



2026 BC Winter Divisionals North & Interior

February 20-22, 2026

Sanctioned by Swim BC: 61183

Hosted By: KISU Swim Club & Swim BC

Swim BC and KISU would like to acknowledge the traditional and unceded territories of the sylix people, who have been the stewards of this land for time immemorial.

SAFE SPORT

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment free of abuse, harassment, and discrimination. This involves promoting open and observable environments and 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 be in an environment or space that is both 'open' and 'observable' to others.

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.

Deck changes are explicitly prohibited.

Adult only washrooms (for volunteers, coaches, officials) not available due to facility constraints.

VENUE

Penticton Community Centre
325 Power St.
Penticton, BC. V2A 7K9

POOL

Competition Pool: 25m X 10 Lanes
Warm-up/Cool Down: 20m X 2 Lanes

ORGANIZING COMMITTEE

Meet Director	Melissa Webster	melissa.webster@swimbc.ca
Meet Manager	Kathleen van der Merwe	kisuswimmeet@gmail.com
Meet Referee	Anne Benn	officials@kisu.ca
Officials Coordinator	Josh Riep	volunteers@kisu.ca
Entries Coordinator	Melissa Webster	melissa.webster@swimbc.ca

ENTRY DEADLINE

February 9, 2026 @ 9:00pm PST

SCRATCH DEADLINE

February 16, 2026 @ 12:00pm PST

PRE-MEET TRAINING

Thursday, February 19, 2026	5:30pm – 7:55pm	To book, please reach out to Meet Managers at kisuswimmeet@gmail.com
-----------------------------	-----------------	---

TECHNICAL / COACH MEETING

Thursday, February 19, 2026	Time TBD
-----------------------------	----------

IMPORTANT:

Coaches that are found to have incorrectly entered swimmers – by not using the swimmers best Short Course or Long Course time to avoid dequalifying standards where they have recorded an official dequalifying time may be considered in breach of the Swim BC Code of Conduct and may be subject to sanction under the Swim BC Discipline and Complaints Policy.



2026 BC Winter Divisionals North & Interior

ENTRY INFORMATION

ELIGIBILITY

Swimmer Registration:	All swimmers must be registered with a Swim BC, SNC, or other World Aquatics affiliated club.
Qualifying Period:	September 1, 2024 – February 9, 2026 (entry deadline).
Qualification Requirement:	During the qualifying period, athletes must achieve at least 1 North & Interior Divisional Time Standard in their respective age group at an appropriately sanctioned competition. Swimmers who have achieved Provincial Championship standards may not be entered in those events for which they are provincially qualified.
Swimmer Age:	Age is determined as of the first day of competition (February 20, 2026).

AGE GROUPS

Individual Events:	12 & Under 13-14 15-16 17 & Over
Swimming Up:	Swimmers cannot swim in an “older” age group, with the exception being swimmers who “age up” between February 20, 2026 and March 5, 2026 inclusive. In the above cases: swimmers can be moved into the “older” age category and will be subject to the same entry rules as all swimmers. Action Required: An email must be sent to the Entries Contract prior to the entry deadline notifying them. Email must include swimmers’ name DOB and Swimmer ID.

ENTRY LIMITS

Individual Entries:	Swimmers may enter up to 8 individual events, provided all entries meet the qualifying standards (QS).		
Non-Qualified Swims:	Swimmers with between 1 to 6 qualifying standards (QS) may enter up to 6 individual events.		
	1 QT = 5 NQ swims	2 QT = 4 NQ swims	3 QT = 3 NQ swims
	4 QT = 2 NQ swims	5 QT = 1 NQ swims	6 QT = 0 NQ swims
	The 800 Freestyle is not eligible to be swum as a NQ event.		
	NQ events may only be entered in addition to a qualified event.		

