



VKSC
Nolan's Pharmasave
Fall Invitational
Nov 7th-9th 2025

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Sanctioned by Swim BC: #60376

The Vernon Kokanee Swim Club would like to acknowledge that in the spirit of this gathering, the City of Vernon is located in the traditional and unceded territory of the Syilx people of the Okanagan Nation.

Location: Vernon Aquatic Centre
3310 – 37 Ave, Vernon BC V1T 2Y5

Pool Set Up:

- SCM, 8 lanes, 25m
- Omega timing System with 8 lane scoreboard
- No warm-up area other than during scheduled pre-meet warmup

Meet Manager: Mandy Hubbard meets@kokaneeswimclub.ca

Meet Registrar (Entries): Jack Savage & Cole Bergen meetregistrar@kokaneeswimclub.ca

Meet Referee: Ian Johnstone (Level 5) ianj@telus.net

Meet Format:

- Events are timed finals, events will be senior seeded by gender
- All events will swim slowest to fastest, except the 800m freestyle, which will be fastest to slowest

| Session Times: | Session # | Day | Prelims / Finals | Warm Up | Start | Finish |
|-----------------------|------------------|------------|-------------------------|--|--------------|---------------|
| | 1 | Friday | Timed Finals | 5:00-5:50PM | 6:00 PM | 9:00PM |
| | 2 | Saturday | Timed Finals | 7:30-8:00AM(12&U) 8:00-8:30AM(13&O) 3:15-3:45PM (12&U) | 8:40AM | 1:15PM |
| | 3 | Saturday | Timed Finals | 3:45-4:20PM(13&O) | 4:30PM | 7:30PM |
| | 4 | Sunday | Timed Finals | 7:30-8:00AM(12&U) 8:00-8:30AM(13&O) | 8:40AM | 1:00PM |

Eligibility: All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.

Max Number of Participants: The meet will be limited to 275 swimmers; the team entering the 275th swimmer will be accepted. In order to maintain reasonable session lengths, the meet manager reserves the right to limit/alter the meet to fit timelines. This may mean limited number of 200/400 events or other such entries. If meet management removes a swimmer from an event because of time constraints, they will be offered the opportunity to enter another event or receive a refund.

Entries: Athletes may swim a maximum of 9 (10) individual events (3 per session not including the 800 Free).

A Qualifying standard of Sub 4:00 in the 200IM is required to register for the meet.

Entry Deadline: Deadline for entry submission is Wednesday Oct 29th by 9:00pm.
All Entries must be submitted using the SNC REMS System More info can be found [here](#)



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Deck Entries:

Deck entries will be accepted to fill any empty lanes (without creating a new heat). Must be received 30 minutes before the session start. Swimmer must already be entered in the meet and have met the required time standard. Deck entries are Exhibition Swims Only. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.

Entry Fees:

| | |
|--------------------------------------|--------------------------------------|
| Individual Entry Fees: | \$10.50 per entry |
| Relay Entry Fees: | \$12.00 per relay |
| Swim BC Competition Surcharge: | \$5.00 per swimmer |
| Thompson-Okanagan Region Splash Fee: | \$0.50 per swimmer |
| Deck Entry Fees (if applicable): | \$15/event and \$18/relay |
| Official Split Requests | \$20/event (must provide own timers) |

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.

There will be no dedicated "adult only" washrooms available due to facility constraints.

Deck changes are explicitly prohibited.

Meet Rules:

1. This meet will be conducted under Swimming Canada rules and regulations.
2. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4. 3.
3. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
4. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
5. 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.
6. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
 - Facility or Swimming Canada provided strobe light: An external strobe light is available at this competition

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

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. During events only one (1) swimmer per lane is permitted.
9. 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.



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10. 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:

1. The 800 M Free event, will include an official split for 400 Free.
2. Official Split Requests are \$20 per event, and swimmer must provide their own timers.
3. 800m freestyle will be restricted to the fastest 32 swimmers per gender. Seeding will be swum fastest to slowest for the 800m freestyle. Heats will alternate female/male.
4. If meet management removes a swimmer from an event, because of time constraints, they will be offered the opportunity to enter another event or receive a refund

Coaches Meeting: 5min prior to the start of each session on deck by the climbing wall **Scratches received prior Tuesday Nov 4th will not incur Meet Fees.**

Scratches:

There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete Refunds: swims during prelims and/or time finals

Refunds:

Scratches from the meet due to medical reasons must provide a medical note no later than coach check-in before the start of the meet Friday November 7th 2025 to qualify for a refund.

Scoring:

9-7-6-5-4-3-2-1 for individual events.
18-14-12-10-8-6-4-2 for relay events.

Awards:

Ribbons will be awarded for the 1st to 8th place in each individual timed final event and 1st to 3rd place in relays.

Visiting Officials:

We welcome visiting officials and volunteers. If interested, please contact our volunteer coordinator at volunteer@kokaneeswimclub.ca



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Session #1

The events of Friday will be swum as timed finals in the order stated below. The events will be swum senior seeded male and female and will be divided for scoring according to the age group categories

Warm Up: 5:00 PM Start: 6:00PM

| Female Event Number | Description | Male Event Number |
|----------------------------|---|--------------------------|
| 1 | **800M Free (includes 400 M official Split) | 2 |

Session #2

The events of Saturday morning will be swum as timed finals. The events will be swum senior seeded male and female and will be divided for scoring according to the age group categories Please note that the 200m Medley Relay will be swum at the end of session 2; according to the age group categories/ **Relay cards are due at the end of warm-ups on Saturday morning, NO EXCEPTIONS.**

Warm Up: 7:30 AM Start: 8:40 AM

| Female Event Number | Description | Male Event Number |
|----------------------------|---------------------------------|--------------------------|
| 3 | 100M Fly | 4 |
| 5 | 200M Back | 6 |
| 7 | 100M Breast | 8 |
| 9 | 50M Free | 10 |
| 11 | 200M IM | 12 |
| 13 | 4X 50 Medley Relay – 12 & Under | 14 |
| 15 | 4X 50 Medley Relay – 13 & 14 | 16 |
| 17 | 4X 50 Medley Relay – 15&O | 18 |

Session #3

The events of Saturday afternoon will be swum as timed finals in the order stated below. The events will be swum senior seeded male and female and will be divided for scoring according to the age group categories

Warm Up: 3:15PM Start: 4:30 PM

| Female Event Number | Description | Male Event Number |
|----------------------------|--------------------|--------------------------|
| 19 | 50 M Back | 20 |
| 21 | 50 M Breast | 22 |
| 23 | 200 M Fly | 24 |
| 25 | 400 M IM | 26 |

Session #3

The events of Sunday will be swum as timed finals in the order stated below. The events will be swum senior seeded male and female and will be divided for scoring according to the age group categories. **Relay cards are due at the end of warmups – NO EXCEPTIONS**

Warm Up: 7:30 AM Start: 8:40 AM

| Female Event Number | Description | Male Event Number |
|----------------------------|-------------------------------|--------------------------|
| 27 | 200M Free | 28 |
| 29 | 50M Fly | 30 |
| 31 | 100M Back | 32 |
| 33 | 200M Breast | 34 |
| 35 | 100M Free | 36 |
| 37 | 4X 50 Free Relay – 12 & Under | 38 |
| 39 | 4X 50 Free Relay – 13 & 14 | 40 |
| 41 | 4X 50 Free Relay – 15&O | 42 |



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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.



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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."