



NRST Distance Time Trial

March 13, 2026

Sanctioned by Swim BC as a Class II Time Trial:

NRST would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Snuneymuxw peoples.

Location: Nanaimo Aquatic Centre
741 Third St, Nanaimo BC, V9R 7B2

Referee: Chelsey Flood

Meet Manager: Scott Flood

Officials Coordinator: Terry Van Der Mark

Meet Manager Email:

sflood@nanaimoriptides.com

Officials Coordinator email:

nrstofficials@nanaimoriptides.com

Pool Features:

- 8 lane - 25m competition pool
- Colorado electronic timing, touch pads and scoreboard
- A portion of the shallow end will be used for warm-up/cool-down

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.
- Volunteer, coaches, and officials only washrooms will be provided - located in the pool lobby.

Meet Rules:

1. Swimming Canada rules will be in effect.
2. No Provincial or National records will be recognized from this Time Trial.
3. Swim BC Competition Warm up safety procedures will be in effect and monitored by Safety Marshals.
4. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
5. During events only one (1) swimmer per lane is permitted.
6. 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.

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. 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.
9. 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):
 - a. 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.
 - b. Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
 - c. 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.

10. 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".
- **Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.
11. Meet management may change session start times after the first entry deadline.

Entry Deadlines:

1. Entries must be submitted through the Swimming Canada online system
2. The deadline to upload entries is **Thursday, Mar 12, 2026**

Eligibility:

1. Only members of NRST in good standing with NRST & Swim BC will be accepted.
2. All swimmers must be registered properly with NRST.
3. There is a maximum swimmer's age of 19 years old.
4. Swimmer's age is determined on the first day of the meet
5. Swimmer can enter 1 event

Awards:

1. Candy canes will be given to all swimmers who achieve a best time

Entry Fees:

1. \$10.00 per individual event.

Session 1: Open Age Group	
Warm up: 3:00 - 3:20 Racing: 3:25 – 6:15	
1	50 Free
2	800 Free
3	1500 Free
4	400 IM
5	200 fly
10	400 IM
11	200 Free Relay
12	200 fly
13	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.”