



2026 Vancouver Island Regional SC Championships

January 30 – February 1, 2026

Sanctioned by Swim BC: #62205

Land Acknowledgement:

Island Swimming Club would like to acknowledge that the District of Saanich lies within the territories of the *lək'ʷəŋən* peoples represented by the Songhees and Esquimalt Nations and the *WSÁNEĆ* peoples represented by the *WJOŁEŁP* (Tsartlip), *BOḰEĆEN* (Pauquachin), *STÁUTW* (Tsawout), *SIḰEM* (Tseycum) and *MÁLEXEŁ* (Malahat) Nations.

Meet Referee: Brian Bikadi

Meet Manager: Jeff Stevens/ Dave Adamson
officials@islandswimming.com

Meet Admin: Jeff Stevens
officials@islandswimming.com

Venue: Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria, BC, V8Z 7K2

Pool Configuration: Two (2) 25-meter, 8-lane competition pools

Four (4) lanes in dive tank available for warm-up/cool-down

Timing System: Quantum Aquatics

WARM UP & SESSIONS TIMES

Friday, January 30, 2026

Session 1 <i>11&12, 13&14,15&O</i>	warm up	8:00-8:50am
	RACING	9:00am - 1:00pm
Session 2 <i>11&12, 13&14,15&O</i>	warm up	4:00-4:50pm
	RACING	5:00-7:30pm

Saturday, January 31, 2026

Session 3 <i>10&U, 11&12</i>	warm up	8:00-8:50am
	RACING	9:00-11:30am
Session 4 <i>13&14,15&O</i>	warm up	4:00-4:50pm
	RACING	5:00-7:30pm

Sunday, February 1, 2026

Session 5 <i>10&U, 11&12</i>	warm up	8:00-8:50am
	RACING	9:00am - 12:30pm
Session 6 <i>13&14,15&O</i>	warm up	3:30-4:10pm
	RACING	4:15-6:30pm

Safe Sport Statement:

Swim BC believes 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.

Swim BC is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. 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.

Swimmer only washrooms are designated for the team change rooms at the East Pool start end. Deck changes are explicitly prohibited. All other washrooms in Saanich Commonwealth Place are designated for public use including for volunteers, coaches, officials. Public washrooms are located on the pool deck at the West Pool start end, SCP lobby, café, and library.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures, including but not limited, to the Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.

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.

Entries:

1. VIR Teams will be given priority for entry.
2. Anticipated numbers would be appreciated and can be sent to officials@islandswimming.com.
3. Entry Fee is:
 1. \$12 per individual event



2026 Vancouver Island Regional SC Championships

January 30 – February 1, 2026

Sanctioned by Swim BC: #62205

- b. \$12 per relay event
- c. \$5 per swimmer Swim BC Competition
- Surcharge
- 4. Entries must be submitted through the Swimming Canada website by the entry deadline.
 - a. **Entry deadline is Saturday, January 24, 2026 at 11:55PM**
 - b. Entries may only be submitted for swimmers whose registration is ACTIVE in the REMS database.
 - c. 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.
- 5. Entry fees are due at the Admin Desk at the beginning of the meet. Payment can be made by cheque payable to **Island Swimming Club**, by e-transfer to adminoffice@islandswimming.com, or by credit card.
- 6. **No Charge scratch Deadline** is Wednesday, January 28, 2026 at 12:00 Noon.

Note: Please contact meet management if a swimmer is unwell or injured after the scratch deadline and cannot compete in the meet. Waiving of meet fees will be considered at the meet manager's discretion.

- 7. **DECK ENTRIES** may be accepted at the discretion of meet management to fill empty lanes only. No new heats will be created. Deck entries are ineligible for points and 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 SNC registration system, date of birth, and SNC registration number.

Eligibility:

- 1. All swimmers must be registered with a Swimming Canada / Swim BC or other World Aquatics affiliated organization.
- 2. Registered members of clubs of the Vancouver Island Region. Clubs from outside the Region may be considered, depending on number of entries.

- 3. Age group is determined by the age of the swimmer as of January 30, 2026.
- 4. Qualifying times for individual events are per the [2024/25 VIR Time Standards](#).
- 5. USport qualified entries will be swum as exhibition.
- 6. Entry times are to be submitted in SC Meters established to the hundredth of a second. Converted LC Meter times will be accepted (-2%).

Meet Rules:

- 1. All Swimming Canada rules will be in effect including:
- 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):
 - 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.

- 3. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1; or
 - a. in-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
- 4. During events only one (1) swimmer per lane is permitted.
- 5. Swim BC Competition Warm-Up Safety Procedures will be in effect and monitored by Safety Marshals.
- 6. Swimmers are allowed to race in swimwear of their choice at Swim BC sanctioned competitions. There is no requirement to declare the choice of swimwear to the referees if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.



2026 Vancouver Island Regional SC Championships

January 30 – February 1, 2026

Sanctioned by Swim BC: #62205

7. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
 - a. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'
 - b. Visual hand signals given by the starter/refereeClubs must contact Meet Management by the Entry Deadline of the need for accommodations.
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. All events are Timed Finals.

