&under	4x50 FR
41	42	12-13	4x50 FR
43	44	14&over	4x50 FR
23	24	Open	200 Free
25	26	Open	50 Fly
27	28	Open	100 Back
29	30	Open	100 Brst
31	32	Open	200 Fly
33	34	Open	50 Free
35	36	Open	100 IM



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.”