

CTSC Proactive Safety Trident Classic

May 2 & 3, 2026

Sanctioned by Swim BC: #62506

Cranbrook Triton Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Ktunaxa peoples.

Location: Western Financial Place Aquatic Centre
1777 2nd St. N. Cranbrook BC, V1C 3G9

Pool Set Up:

- SCM
- 8 lanes, 25m pool
- Time Drops, Colorado touchpads

Meet Manager: Stephanie Baldwin,
ctscmeetmanager@gmail.com

Meet Referee: Peter Borszcz, peter@mmslawfirm.ca

Officials: Visiting clubs are encouraged to send volunteer officials. There is limited spectator seating, so to get the best seat in the house, please email names and positions to Julia Oaks at ctscofficials@gmail.com.

Meet Format:

- Timed finals
- Age groups 10 & under, 11-12, 13-14, 15 & over
- Relay age groups 10 & under, 11-12, 13-14, 15 & over

Session Times:	Session #	Day	Prelims / Finals	Warm Up	Start	Finish
	1	Saturday	Timed Finals	8:00am – 8:50am	9:00am	12:00pm
	2	Saturday	Timed Finals	3:00-3:50pm	4:00pm	7:00pm
	3	Sunday	Timed Finals	10:15am – 10:50am	11:00am	1:30pm

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 200 swimmers; the team entering the 200th swimmer will be accepted.

Entries: Swimmers are limited to a maximum of 8 individual events (no more than 4 in a single session) and 2 relay events.

Entry Deadline: Deadline for upload of entries to the SNC meet listings website is **Tuesday, April 21 by 9pm MST**.

Deck Entries: Deck entries will be allowed for swimmers already entered in the meet with prior approval from the meet manager. No new heats will be created.

Entry Fees:

Individual Entry Fees:	\$15.00
Relay Entry Fees:	\$20.00
Swim BC Competition Surcharge:	\$5.00
Deck Entry Fees (if applicable):	\$20.00 (payable by card or direct cash only)

Cheques may be made out to Cranbrook Triton Swim Club. E-transfers can be sent to treasurerctsc@gmail.com. Entry fees must be received prior to Session 1 warm-up.

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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.

Adults-only restrooms will not be available due to facility constraints.

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 SW 4.1
3. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
4. 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.
5. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
 - Non-verbal instruction provided by a support person from the swimmer’s own club, who is registered in the REMS as ‘support staff’
 - Visual hand signals given by the starter/referee
6. 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.
7. During events only one (1) swimmer per lane is permitted.
8. 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.
9. 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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Special Meet Rules:

1. There is limited seating for spectators. Please inform families that spectators are only permitted to watch events their child is swimming in, and to be considerate of other spectators by refraining from seat saving.
2. Clubs are responsible for their seating area within the pool facility, including removal of garbage from their designated area. Any theft or vandalism will result in immediate disqualification.
3. Relay name must be submitted to the administration desk no later than 30 minutes after the start of the session.
4. NT entries will not be accepted.
5. Meet management reserves the right to update the meet program for time management purposes.

Scratches:

Scratches received prior to April 24 will not incur meet fees.

Scoring:

There will be no scoring.

Awards:

Individual events: medals 1st-3rd and ribbons 4th-6th places

Relays: Medals will be awarded for the top 3 places.

Personal Bests: Swimmers achieving a personal best time will receive a token to enter a draw at the prize table.

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Event List

Session #1		
Warm Up: 8:00am Start: 9:00am		
Female Event Number	Description	Male Event Number
1	200 IM	2
3	50 Free	4
5	100 Back	6
7	200 Free	8
9	50 Breast	10
11	4x50 Freestyle Relay	12

Session #2		
Warm Up: 3:00pm Start: 4:00pm		
Female Event Number	Description	Male Event Number
13	200 Fly	14
15	50 Back	16
17	100 Free	18
19	200 Breast	20
21	50 Fly	22
23	100 IM	24
	4x50 Fun Relay	

Session #3		
Warm Up: 10:15am Start: 11:00am		
Female Event Number	Description	Male Event Number
25	200 Back	26
27	100 Breast	28
29	100 Fly	30
31	4x50 Medley Relay	32

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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.

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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.”