



## KELOWNA AQUAJETS SWIM CLUB

### 2026 KAJ Snowfest

Sanctioned by Swim BC: 55528

<b>DATE:</b>	<b>Jan 23 – 25, 2026</b>
<b>MEET ENTRIES:</b>	<ul style="list-style-type: none"><li>• Tina Pomponio, Meet Manager <a href="mailto:swimmeetskaj@gmail.com">swimmeetskaj@gmail.com</a></li></ul>
<b>MEET REFEREE:</b>	<ul style="list-style-type: none"><li>• Peter Borszcz <a href="mailto:peter@mmslawfirm.ca">peter@mmslawfirm.ca</a></li></ul>
<b>LOCATION:</b>	H2O Adventure & Fitness Centre 4075 Gordon Dr Kelowna BC V1W 5J2
<b>FEATURES:</b>	<ul style="list-style-type: none"><li>• 8 x 50m Competition Pool</li><li>• Omega Quantum Timing System</li><li>• Omega Electronic touch pads/plungers</li><li>• Electronic relay take-over timing in effect</li><li>• Meet Maximum 385 swimmers</li><li>• <b>Individual entries are limited. Max per swimmer: 8 / Max per session: 3</b></li></ul>
<b>ENTRIES:</b>	

WARM-UPS & START TIMES	
<b>Friday &amp; Saturday Prelims</b>	
<b>Warm-up</b>	7:00am – 7:50am
<b>Competition</b>	8:00am – 2:00pm
<b>Friday &amp; Saturday Finals</b>	
<b>Warm-up</b>	4:00pm – 4:50pm
<b>Competition</b>	5:00pm – 8:00pm
<b>Sunday Timed Finals</b>	
<b>Warm-up**</b>	7:00am – 7:50am
<b>Competition**</b>	8:00am – 10:40am
<b>Distance warm-up**</b>	11:10am – 11:40am
<b>Competition</b>	11:45am – 4:30pm

*\* Session lengths are approximate*

**\*\* Doors to H2O open at 6:45am on Sunday morning**

**LAND ACKNOWLEDGEMENT:** We would like to acknowledge that we are gathered today on the traditional, ancestral territory of the SYILX/OKANAGAN people. For this we are grateful.

**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. Separate ADULT washrooms are not possible due to facility constraints.

*Deck changes are EXPLICITLY PROHIBITED.*

**\*Officials will use FAMILY CHANGE ROOMS.**

*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.*

#### ELIGIBILITY

- All swimmers must be registered with Swim BC, Swimming Canada, US or another World Aquatics recognized club
- All swimmers must have reached a 4:00 minute 200 IM to enter the meet

#### MEET RULES

1. Swim BC warm-up procedures will be in effect at this meet and monitored by safety marshals.
2. This meet will be conducted under Swimming Canada rules and regulations.
3. Ages are determined as of the first day of the meet: January 23, 2026
4. During ALL events only one (1) swimmer per lane is permitted.
5. All swim-offs are to be run during the preliminary sessions when feasible at a time agreed upon by coaches and officials.
6. All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.
7. **We are requesting visiting officials to participate; PLEASE fill out form: Click [HERE](#) for the link.**



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8. During the meet, spectators and non-accredited coaches are not permitted on the west and north side of the upper pool deck. (The outside wall of the H2O Aquatic Centre). Blue bleachers are for swimmers and coaches only.
9. Any act of theft, vandalism or similar action will result in the immediate disqualification from the meet and the loss of any points towards team standing by those involved.
10. POOL DEPTH: Shallow End 1.52m, Deep End 3.9m. Starts will be conducted from Starting Platforms (blocks) as per WA FR 16.1.4 and SW 4.1. In water starts will be conducted as per Canadian Facility Rules 2.3.1 and CSW 4.1.2.
11. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:  
An external strobe light  
Clubs must contact Meet Manager by the Entry Deadline of the need for accommodations.
12. In order to maintain reasonable session lengths, Meet Manager reserves the right to:
  - a. Limit/alter the number of heats in each session. This may mean limited number of 400/800/1500 events or entries, or other such alterations.
  - b. 800 & 1500 WILL BE LIMITED TO THE TOP 40 SWIMMERS.
13. *PLEASE TAKE NOTICE THAT THE FOLLOWING SWIMMING CANADA RULE WILL BE IN FORCED:*  
*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.*
14. 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.

