



# The Smile Enhancement Studio

## 2025 Triple Pentathlon

### October 17 – 19, 2025



Sanctioned by Swim BC: 58977

KISU Swim Club would like to acknowledge that the land on which we gather, and the water we swim in, is the traditional, ancestral, unceded territory of the Okanagan slyix people.

**Location:** Penticton Community Centre  
325 Power Street, Penticton, BC, V2A 7K9  
<https://maps.app.goo.gl/UCdJnXSGQHRNqmUW6>

**Pool Set Up:**

- Short Course Meet
- 10-lane, 25m competition pool
- Colorado Timing System
- 2 x 20m warm up/cool down lanes

**Meet Managers:** Melissa Hagel Email Address [kisuswimmeet@gmail.com](mailto:kisuswimmeet@gmail.com)  
Erin Boone  
Kathleen van der Merwe

**Meet Referee:** Anne Benn [officials@kisu.ca](mailto:officials@kisu.ca)

**Volunteer Co-Ordinator:** Erin Boone [volunteers@kisu.ca](mailto:volunteers@kisu.ca)

**Meet Format:**

- Olympic and Para Program events.
- Timed finals:  
All events will be swum as mixed age and gender Timed Finals, with results separated as indicated under Awards.
- Olympic Program Swimmers are encouraged to enter all 5 events each day as scoring will be based on cumulative time across all five events for each day's Pentathlon.
- Meet Management reserves the right to make the following adjustments to accommodate reasonable session lengths:
  - limit entries of 200 Free
  - limit entries of 400IM
  - adjust warmup and session start times
  - All teams will be informed of any changes within 48 hours following the entry deadline.
- Para swimmer Program events will be mixed gender and multi-class.
- Para coaches anticipating a **national record attempt**, please notify meet management before the 17<sup>th</sup>, to enable sufficient time to arrange a separate, single gender event for this purpose.
- Para Swimming Multi-class Events:  
100Fly, 100Back, 100Breast, 200 Free, 150/200IM, 50Fly, 50Back, 50Breast, 50Free

<b>Session Times:</b>	<b>Session #</b>	<b>Day</b>	<b>Prelims / Finals</b>	<b>Warm Up</b>	<b>Start</b>	<b>Finish</b>
	1	Friday	Finals	1:00pm – 1:50pm	2:00pm	8:30pm
	2	Saturday	Finals	7:00am – 7:50am	8:00am	12:30pm
	3	Saturday	Finals	1:30pm – 2:20pm	2:30pm	8:00pm
	4	Sunday	Finals	7:00am – 7:50am	8:00am	1:00pm

**Eligibility:**

- Closed Invitational. Teams must be invited to participate.
- All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.
- Olympic program – a sub 4:00 minute time standard for the 200IM is required.
- Para swimmers - Para-swimmers must have a Level 2, 3 or international sport classification by the entry deadline.

**Max Number of Participants:**

The meet will be limited to 300 swimmers; the team entering the 300<sup>th</sup> swimmer will be accepted.

**Entries:**

- Limited to 300 swimmers for the event.
- Swimmers may enter 5 events per day.
- Entry files are to be uploaded to **REMS on the Club Admin Account:**
  - Entries may only be submitted for swimmers whose registration is ACTIVE in the REMS database.
  - 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.
  - Para swimmer's complete classifications \*(S, SB, SM) must be included with athlete surnames in their entries.

**Entry Deadline:**

Deadline for upload of entries is 6:00 pm on Wednesday, October 8th, 2025

**Deck Entries:**

No deck entries will be allowed at this meet.

**Entry Fees:**

• Individual Entry Fees:	\$10.00
• Relay Entry Fees:	n/a
• Swim BC Competition Surcharge per swimmer:	\$5.00
• Okanagan Splash fee per swimmer	\$0.50
• Late entries (received after October 10, 2025, 6:00 pm)	will be charged a \$20 penalty per swimmer. Acceptance of late entries is at the discretion of the meet manager.
• Entry Fees	are to be paid to the meet manager prior to teams entering the water for warm-up on Friday at the meet.
• Payment methods:	(Paid by the Club on behalf of their club swimmers)

**ETransfer:** [admin@kisu.ca](mailto:admin@kisu.ca) - indicate 2025 Pentathlon and Club Code, OR

**Cheques** must be made out to KISU Swim Club.

**Safe Sport:**

- 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.
- Washrooms are not segregated. Separate adult and swimmer washrooms are not available due to facility constraints.

**Meet Rules:**

- This meet will be conducted under Swimming Canada rules and regulations.
- **POOL DEPTH:** Shallow End 0.75m. Deep End 3.71m. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4.
- Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
- 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.

- 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/referee

Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

- 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.
- During events only one (1) swimmer per lane is permitted.
- 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.
- 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.

**Special Meet Rules:**

- No official splits offered.
- Age will be calculated as of the first day of the meet.
- **Positive check-in for 400IM**, 30 minutes before the end of **session three** on Saturday afternoon.
- Para swimmers:
  - No sport classification will be provided at the event.
  - This event is governed by the current WPS technical rules. Competition Rules or procedures contained in this Meet Information package supersede those found within the 2023 World Para Swimming Technical Rules and Regulations.