ENTRY SUBMISSION

Entries Upload:	Entries must be submitted and validated through REMS prior to the entry deadline. All attending coaches and support staff must be listed when uploading the entries via REMS.
Validation:	Non-Validated Times are not accepted; swimmers must have a valid entry time for each event they enter. All entries will be validated via the Swim Canada results database (Swim Rankings). No Time (NT) will not be accepted. Times are to be submitted in the course they were achieved. Converted times will NOT be accepted. All LCM entries will be converted to SCM by Swim BC and seeded accordingly. It is responsibility of the coach to ensure that all swimmers are qualified and entered appropriately.
Late Entries:	After the entry deadline, new swimmers will NOT be accepted. Amendments to entered swimmers will be accepted at the discretion of Swim BC.



2026 BC Winter Divisionals North & Interior

ENTRY FEES

Individual Fees:	\$95.00 / swimmer
Relay Fees:	\$15.00 / relay
Payment Methods:	<u>Cheque:</u> Please make cheques payable to the KISU Swim Club .
	<u>E-Transfer:</u> admin@kisu.ca

All fees MUST be paid to the Administration Desk prior to the start of the meet.

DECK ENTRIES

There will be no deck entries, exhibition swims, or time trials.

COMPETITION RULES

This meet will follow rules as outlined in the current Swimming Canada Rulebook. Rules, regulations, and procedures outlined in this Meet Information Package will supersede those in the Swimming Canada Rulebook.

WARM-UP PROCEDURES

The Swim BC Competition Warm-Up Safety Procedures will be in effect and will be monitored by safety marshals.

STARTS

Pool Depth:	Deep End: 3.71m	Shallow End: 0.75m
Dive Rules:	Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4.	
Backstroke Ledges:	Backstroke Ledges will be available.	
Misconduct:	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.	

SWIMWEAR & TAPING

Swimwear:	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.
Taping:	All swimmers shall be required to comply with World Aquatics swimwear and taping rules.

D/DEAF AND HARD OF HEARING ACCOMMODATION

This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:

1. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'.
2. Visual hand signals given by the starter/referee.
3. 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.



2026 BC Winter Divisionals North & Interior

SWIM OFFS

All swim-offs will be run at a time mutually agreed upon by coaches and officials.

Coaches are to report to the Admin Desk when a swim-off is announced.

GENERAL MEET RULES

PHOTOGRAPHY / VIDEOGRAPHY

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.

All photographers must have applied for and received permission from Swim BC prior to the start of meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for their club's use only. All approved photographers must be identified by wearing a self-provided safety vest.

COACH CONDUCT

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.

Coaches must check in with the Administration desk immediately upon arrival to pay entry fees, pick up Meet Package and receive any information regarding changes.

CODE OF CONDUCT

Violations of the Swim BC Code of Conduct and Ethics policy may result in immediate disqualification from the meet.

COMPETITION FORMAT

SEEDING

Fastest three heats of all prelims/final events will be circle-seeded. Except for 400 Free and 400 IM – those two events will have the fastest 2 heats circle-seeded.

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

PRELIMINARIES

Preliminary heats may be swum double-ended, divided by meet management such that both ends finish at approximately the same time.

FINALS

There will be an "A" final only for each age group.

Time Final events (including relays) with 9 or 10 entrants, will be seeded such that the fastest heat will have all lanes filled.



2026 BC Winter Divisionals North & Interior

DISTANCE EVENTS

400 FREE & 400 IM

Positive Check In:	There will be a positive check-in for the 400 FR & 400 IM. Deadline will be the start of the prelims session in which the event will be swum.
Seeding:	The 400 Freestyle and 400 IM are time finals. Top 10 in each age group and gender will swim in a single heat in the Final Session of that day, oldest to youngest and alternating genders. All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders in the Prelims Session of that day. Requests for swimmers scheduled in finals to be moved to preliminaries will NOT be granted.