#### OFFICIAL SPLITS

1. Official Split request must be submitted to the admin desk 30 minutes prior to the start of the session that the event is being swum.
2. There will be a \$20 charge for every official split request.
3. Clubs may be requested to provide 3 timers for the Official Split. Those timers are to check in with the Admin desk 20 mins prior to the race.

#### ENTRY FEES

- \$14.50 per individual event
- \$16.00 per relay entry
- \$5.00 Swim BC Competition Surcharge per swimmer
- \$0.50 Okanagan Splash Fee per swimmer
- Cheques payable to Kelowna Aquajets or etransfer to [info@kelownaaquajets.com](mailto:info@kelownaaquajets.com)
- Question: What city is meet? Answer: Kelowna

#### ENTRY LIMITS

- Total number of swimmers attending the meet will be limited to 385
- Swimmers are limited to eight (8) individual events; max 3 per session.



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#### ENTRY DEADLINES

- **Entry Deadline:** Sat, Jan 10, 2026 @ 9:59pm
- **Entries must be submitted through the Swimming Canada online system, as all entries must be submitted through REMS.** 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 required, this includes swimmer 9-digit ID #, name, correct date of birth, and gender.
- ***Swim times noted as NT will not be accepted and swimmers will be scratched from such events.***
- Late entries may be accepted after the entry deadline, at the discretion of meet manager and a surcharge fee ***may*** be applied.
- Preliminary Psych Sheets will be emailed within 72-hours after the entry deadline of Jan 10, 2025 9:59pm. It is each club's responsibility to review and select replacement events for their swimmers that DID NOT meet the criteria outlined in the meet package by the cut-off date (see Scratch Rules).
- An invoice will be provided prior to your arrival. All fees must be paid by your club prior to the start of the meet.

#### DECK ENTRIES

- No deck entries will be permitted at this meet.

#### FORMAT

1. **COMPETITION:** all timed finals and preliminary sessions will be swum senior seeded by gender, slowest to fastest, with the exception to 800m and 1500m events, which will be swum fastest to slowest
2. **FINALS:** The 11 & Under age group will have **A Finals only**. The 12–13, 14–15, and 16 & Over age groups will also run **A Finals only** in the 200 Fly, 200 Back, and 200 Breast. All other Finals will run in an A-B format. **B Finals will be offered in the 200 Free, 200 IM, 50 Free, and all 100 events for swimmers aged 12 & over.**

#### DISTANCE EVENTS (400m / 800m / 1500m)

- Number of entries will be limited and is at the discretion of meet manager.
- Positive Check-in will be required, 30-min prior to start of session in which they are to be swum.

#### 400m / 800m / 1500m EVENTS

- ***Each team MAY be responsible to supply 1 accredited timer and/or IT for the entire distance session 6, for every swimmer signed up. Click [HERE](#) to fill out the online officials application.***
- Timed finals.
- **Entries for all 800 & 1500 events will NOT be validated against the Swimming Canada results database.**
- 800 and 1500 Freestyle:
  - The 800 and 1500 will be swum **fastest to slowest**, alternating events and genders (e.g., fastest heat of 1500 Female/Male, then fastest heat of 800 Female/Male, etc.).
  - Limited to top 40 fastest times per gender; OPEN age group
- 400 Freestyle and 400 IM
  - The **fastest heat** of both girls and boys will swim during the **Finals session**. All remaining heats will swim in **Preliminaries**, senior-seeded **slowest to fastest**.
  - Limited to top 24 swimmers per gender; OPEN age group
- **RELAYS**  
Relay names for the Medley Relays must be submitted by the end of Event 27. Medley relays will be swum at the beginning of finals on Saturday. Relay names for the Free Relays must be submitted no later than 30 minutes after warm-up on Sunday morning.



