

Adventure Hotel Spring Splash

March 7 – 8, 2026

Sanctioned by SWIM BC: # 62578

Land Acknowledgements

We would like to acknowledge, with gratitude and appreciation, that the land on which we walk and live is the traditional territories of the Sinixt, the Syilx, and the Ktunaxa peoples, and is home to many other indigenous persons, including the Inuit and Metis.

Saturday Session 1 Warm up: 7:30-8:30am Start time 8:45	Sunday Session 3 Warm up: 7:30-8:30am Start: 8:45
Saturday Session 2 Warm up: 2:00-3:00pm Start 3:15	Sunday Session 4 Warm up: 30 mins after session 3 Start: Approx. 1hr after session 3
Entries: Max per swimmer: 10 events. Max per session: 3 plus 1 relay	

Meet Manager:

Kristina Little –
meetmanager.kootenayswimclub@gmail.com

Location:

Nelson & District Community Complex
305 Hall Street
Nelson, BC. V1L 5X4
(250) 354-4386

Meet Referee:

Garry Bibby-Fox – garrybibbyfox@gmail.com

Facility:

6 Lanes, 25m Pool
Colorado Dolphin Wireless Timing System

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.

All coaches, officials, volunteers, and participants at this meet are expected to adhere to the highest standards of professional conduct. Professional conduct requirements for this event are governed by, but not limited to, both the Swim BC Code of Conduct and Ethics and the Canadian Swim Coaches Association (CSSA) Code of Professional Conduct where applicable.

Eligibility:

- All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.
- There are no time-standards required to participate.

Meet Rules:

- All Swimming Canada rules will be in effect.
- Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
- Ages are determined as of the First Day of the meet: March 7, 2026.
- Age groups for the meet will be 10&U, 11-12, 13-14, 15&O
- All entries are to be entered in Short Course.



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- All individual events and relays will be mixed gender and seeded slowest to fastest except 800 Free.
- 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 side of the pool.
- All events will be swum as Timed Finals.
- NTs will not be accepted. Entry times are required for all entries to facilitate timing of the meet by the meet manager.
- Each swimmer shall pay the Swim BC surcharge regardless of how many sessions or individual or relay events entered.
- Visiting clubs are required to provide volunteer officials. Please direct all enquiries to our head official at alisius2008@live.com
- This competition can provide the following accommodation 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/refereeClubs must contact Meet Management by the Entry Deadline of the need for accommodations.
- 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.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics 11.4.1 and 11.16.1.4.
- Meet Management reserves the right to make adjustments to accommodate reasonable session lengths.
- 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.
- 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.



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400 & 800 Free

- Positive Check In required for both 400 and 800 Free. Please check in 30 minutes prior to the start of **Session 1 & 3**.
- 400 Free will be swum mixed gender and seeded Slowest to Fastest and limited to 42 entries.
- 800 Free will be swum mixed gender and seeded Fastest to Slowest and limited to 42 entries.
- 800 Free entries will not be validated against the SNC Results database.

Relays

- Relay names are due 30 minutes prior to the start of the session. Clubs are strongly encouraged to submit relay names with entries.
- Relays will be swum as mixed and not count towards point totals.

Entry Fees:

- Individual Entry Fees: \$14.00
- Relay Entry Fees: \$16.00
- \$5.00 Swim BC Surcharge per swimmer
- Please make all cheques payable to The Kootenay Swim Club or send an e-transfer to our treasurer at kootenayswimclub@gmail.com
- Fees are due prior to the start of the meet.

Entry Limits:

- Maximum of 10 individual entries
- Maximum of 3 individual entries and 1 relay entry per session. Max 1 entry for the Distance Session
- The meet will be limited to 200 swimmers; the team entering the 200th swimmer will be accepted.

Entry Deadlines:

- **Entry Deadline: Monday, February 23 @ 11:59 pm (PST)**
- **Entries must be submitted through the SNC 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.
- Late Entries may be accepted at the discretion of the Meet Manager. A surcharge fee **may** be applied.
- There will be no refunds on entries after the entry deadline. Specific exceptions will apply such as illness or other emergencies.

Deck Entries:

- Deck entries will be allowed if it does not result in a new heat. A swimmer cannot deck enter in an event and exceed their max events/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 SNC registration system, date of birth, and SNC registration number. Deck Entry Fees will be \$25.00 per entry.

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Results:

- Results will be uploaded on Meet Mobile during the competition and will be posted on Swimming Canada following completion.
- Individual scoring for 1st – 12th place. Standard points system will be used.
- No scoring for relays.
- All results will be broken into age groups and gender.

Ribbons & Medals:

- Best Time Ribbons for 10 and under only.
- Ribbons will be provided for the following:
 - o Top 6 of an Individual Event. For individual events, ribbons will be awarded for each gender in the following age groups: 10&U, 11-12, and 13-14.
- Medals will be awarded for the following:
 - o Top 3 points scoring athletes from **Sessions 1, 2 and 3 only**. Medals will be awarded at the end of Session 3 for each gender in the following age groups: 10&U, 11-12, 13-14, 15&O

Mixed 8X25 Fun Relay:

- Each Team may enter one 8x25 relay squad.
- There will be no fees for the fun relay.
- Entries Due 30 minutes prior to the start of Session 3
- More details will be announced with the tech bulletin!



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Event List		
Session 1 – Saturday		
Event Number	Event	Age Group
1	200 IM	Mixed
2	100 Back	Mixed
3	200 Fly	Mixed
4	50 Breast	Mixed
5	400 Free	Mixed
6	Mixed 4x50 Free Relay	Mixed
Session 2 – Saturday		
Event Number	Event	Age Group
7	200 Free	Mixed
8	50 Back	Mixed
9	100 Breast	Mixed
10	100 Fly	Mixed
11	50 Free	Mixed
12	Mixed 4x50 Medley Relay	Mixed
Session 3 – Sunday		
Event Number	Event	Age Group
13	200 Back	Mixed
14	50 Fly	Mixed
15	100 IM	Mixed
16	200 Breast	Mixed
17	100 Free	Mixed
	Mixed 8x25 Fun Relay	Mixed
Session 4 – Distance Session		
Event Number	Event	Age Group
18	800 Free	Mixed



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Other Information

Food will be made available for Coaches and Officials only. There will be no concession available. Please plan accordingly.

Breaks may be added to the schedule between select events. The pool may be made available for warm-down swimming during breaks.

Hotel Sponsors

The Adventure Hotel:

Book Directly by calling 1-888-722-2258

Best Western Plus Baker Street:

Book Directly by calling 1-250-352-3525

Book Directly at:

Hume Hotel:

Book Directly by calling 1-877-568-0888, 1-250-352-5331

Prestige Lakeside:

Book Directly by calling 1-877-737-8443, 1-250-352-7222

Prestige Inn:

Book Directly by calling 1-877-737-8443, 1-250-352-3595



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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."

November 4, 2025

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