800 FREE

Positive Check In:	There will be a positive check-in for the 800 FR. Deadline will be the start of the prelims session in which the event will be swum.
Seeding:	The 800 Freestyle is a time final. The Top 10 in each age group in each gender, will swim in a single heat. All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders.
Eligibility:	Swimmers who have achieved a Divisional Standard in 1500 Free (within the qualifying period) are permitted to enter the 800 Free, providing the following conditions are met: • A verifiable 800 Free time (from within the qualification period) is mandatory for eligibility. • Action Required: An email must be sent to the Entries Contact prior to the entry deadline with the swimmer's name, Swimmer ID, and documentation of both the 800 Free and 1500 Free.
Distance Lap Counters:	Distance Lap Counters will be made available for swimmers. Teams must provide someone to flip the counters. This must be indicated at the time of the mandatory check-in.

RELAYS

AGE GROUPS

Relay Events:	12 & Under 13-14 15-16 17 & Over
----------------------	--

ENTRIES

Validation:	Validated relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best times of the four swimmers entered. Relay entries that have an entry time MUST include names. If a relay is entered with less than four (4) names, it will be seeded as "NT". "NT" entries will be accepted.
Qualifying Times:	There are no qualifying times for relays.
De-Qualifying Times:	Relay swimmers may not compete in any relay event for which they have already achieved the Provincial Championship Qualifying Standard in their own age category, or in the age category of the relay if they are swimming up ¹ .

¹ It is the responsibility of the coach to ensure that no athletes in a relay are provincially qualified. Any relay that is found to have an athlete that is provincially qualified will be disqualified without notice.



2026 BC Winter Divisionals North & Interior

Swim-Up:	No more than TWO (2) swimmers per relay event may swim up from a younger age group. In such cases, the swimmer(s) may swim in both their own age-group relay as well as in one or more older age group relays. Only one relay event per age group may include swimmers from a younger age group.
Relay-Only Swimmer:	Relay Only swimmers must be listed on their club's Hy-Tek entry file as "Relay Only". Relay Only swimmers are subject to the Relay-Only surcharge (\$15.00). Each club will be allowed one "Relay Only" swimmer per age group and gender in the entire competition. Action Required: An email must be sent to the Entries Contact prior to the entry deadline notifying them of the relay-only swimmers and their Swimmer ID number and DOB.
Mixed Relays:	Mixed relay teams must have 2 Females and 2 Males per team.
Relay Name Changes:	Coaches must submit their relay name changes via Relay Form provided by the Admin Desk. All relay name changes must be submitted 30 minutes before the start of the session in which the relay will be swum.
Seeding:	All relay events are timed finals.
Scoring:	Only the top 3 relay teams from each club are eligible for scoring. Additional relay entries may swim but will not be eligible for points ² .

SCRATCHES

Scratches received prior to February 16, 2026 @ 12:00pm will not incur Meet Fees.

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

The following rules apply to all finalists and alternates listed in the official preliminary results posting, as well as all swimmers competing in time-final events.

- For all final events, 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.
- For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
- For finals, all scratches must be submitted to the Administration Desk.

SCORING

Individual Scoring:	30 - 25 - 22 - 20 - 18 - 17 - 16 - 15 - 14 - 13
Relay Scoring:	60 - 50 - 44 - 40 - 36 - 34 - 32 - 30 - 28 - 26

AWARDS

MEDALS

Awarded for 1st, 2nd, and 3rd places for all individual and relay events.

Presentation: Medals will be presented immediately after the event is announced as official.

RIBBONS

Awarded for 4th, 5th, 6th, 7th, 8th, 9th and 10th places for individual events only.

Presentation: Coaches are to pick ribbons up at the end of the meet.³

² Swim BC reserves the right to limit the number of relay entries per club

³ It is the responsibility of each club's coach to ensure that all club ribbons are collected at the conclusion of the meet.