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#### SCRATCH RULES

1. All pre-meet scratches or replacement events must be received via email by **Sat. Jan 17<sup>th</sup> @ 7:59pm**. Scratches received by the cut-off date and time will be eligible for a refund. After this time, late scratches will only be considered if accompanied by a medical note.
2. **PRELIMS** - Scratch deadline for prelims will be Thursday 9AM for Friday prelims so proper seeding and heat sheets can be produced.
  - a. Scratches for Saturday prelims will be accepted up to 7pm during finals on Friday.
  - b. ALL stroke 50's, scratch deadline will be accepted up to 7pm during finals on Saturday.
  - c. **Positive check in will be required by swimmers on Sunday morning by 8AM for distance events.**
3. **FINALS** - all scratches must be submitted to admin desk on forms provided and will be accepted 30 minutes after the completion of event 12 on Friday and 30 minutes after the completion of event 30 on Saturday.
  - a. **There is no scratch penalty** for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
  - b. **The following rules apply for all finalists** (A and B) plus alternates as listed on the official posting of prelims results.
  - c. **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.
  - d. For finals, email scratches will not be accepted.
  - e. Coaches of scratch swimmers (as defined above) are requested, as a courtesy, to inform the coach of the affected swimmers.

#### SCORING

- Scoring for only A and B finals
- Scoring done by the following age groups: 11&under, 12-13, 14-15, 16&over
- A Finals: 20-17-16-15-14-13-12-11
- B Finals: 9-7-6-5-4-3-2-1
- Relay: Will be scored as Open event  
40-34-32-30-28-26-24-22

#### AWARDS

- Medals: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place in each individual event will be presented after A final. There will be no medals for timed finals with the exception of 400 FR/400 IM.





Session 1: Friday - Prelims				Session 2 - Friday - Finals
GIRLS	EVENT - FINALS	AGE	BOYS	EVENT - FINALS
1	200 BK	OPEN	2	200 BK
3	100 FR	OPEN	4	100 FR
5	200 FL	OPEN	6	200 FL
7	100 BR	OPEN	8	100 BR
9	400* FR**	OPEN	10	400* FR**
11	200 IM	OPEN	12	200 IM

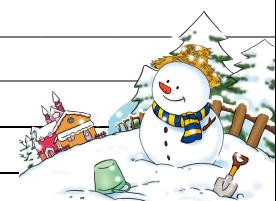
\* Timed Finals \*\* Fastest 8 per gender swim in finals

Session 3 - Saturday Prelims				Session 4 - Saturday Finals
GIRLS	EVENT	AGE	BOYS	EVENT - FINALS
13	4x50 MEDLEY RELAY*	12&UNDER	14	MEDLEY RELAY
15	4X50 MEDLEY RELAY*	13-14	16	MEDLEY RELAY
17	4X50 MEDLEY RELAY*	15-17	18	MEDLEY RELAY
19	200 BR	OPEN	20	200 BR
21	50 FR	OPEN	22	50 FR
23	100 BK	OPEN	24	100 BK
25	400* IM**	OPEN	26	400* IM**
27	100 FL	OPEN	28	100 FL
29	200 FR	OPEN	30	200 FR

\* Timed Finals \*\* Fastest 8 per gender swim in finals MEDLEY RELAY WILL START OF FINALS

Session 5 - Sunday Timed Finals			
GIRLS	EVENT	AGE	BOYS
31	50 FL	OPEN	32
33	50 BK	OPEN	34
35	50BR	OPEN	36
37	4X50 FREE RELAY*	12&UNDER	38
39	4X50 FREE RELAY*	13-14	40
41	4X50 FREE RELAY*	15&17	42
GIRLS	Session 6 – Sunday Distance	AGE	BOYS
	30 MINUTE BREAK BEFORE DISTANCE		
43	1500 FR*	OPEN	44
45	800 FR*	OPEN	46

\* Timed Finals





# 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 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."**