**Scratches:**

**Scratches received prior to noon on Monday, October 13, 2025 will not incur Meet Fees.**

- Scratch deadline for Day 2: 2pm on Friday Oct 17.
- Scratch deadline for Day 3: 2:30pm on Saturday Oct 18.
- Heats for the following day will be reseeded after the scratch deadline.
- There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during timed finals.
- Refunds for scratches submitted after this date will be approved only upon meet management being provided a physician's note by meet management prior to the start of the first day of the competition. Refunds will be approved solely for the withdrawal from the entire meet and not for individual events.

**Scoring:****Team Scoring:**

Points will be awarded to the top 10 finishers in each event as follows: 11-9-8-7-6-5-4-3-2-1.

**Individual Scoring:****Olympic Program:**

- Olympic Program Swimmers are encouraged to enter all 5 events each day as scoring will be based on cumulative time across all five events for each day's Pentathlon.
- Swimmers who are disqualified will receive a custom result equivalent to 1:15/50m. They will not be eligible for points or individual results in the disqualified race, but their custom result will be included in their overall Pentathlon result, which will still be eligible for overall Pentathlon awards.
- Swimmers who are not entered in all five events each day will receive official results. However, they will not be eligible for Pentathlon awards.

**Para Swimming:**

- Para events will be scored using the Canadian Para Swimming Points Calculator.
- Awards for top female para and male Para Athlete points scorer.

**Awards:**

- **Session Awards:** 1st, 2nd and 3rd place Pentathlon Ribbons (cumulative time across all events) will be awarded for each day's pentathlon results for each gender in the following age groups: 11 & Under, 12-13, 14-15, 16 & Over. These will be presented at the beginning of the session on the following day. Sunday session awards will be given to coaches at the end of the meet to distribute to swimmers.
- **Triple Pentathlon Awards** will be awarded for 1st, 2nd, and 3rd place overall for each gender in the following age groups: 11 & Under, 12-13, 14-15, 16 & Over. These will be given to coaches at the end of the meet to distribute to swimmers.
- **Ribbons** will be awarded for 1<sup>st</sup> through 10<sup>th</sup> place in individual events for each gender in the following age groups: 13 & Under.
- **Para Swimming Awards:** Awards for top female para and male para points scorer.
- All awards for swimmers will be given to coaches at the conclusion of the meet. Coaches are encouraged to check in with Meet Managers prior to leaving to collect awards.

**Officials:**

Visiting clubs are asked to kindly assist us in running a successful meet by providing Stroke and Turn officials as well as Timers throughout the duration of the meet.

Please email the Volunteer Co-ordinator if you are able to assist with volunteering at [volunteers@kisu.ca](mailto:volunteers@kisu.ca).

A sign-up sheet will also be shared in due course.

**Hotel Information:**

Penticton Lakeside Resort and Conference Centre

21 Lakeshore Drive W V2A 7M5

1-800-663-9400, EXT 1

[www.pentictonlakesideresort.com](http://www.pentictonlakesideresort.com)

Please mention you are attending the KISU Pentathlon Swim Meet. Room rates range from \$109 to \$129 plus taxes (additional adults are \$20/night, 17&U stay free with an adult and if using existing bedding). There are 30 rooms reserved for swim meet attendees.

Event List	
Event Number	<b>Friday Session 1</b> <b>Warm-ups: 1:00 - 1:50PM</b> <b>Start time: 2:00PM</b>
1	Mixed 100m Backstroke
101	Mixed Para 100m Backstroke
2	Mixed 100m Breaststroke
102	Mixed Para 100m Breaststroke
3	Mixed 100m Butterfly
103	Mixed Para 100m Butterfly
4	Mixed 100m Freestyle
104	Mixed Para 200m IM** (swim in one heat)
105	Mixed Para 150m IM** (swim in one heat)
5	Mixed 200m IM
Event Number	<b>Saturday Session 2 Events 13 &amp; Under</b> <b>Warm-ups: 7:00 - 7:50AM</b> <b>Start time: 8:00AM</b>
6	Mixed 13&Under 200m Backstroke
7	Mixed 13&Under 200m Breaststroke
8	Mixed 13&Under 200m Butterfly
9	Mixed 13&Under 200m Freestyle
10	Mixed 13&Under 400m IM
Event Number	<b>Saturday Session 3 Events 14 &amp; Over</b> <b>Warm-ups: 1:30 - 2:20PM</b> <b>Start time: 2:30PM</b>
11	Mixed 14&Over 200m Backstroke
12	Mixed 14&Over 200m Breaststroke
13	Mixed 14&Over 200m Butterfly
106	Mixed Para 200m Freestyle
14	Mixed 14&Over 200m Freestyle
15	Mixed 14&Over 400m IM
Event Number	<b>Sunday Session 4 Events</b> <b>Warm-ups: 7:00 - 7:50AM</b> <b>Start time: 8:00AM</b>
107	Mixed Para 50m Backstroke
16	Mixed 50m Backstroke
108	Mixed Para 50m Breaststroke
17	Mixed 50m Breaststroke
109	Mixed Para 50m Butterfly
18	Mixed 50m Butterfly
110	Mixed Para 50m Freestyle
19	Mixed 50m Freestyle
20	Mixed 100m IM



## COMPETITION WARM-UP SAFETY PROCEDURES

---

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent upon coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

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.”**