2026 BC Winter Divisionals North & Interior

ACCOMMODATION

Penticton Lakeside Resort and Conference Centre

Address:	21 Lakeshore Drive W, Penticton, BC. V2A 7M5
Phone Number:	1-800-663-9400, ext. 1
Website:	www.pentictonlakesideresort.com
Room Rates:	Room rates range from \$109 to \$129 plus taxes (additional adults are \$15/night, 17&U stay free with an adult and if using existing bedding).
Number of Rooms:	There are 70 rooms reserved for swim meet attendees.
Booking Deadline:	January 20, 2026
Booking Instructions:	Please mention that you are attending Swim BC Winter Divisionals, hosted by KISU Swim Club.

VISITING OFFICIALS

We welcome the support of visiting officials and invite you to register using the QR code provided to the right or by clicking [here](#) to go to the sign up form.





2026 BC Winter Divisionals North & Interior

Schedule of Events

FRIDAY PRELIMS			
Warm Up:		7:30am – 8:50am	
Competition:		9:00am – 1:30pm	
FEMALE	MALE	AGE	EVENT
1	2	Open	200 IM
3	4	Open	100 Back
5	6	Open	200 Fly
7	8	Open	50 Breast
9	10	Open	400 Free (TF)

FRIDAY FINALS			
Warm Up:		3:30pm – 4:20pm	
Competition:		4:30pm – 7:30pm	
FEMALE	MALE	AGE	EVENT
1	2	Open	200 IM
3	4	Open	100 Back
5	6	Open	200 Fly
7	8	Open	50 Breast
9	10	Open	400 Free (Top 10 per age group)
11	12	12 & Under	4 x 50 Free Relay
13	14	13 - 14	4 x 50 Free Relay
15	16	15 - 16	4 x 50 Free Relay
17	18	17 & Over	4 x 50 Free Relay

SATURDAY PRELIMS			
Warm Up:		7:30am – 8:50am	
Competition:		9:00am – 1:30pm	
FEMALE	MALE	AGE	EVENT
19	20	Open	200 Free
21	22	Open	50 Fly
23	24	Open	100 Breast
25	26	Open	200 Back
27	28	Open	50 Free
29	30	Open	400 IM (TF)

SATURDAY FINALS			
Warm Up:		3:30pm – 4:20pm	
Competition:		4:30pm – 7:30pm	
FEMALE	MALE	AGE	EVENT
19	20	Open	200 Free
21	22	Open	50 Fly
23	24	Open	100 Breast
25	26	Open	200 Back
27	28	Open	50 Free
29	30	Open	400 IM (Top 10 per age group)
31	32	12 & Under	4 x 50 Medley Relay
33	34	13 - 14	4 x 50 Medley Relay
35	36	15 - 16	4 x 50 Medley Relay
37	38	17 & Over	4 x 50 Medley Relay

SUNDAY PRELIMS			
Warm Up:		7:00am – 8:20am	
Competition:		8:30am – 1:30pm	
FEMALE	MALE	AGE	EVENT
39	40	Open	200 Breast
41	42	Open	100 Free
43	44	Open	50 Back
45	46	Open	100 Fly
47	48	Open	ALL 800 Free (TF)

SUNDAY FINALS			
Warm Up:		3:30pm – 4:20pm	
Competition:		4:30pm – 7:30pm	
FEMALE	MALE	AGE	EVENT
39	40	Open	200 Breast
41	42	Open	100 Free
43	44	Open	50 Back
45	46	Open	100 Fly
49		12 & Under	4 x 100 Mixed Free Relay
50		13 - 14	4 x 100 Mixed Free Relay
51		15 - 16	4 x 100 Mixed Free Relay
52		17 & Over	4 x 100 Mixed Free Relay



2026 BC Winter Divisionals North & Interior



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management must ensure that the following warm-up safety procedures are implemented at all Swim BC sanctioned competitions. Coaches, swimmers, and officials share responsibility for following these procedures during all scheduled warm-up periods. Coaches are encouraged to assist Safety Marshals in maintaining a safe environment on deck.

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 BC Winter Divisionals North & Interior

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.”