

Pleasant Valley Dental Invitational Swim Meet

April 11-12, 2026



Sanctioned by SWIM BC: #62843

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.

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 due to facility constraints.
Deck changes are explicitly prohibited.

Session Times:

<u>Saturday AM, April 11, 2026 (Session 1)</u>		<u>Saturday PM, April 11, 2026 (Session 2)</u>	
Warm Up:	7:15-8:20am	Warm Up:	2:00-2:50pm
Start:	8:30am	Start:	3:00pm
Projected Finish:	12:00pm	Projected Finish:	7:30pm

<u>Sunday AM, April 12, 2026 (Session 3)</u>	
Warm Up:	7:15-8:00am
Start:	8:10am
Projected Finish:	2:00pm

Meet Manager: Mandy Hubbard meets@kokaneeswimclub.ca
Meet Referee: Mike Stamhuis
Meet Registrar: Jack Savage meetregistrar@kokaneeswimclub.ca

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

Pool Set Up:

- SCM, 8 Lanes, 25m
- Omega Timing System with 8 Lane Score Board
- Spectator viewing area in place
- limited cool down area in the leisure pool, warmups to be swum in competition pool

Eligibility: All athletes are required to be “competitive” registered with Swim BC, Swimming Canada, or other WA affiliated organizations. A standard time of 4:00.00 or faster for the 200 IM is required to participate in this meet.

Max Number of Participants: Athlete meet entries will be limited to the club registering the 275th swimmer. In order to maintain reasonable session lengths, the meet manager reserves the right to limit/alter the meet to fit timelines.

Entries: Athletes may swim a maximum of 9 individual events (3 per session)

Entry Deadline: 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 REMS database.
Deadline for upload of entries to the Rems meet listings website is April 3rd 2026 **by 9:00pm**

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Entry Fees:

Individual Entry Fees: \$10.50
Swim BC Competition Surcharge: \$5.00/swimmer
Thompson-Okanagan Region Splash Fee: \$0.50/swimmer
Deck Entry Fees: \$15.00/event within 30 min prior to start of the session
**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.*
Official Split Requests \$20/event (must provide own timers)

Meet Format:

All events will be timed finals and swum mixed gender – slowest to fastest except the 1500m freestyle which will be fastest to slowest. Provincial/National records will not be recognized.

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. 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.
4. 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.

5. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2 4. Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1.
6. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
7. 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.
8. 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.

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

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**Special Meet
Rules:**

1. Dash for Cash – Top 8 per age group/gender showdown 50 FR for cash prize of \$50 male/ \$50 female!
2. 200 IM Eliminator • Top 8 female (12 & Under / 13 & Over) / Top 8 male finishers (12 & Under / 13 & Over) / in the 200 IM will race four 50m stroke sprints – swum in Medley Relay order. • All 8 swimmers will swim 50m backstroke. The slowest two swimmers will be eliminated. • The remaining fastest 6 swimmers will swim 50m breaststroke. The slowest two swimmers will be eliminated. • The remaining fastest 4 swimmers will swim 50m butterfly. The slowest two swimmers will be eliminated. • The final 2 fastest swimmers will swim 50 m freestyle to determine the winner. • All eliminator races will be swum alternating genders and age groups. Top female prize \$50 / Top male prize \$50.
3. Random bell heats with prizes going to the heat winner.
4. If the session is running late and all of the schedule events cannot be completed, then the 200IM will be restricted to the fastest 32 swimmers per gender and refunds offered.
5. 1500 freestyle will be restricted to the fastest 24 swimmers per gender. Seeding will be swum fastest to slowest for the 1500m freestyle.
6. 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.
7. **Refunds:** Scratches from the meet due to medical reasons must provide a medical note no later than the coaches meeting of the first session on April 11th 2026 to qualify for a refund.
8. **Coaches Meeting:** 10 min prior to the start of each session on deck by the climbing wall

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 must provide 3 timers for the Official Split. Those timers are to check in with the Admin desk 20 min prior to the race.

**Distance
Events**

1. Number of entries will be limited and is at the discretion of the meet manager
2. Positive Check-in will be required, 30 min prior to start of session in which they are to be swum. If positive check-in is missed or scratches received, the next swimmer in line will be eligible to swim.

Scratches:

Scratches received prior to 8:59PM April 7th 2026 will not incur Meet Fees.

There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during this meet.

Scoring

Individual Scoring: 9-7-6-5-4-3-2-1

Awards:

Ribbons will be awarded for the 1st to 8th place in each individual event for each gender in the age groups:
11 & Under, 12-13, 14-15, 16&Over

Cash Prize as follows for each age group

DASH 4 CASH – Top 4 per age group and gender in each heat. Top Girl and Top Boy win per heat/age group

- Girls
 - 11 & Under 50 Free - \$50
 - 12-13 50 Free - \$50
 - 14-15 50 Free - \$50
 - 16&Over 50 Free - \$50

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- Boys
 - 11 & Under 50 Free - \$50
 - 12-13 50 Free - \$50
 - 14-15 50 Free - \$50
 - 16&Over 50 Free - \$50

ELIMINATOR – Top 8 per gender in 12 & Under / 13 & Over from 200 IM to race.

- Girls – Round 1: Eliminated 7th/8th - \$5 each
 - Round 2: Eliminated 5th/6th - \$10 each
 - Round 3: Eliminated 3rd/4th - \$15 each
 - Round 4: Winner receives \$50, 2nd place \$25
- Boys – Round 1: Eliminated 7th/8th - \$5 each
 - Round 2: Eliminated 5th/6th - \$10 each
 - Round 3: Eliminated 3rd/4th - \$15 each
 - Round 4: Winner receives \$50, 2nd place \$25

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

WarmUp: 7:15-8:20am		Event List	
Competition Start: 8:30am		Saturday AM Events – Session 1	
Event Number	Event	Age	
1	200 IM	Mixed Open	
2	50 FR	Mixed Open	
3	50 Fly	Mixed Open	
4	1500 Free	Mixed Open	
WarmUp: ~2:00-:2:50pm (2 hrs after morning session)		Event List	
Competition Start: 3:00pm		Saturday PM Events - Session 2	
Event Number	Event	Age	
5	50 Free / Dash 4 Cash Showdown	Top 4 per age group	
6	100 Breast	Mixed Open	
7	100 Back	Mixed Open	
8	100 Free	Mixed Open	
9	50 Back	Mixed Open	
10	100 Fly	Mixed Open	
11	50 Breast	Mixed Open	
WarmUp: 7:15-8:00am		Event List	
Competition Start: 8:10am		Sunday AM Events – Session 3	
Event Number	Event	Age	
12	200 Fly	Mixed Open	
13	200 Back	Mixed Open	
14	200 Breast	Mixed Open	
15	200 Free	Mixed Open	
16	200 IM Eliminator	Top 8 per gender 12&Under/13& Over	



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.”