Para Swimming Information:

1. This meet does not have WPS sanctioning.
2. Para Swimming events are Open Age Groups and will be run as multi-disability. There are no qualifying standards for Para Swimmers.
3. Para Swimmer entries must include each Swimmer's complete classification with all 3 designations (if appropriate).
4. Eligible classes include S1 – S10, S11 – 12, and S14.
5. Para Swimmers will be judged using the most current version of the WPS Swimming Rules.
6. Para Swimmers will race able-bodied events and awarded separately. Coaches are asked to select appropriate events per your Swimmers' classification.

Para Swimmers will be awarded separate from the able-bodied events. Para Swimming Awards will be awarded on the minus one rule: 4+ splashes = 3 awards, 1 swimmer = no awards.

Individual Events:

1. As of the entry deadline, a swimmer must have attained, after September 1, 2024, at least one qualifying time.
2. Swimmers with 1 - 5 qualifying times may enter a maximum of six (6) events.
3. To enter more than 6 events, swimmers must have qualifying times in all events entered. Swimmers may enter a maximum of eight (8) individual events.

Competitors may swim in any (older) age group in which they meet the qualifying standard. Swimmers shall only swim in one age group for any given event. **Meet Management must be notified prior to the entry deadline of any swimmers who will swim up any age group.**

Relay Events:

1. Clubs may enter a maximum of three (3) relay teams per event. Only A & B teams are eligible for scoring.
2. Swimmers participating in relay only events must be identified on entries as "RELAY ONLY SWIMMER".
3. There are no qualifying times for relays, however entry times should be submitted for seeding purposes.
4. Please submit names with your relay entries.
5. Relay name changes can be submitted to the Clerk 45 minutes prior to the start of the session in which the relay is swum.

Awards & Scoring:

1. For individual events, medals shall be presented for places 1st - 3rd. Ribbons shall be presented for places 4th - 8th.
2. For relays, medals shall be presented to the 1st place team only.
3. Para Swimming Awards will be given on a minus one rule (i.e. 4+ splashes = 3 awards.... 1 splash = no awards).
4. Individual and Relay events will be scored as follows: 50-30-20-15-14-13-12-11.



2026 Vancouver Island Regional SC Championships

January 30 – February 1, 2026

Sanctioned by Swim BC: #62205

Officials:

The VIR Championships are offered as a cooperative effort with Officials participating from all clubs. Each participating club is expected to provide Officials for all meet sessions.

Shortly following the Entries Deadline, each participating Team will be assigned designated officiating roles at an approximate 'Official TO Swimmer' ratio of 1:10.

[Officials Sign-up](#) is available on the Event page of the Island Swimming website.

All Officials should report to the Officials briefing room 45 minutes prior to the start of the session for which they are volunteering.



2026 Vancouver Island Regional SC Championships

January 30 – February 1, 2026

Sanctioned by Swim BC: #62205

2024/25 VIR TIME STANDARDS

	VIR Standards: Female SCM					VIR Standards: Female LCM				
	10&U	12&U	14&U	15&Over		10&U	12&U	14&U	15&O	
50 fr	:42.00	:37.00	:34.00	:31.00	50 fr	:43.00	:38.00	:35.00	:32.00	50 fr
100 fr	1:40.00	1:23.00	1:14.00	1:07.00	100 fr	1:42.00	1:25.00	1:16.00	1:09.00	100 fr
200 fr	3:40.00	3:00.00	2:41.00	2:26.00	200 fr	3:44.00	3:04.00	2:45.00	2:30.00	200 fr
400 fr		6:20.00	5:32.00	5:04.00	400 fr		6:28.00	5:40.00	5:12.00	400 fr
800 fr		13:00.00	11:33.00	10:38.00	800 fr		13:16.00	11:49.00	10:54.00	800 fr
50 bk	:50.00				50 bk	:51.00				50 bk
100 bk	1:54.00	1:35.00	1:24.00	1:16.00	100 bk	1:56.00	1:37.00	1:26.00	1:18.00	100 bk
200 bk		3:16.00	2:59.00	2:44.00	200 bk		3:20.00	3:03.00	2:48.00	200 bk
50 br	0:58.00				50 br	0:59.00				50 br
100 br	2:08.00	1:46.00	1:36.00	1:27.00	100 br	2:10.00	1:48.00	1:38.00	1:29.00	100 br
200 br		3:42.00	3:23.00	3:06.00	200 br		3:46.00	2:27.00	3:10.00	200 br
50 fly	:57.00				50 fly	:58.00				50 fly
100 fly	2:08.00	1:38.00	1:24.00	1:16.00	100 fly	2:10.00	1:40.00	1:26.00	1:18.00	100 fly
200 fly		3:32.00	3:03.00	2:48.00	200 fly		3:36.00	3:07.00	2:52.00	200 fly
100 IM	1:56.00				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	4:10.00	3:24.00	2:59.00	2:46.00	200 IM	4:14.00	3:28.00	3:03.00	2:50.00	200 IM
400 IM		7:00.00	6:12.00	5:48.00	400 IM		7:08.00	6:20.00	5:56.00	400 IM
	VIR Standards: Male SCM					VIR Standards: Male LCM				
	10&U	12&U	14&U	15&O		10&U	12&U	14&U	15&O	
50 fr	:42.00	:37.00	:33.00	:30.00	50 fr	:43.00	:38.00	:34.00	:31.00	50 fr
100 fr	1:40.00	1:23.00	1:12.00	1:05.00	100 fr	1:42.00	1:25.00	1:14.00	1:07.00	100 fr
200 fr	3:40.00	3:00.00	2:38.00	2:22.00	200 fr	3:44.00	3:04.00	2:42.00	2:26.00	200 fr
400 fr		6:20.00	5:28.00	4:56.00	400 fr		6:28.00	5:36.00	5:04.00	400 fr
800 fr		13:00.00			800 fr		13:16.00			800 fr
1500 fr			22:30.00	21:00.00	1500 fr			23:00.00	21:30.00	1500 fr
50 bk	:50.00				50 bk	:51.00				50 bk
100 bk	1:54.00	1:35.00	1:22.00	1:14.00	100 bk	1:56.00	1:37.00	1:24.00	1:16.00	100 bk
200 bk		3:16.00	2:56.00	2:40.00	200 bk		3:20.00	3:00.00	2:44.00	200 bk
50 br	0:58.00				50 br	0:59.00				50 br
100 br	2:08.00	1:46.00	1:34.00	1:25.00	100 br	2:10.00	1:48.00	1:36.00	1:27.00	100 br
200 br		3:42.00	3:20.00	3:02.00	200 br		3:46.00	3:24.00	3:06.00	200 br
50 fly	:57.00				50 fly	:58.00				50 fly
100 fly	2:08.00	1:38.00	1:22.00	1:14.00	100 fly	2:10.00	1:40.00	1:24.00	1:16.00	100 fly
200 fly		3:32.00	3:00.00	2:44.00	200 fly		3:36.00	3:04.00	2:48.00	200 fly
100 IM	1:56.00				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	4:10.00	3:24.00	2:56.00	2:42.00	200 IM	4:14.00	3:28.00	3:00.00	2:46.00	200 IM
400 IM		7:00.00	6:08.00	5:40.00	400 IM		7:08.00	6:16.00	5:48.00	400 IM



