

Lower Mainland Open

Hosted by the Richmond Rapids Swim Club

January 31-Feb 1, 2026
Watermania, Richmond, BC



Meet Package

Sanctioned by Swim BC: #00000





ENTRY INFORMATION

Eligibility

- All athletes must be registered with Swim BC, Swimming Canada, or other swimming organization recognized by World Aquatics.
- Competitors' ages are as of the first day of competition (January 31 2026).
- Eligibility must comply with the posted Qualifying Standards and De-Qualifying Rules.

Entries

- Swimmers are limited to a maximum of SIX (6) total individual events over the meet. All entries must comply with the Qualifying and De-Qualifying Standards listed below.
- All entries must be uploaded to the SNC Meet listings website. No emailed entries will be accepted
- No Time (NT) entries will not be accepted.
- Deck Entries may be accepted, at the discretion of Meet Management, to fill empty lanes. No new heats will be created. Deck Entries will swim as Exhibition and will not be eligible for awards. Deck Entries are subject to an additional fee. Deck Entries will count toward the six individual event limit. Deck Entries must be accompanied by proof of current registration, including the swimmer's nine-digit SNC ID number and date of birth. Verifiable seed times must accompany deck entries (no NT entries will be accepted).
- Deck Entries will only be available for swimmers ALREADY ENTERED IN THE MEET
- **Official Split Requests** will be considered deck entries and be charged as such. Clubs are responsible for providing their own timers for Official Split requests.
- The meet will be capped at 650 swimmers.
- The Richmond Rapids reserves the right to enter swimmers not meeting the qualifying standards.

COMPETITION RULES

General Meet Rules

- This meet will be run under the most current Swimming Canada Rules.
- Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1.
 - Pool Depth: Shallow End 1.84m, Deep End 4.2m.
- Backstroke ledges will be available. Swimmers and coaches are requested to familiarize themselves with the usage instructions for the Watermania backstroke ledges [by watching this video](#).
- **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.
- Swimmers aged **10 and under** should consider a limit of 4 hours per session, including warm up. Coaches are requested to adhere to this limit when considering events entered.
- 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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Safety

- Swim BC Competition Warm Up Safety Procedures will be in effect.
- 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.
- 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.
- Deck changes are explicitly prohibited
- It is the visiting club's responsibility to ensure that their swimmers are supervised at all times, both during the competition and between sessions, while at the Watermania facility.
- Only athletes, coaches, and volunteers/officials will be allowed on the pool deck during the meet. There will be limited space for parents during the competition for viewing
- 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

Awards and Age Groups

- Awards will be given for 1st through 8th places in each age group, for individual events.
- Age Groups for individual events (excluding distance) will be: 10&U, 11-12, 13-14, 15&O.
- Age Groups for the 800m Freestyle will be: 12&U, 13-14, 15&O.
- There will be Bell Heats during the meet. Winners of Bell Heats may choose a prize from the Prize Table.

Distance Event – 800 Free

- The 800m Freestyle will be limited to the **fastest 4 entries in each gender, in each age group**: 12&U, 13-14, 15&O. Should there not be a full cohort of 4 swimmers per gender, the spots will be filled from the original entries: for the 13/14 and 15+ age groups, the next fastest swimmer from the other age group of the same gender will be selected; for the 12&U age group, the next fastest swimmer of the opposite gender will be selected. Positive check-in is required 30 minutes after the start of the session in which the event will be swum.
- Alternates from the original entries will be offered the opportunity to fill empty lanes. Swimmers with Divisionals qualification standards wishing to swim the 800m Free as Exhibition will only be considered after *all swimmers without a Divisional time* wishing to swim have secured a spot in the event.
- The 800m Freestyle will be swum as follows: in the AM session, 13/14 and 15+ Girls will swim together as one heat, and 13/14 and 15+ Boys will swim together as one heat; in the PM session, 12&U Boys and Girls will be swum together in a single Mixed Gender heat.
- 10 & Under swimmers are eligible to swim the 800m Freestyle if they meet the standard for 12&U.

Para-Swimming

- Para-swimmers who are registered with World Aquatics or a WPS affiliate are welcome and will be seeded according to their entry time. Complete classifications (S, SB, SM) must accompany entries. Current WPS rules will govern all Para-Swimming events.



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- 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
 - Facility or Swimming Canada provided strobe light: An external strobe light is available at this competition

Please contact Meet Management for any lane placement or other accommodations needed

QUALIFYING STANDARDS & DEQUALIFYING RULES

Scratches

- Scratches received prior to the meet scratch deadline will not be charged. Swimmers missing a race will be considered a scratch and will not be entered into another heat. There is no penalty for missed races or scratches.