2026 Vancouver Island Regional SC Championships

January 30 – February 1, 2026

Sanctioned by Swim BC: #62205

Friday, January 30, 2026

Session 1		warm up: 8:00-8:50am		Session 2	warm up: 4:00-4:50pm	RACING: 5:00-7:30pm
		RACING: 9:00am - 1:00pm				
101	800 Freestyle*	102		201	4 x 50 Freestyle Relay (14&U, 15&O)	202
103	1500 Freestyle*	104		203	100 Freestyle	204
				205	200 Backstroke	206
				207	50 Butterfly	208
				209	200 Individual Medley	210
				211	50 Breaststroke	212

Saturday, January 31, 2026

Session 3		warm up: 8:00-8:50am		Session 4	warm up: 4:00-4:50pm	RACING: 5:00-7:30pm
		RACING: 9:00-11:30am				
301	4 x 50 Medley Relay (10&U, 12&U)	302		401	4 x 100 Freestyle Relay	402
303	100 Freestyle (10&U)	304				
305	200 Freestyle (11/12)	306		403	200 Freestyle	404
307	100 Butterfly (10&U)	308				
309	100 Butterfly (11/12)	310		405	100 Butterfly	406
311	50 Breaststroke (10&U)	312				
313	200 Breaststroke (11/12)	314		407	200 Breaststroke	408
315	50 Backstroke (10&U)	316				
317	50 Backstroke (11/12)	318		409	50 Backstroke	410
319	200 Individual Medley (10&U)	320				
321	400 Individual Medley (11/12)	322		411	400 Individual Medley	412
323	4 x 100 Freestyle Relay (12&U only)	324		413	4 x 50 Medley Relay	414

Sunday, February 1, 2026

Session 5		warm up: 8:00-8:50am		Session 6	warm up: 3:30-4:10pm	RACING: 4:15-6:30pm
		RACING: 9:00am - 12:30pm				
501	4 x 50 Freestyle Relay (10&U, 12&U)	502		601	4 x 100 Medley Relay	602
503	50 Butterfly (10&U)	504				
505	200 Butterfly (11/12)	506		603	200 Butterfly	604
507	50 Freestyle (10&U)	508				
509	50 Freestyle (11/12)	510		605	50 Freestyle	606
511	100 Breaststroke (10&U)	512				
513	100 Breaststroke (11/12)	514		607	100 Breaststroke	608
515	100 Backstroke (10&U)	516				
517	100 Backstroke (11/12)	518		609	100 Backstroke	610
519	200 Freestyle (10&U)	520				
521	400 Freestyle (11/12)	522		611	400 Freestyle	612
523	4 x 100 Medley Relay (12&U only)	524				



2026 Vancouver Island Regional SC Championships

January 30 – February 1, 2026

Sanctioned by Swim BC: #62205



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.



2026 Vancouver Island Regional SC Championships

January 30 – February 1, 2026

Sanctioned by Swim BC: #62205

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.”