De-Qualifying Rules:

All swimmers are subject to the following **De-Qualifying Rules**:

- Swimmers who have achieved one or more Divisional/Provincial Time Standards are de-qualified in the event(s) which they have a Standard for.

Deadlines

- **Entry Deadline:** Thursday, January 22, 2026, at 11:59pm
- **Scratch Deadline:** Monday, January 26, 2026, at 12:00pm NOON
- **Deck Entry Deadline:** 30 minutes before the start of each session
- **Official Split Request Deadline:** 30 minutes before the start of the session
- **Positive Check-In for 800m Freestyle:** 30 minutes after the start of the session

All swimmers must meet the **200 IM Qualifying Standard** for their age group to be eligible for this meet:

10 & Under	11-12	13-14	15 & Over
3:55.00	3:30.00	3:20.00	3:10.00

All swimmers must meet the following **Event Qualifying Standards** to be eligible for an event *:

Event	10 & Under	11-12	13-14	15 & Over
200 IM	3:55.00	3:30.00	3:20.00	3:10.00
200 Free	3:35.00	3:15.00	3:00.00	2:50.00
200 Back	3:45.00	3:25.00	3:10.00	3:00.00
200 Breast	3:55.00	3:35.00	3:20.00	3:10.00
200 Fly	3:45.00	3:25.00	3:10.00	3:00.00
400 FR	6:45.00	6:15.00	5:45.00	5:30.00
400 IM	7:15.00	6:45.00	6:25.00	6:00.00
800 Free		12:30.00	11:30.00	10:30.00

*Rapids Swimmers may enter events with times slower than the event standard time permitting



GENERAL INFORMATION

Sanctioned by Swim BC and hosted by the Richmond Rapids Swim Club (www.richmondrapids.com).

Meet Format: Single-Ended Short Course (25m), Timed Finals. During events only one (1) swimmer per lane is permitted.

Location: Watermania, 14300 Entertainment Blvd., Richmond, B.C., V6W 1K3, Canada. Richmond Rapids would like to acknowledge that we are gathering and competing today on the beautiful Unceded coast Salish traditional territory and give thanks to the Musqueam, Squamish and Tsleil- Waututh Nations.

Facilities: 8-lane, 25m competition pool with starting blocks at deep end, and Swiss Timing system.

- At least two 25m warm-down lanes will always be available during the competition.

Live Results: Live Web Results and SPLASH will be available.

Fees

Entry Fee	\$80.00 per swimmer (includes Swim BC Competition Surcharge)
Deck Entries	\$25.00 per entry (Cash Only)
Official Split	\$25.00 per request

Cheques should be made payable to **Richmond Rapids Swim Club**. Associations must submit one cheque only. No individual cheques will be accepted from members of the association.

Meet Management

Meet Secretary/Entries:	Darryl Rudolf (darryl@richmondrapids.com)
Meet Manager:	Shirley Lim
Meet Referee:	Jon Govier jongovier@shaw.ca
Head Coach:	Rob Pettifer (rpettifer@richmondrapids.com)
Officials Coordinator	officials@richmondrapids.com



MEET SCHEDULE

Schedule of Sessions					
Session		Date	Warm-Up Period	Session Start	Approx. End
1	Saturday AM - 13 & Over	Sat Jan 31	7:30-8:20 AM	8:30 AM	12:30 PM
2	Saturday PM - 12 & Under	Sat Jan 31	1:30-2:20 PM	2:30 PM	7:30 PM
3	Sunday AM - 13 & Over	Sun, Feb. 1	7:30-8:20 AM	8:30 AM	12:30 PM
4	Sunday PM - 12 & Under	Sun, Feb. 1	1:30-2:20 PM	2:30 PM	7:30 PM

Warms Ups and Sessions Timelines may be altered to accommodate a larger number of swimmers into the meet.
Warm-Ups may be blocked. Teams will be advised.

Order of Events					
Saturday (Sessions 1 & 2)			Sunday (Sessions 3 & 4)		
Female	Events	Male	Female	Events	Male
1	200 Freestyle	2	17	200 IM	18
3	50 Backstroke	4	19	50 Breaststroke	20
5	100 Butterfly	6	21	200 Butterfly	22
7	100 Breaststroke	8	23	100 Freestyle	24
9	200 Backstroke	10	25	200 Breaststroke	26
11	50 Freestyle	12	27	100 Backstroke	28
13	400 IM	14	29	50 Butterfly	30
15	800 Freestyle	16	31	400 Freestyle	32





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."