



OLYMPIANS SWIMMING

**OS April Invitational Swim Meet
April 11 - 12, 2026**

Sanctioned by Swim BC # 60090

Long Course Timed Finals
12 & Under, 13 & Over Age Groups
Limited to 350 Swimmers
Entry Deadline: Friday, April 3rd 2026 at 6:00 pm



Location: Walnut Grove Community Centre
8889 Walnut Grove Drive,
Langley, British Columbia V1M 2N7

Ph: (604) 882-0361

Facility: 8 Lane, 50m Pool
Swiss Timing System

Land Acknowledgment: Olympians Swimming would like to acknowledge that the land on which we gather is on the traditional unceded territory of the Katzie, Kwantlen, Matsqui and Semiahmoo First Nations.

Safe Sport: All interactions between an athlete and an individual who is on a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

Facility Rules: Deck changing is explicitly prohibited.

There are no allocated adult and swimmers only washrooms in this facility. All washrooms are designated as male and female washrooms.

Please note that there will be limited deck space. Swimmer seating will be available in the adjacent gymnasium.

Estimated Timeouts: The meet management has the right to modify the schedule once the entries have been received.

SESSION	WARM-UP	RACING
Saturday 13 & Over	6:30am – 7:30am	7:45am – 12:00 pm
Saturday Distance 800m	12:30pm-1:15pm	1:30pm – 3:00pm
Saturday 12 & Under	3:15pm – 4:00pm	4:15pm - 7:00pm
Sunday 13 & Over	6:30am-7:30am	7:45 am – 11:30pm
Sunday Distance 1500	12:00pm-12:45pm	1:00pm-2:30pm
Sunday 12 & Under	2:45pm-3:30pm	3:45pm - 6:30pm

Entry Deadline: **Friday, April 3rd, 2026 at 6:00 pm (PST)**

Entry Fees:

1. Entry fees are \$15 per event plus a \$5.00 Swim BC Competition Surcharge per swimmer.
2. There will be **No Deck Entries** for any event.



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- Payment Method:** Please make cheques payable to **Olympians Swimming** or send e-transfers to fees@langleyolympians.com with memo “[Club Name] 2026 April Invitational Meet Fee”.
- Entries:** Entries must be submitted through the Swimming Canada online system. **The meet is limited to 350 swimmers.**
- Swimmers are limited to a **maximum of 3 events per day.**
- Eligibility:**
1. All swimmers are required to be registered with Swim BC or other World Aquatics affiliated organizations.
 2. Swimmers must achieve short course **4:00 200 IM** to be entered into this competition. Please submit proof of times.
 3. Not Time (NT) entries will not be accepted.
 4. Age groups will be based upon swimmers age as of the 1st day of the meet.
- Scratch Deadline:**
1. Scratches after the entry deadline (April 3rd 2026) will only be refunded with a doctor’s note.
 2. Day of meet scratches need to be in 30 minutes prior to heats on Saturday & Sunday. (No refund of fees.)
- Scratch Rules:** There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
- Events:**
1. The meet manager reserves the right to modify the event schedule as follows: add events, cancel events if time constraints arise, and combine events to expedite the meet. Additionally, the meet manager may schedule breaks, if time permits, to allow swimmers more recovery time between events.
 2. Coaches should exercise discretion in choosing events for 10 & under swimmers to ensure that time on deck does not exceed Swim BC four-hour guidelines.
- Meet Format:**
1. Age will be determined as of Saturday, April 11th, 2026.
 2. Age groups will be 12 & Under, 13 & Over except for the 800 Free and 1500 Free, which will be swum in Open Age Group and Mixed Gender.



3. The 800 and 1500 Free will be limited to the top 20 girls and boys for each age group as determined by the psych sheet as of April 4th 2026. Remaining swimmers, regardless of age, will be accepted as space permits.
4. Positive check-in is required for the 800free and 1500free by 9:30am of the day of the event. After positive check-in, a fine of \$20 will be imposed on those swimmers with “no shows.”
5. Suggested minimum entry standards (Page 7) may be applied to limit entries in the 400 Free, 800 Free, 1500 Free, and 400 IM events.
6. OS reserves the right to enter their swimmers at a reduced standard.
7. All events will begin from the deep end of the pool. Manual times will be used in 50m events. Electronic timing will be used for events 100m or longer.
8. A coaches meeting will be held prior to the start of the meet (Saturday AM).

Seeding: The meet will be pre-seeded.

- Meet Rules:**
1. All SNC and Swim BC rules as stated in the SNC rulebook will apply.
 2. This meet will be conducted under Swimming Canada rules and regulations.
 3. Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
 4. 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.
 5. 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.
 6. The World Aquatics one-start rule will be in effect



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7. 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.
 8. During events only one (1) swimmer per lane is permitted.
 9. 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* Note that the support person must show a status of “Registered” as support staff in the Swimming Canada registration system.
 - b. Hand signals given by the starter/referee
Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.
 10. 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):
 - a. 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.
 - b. Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
 - c. 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.

Diving Rules: Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1

Scoring: There will be no team or individual scoring.

Awards: No awards are giving out in this meet.

Official Splits: Request must be sent in before the start of the session. Club must provide 3 timers. The fee for an official split is \$15 per split. Payment must be made in cash to the Meet Administration Desk prior to the start of the session in which the split will occur.



Meet Management:

Meet Manager

Su Tarn Lim

zeol@hotmail.com

Meet Referee / Entries Coordinator

Khay See (Level 5)

officials@simonfraseraquatics.com



SATURDAY, APRIL 11, 2026		
13 & OVER		
Session 1		
Warm-up:	6:30 am – 7:30 am	
Racing:	7:45 am – 12:00 pm	
FEMALE	EVENTS	MALE
1	200 Back	2
3	50 Breast	4
5	50 Back	6
7	400 Free*	8
9	100 Fly	10
11	200 IM	12
13	100 Free	14
15	200 Breast	16

SUNDAY, APRIL 12, 2026		
13 & OVER		
Session 4		
Warm-up:	6:30 am – 7:30 am	
Racing:	7:45 am – 11:30 am	
FEMALE	EVENTS	MALE
35	200 Free	36
37	50 Fly	38
39	50 Free	40
41	100 Back	42
43	400 IM*	44
45	100 Breast	46
47	200 Fly	48

DISTANCE		
Session 2		
Warm-up:	12:30 pm – 1:15 pm	
Racing:	1:30 pm – 3:00 pm	
FEMALE	EVENTS	MALE
17	800 Free*	17

DISTANCE		
Session 5		
Warm-up:	12:00 pm – 12:45 pm	
Racing:	1:00 pm – 2:30 pm	
FEMALE	EVENTS	MALE
49	1500 Free*	49

12 & UNDER		
Session 3		
Warm-up:	3:15 pm – 4:00 pm	
Racing:	4:15 pm – 7:00 pm	
FEMALE	EVENTS	MALE
19	200 Back	20
21	50 Breast	22
23	50 Back	24
25	400 Free*	26
27	100 Fly	28
29	200 IM	30
31	100 Free	32
33	200 Breast	34

12 & UNDER		
Session 6		
Warm-up:	2:45 pm - 3:30 pm	
Racing:	3:45 pm - 6:30 pm	
FEMALE	EVENTS	MALE
51	200 Free	52
53	50 Fly	54
55	50 Free	56
57	100 Back	58
59	400 IM*	60
61	100 Breast	62
63	200 Fly	64

**The 400 Free, 800 Free, 1500 Free, and 400 IM will be limited to fit within the timelines and may be limited to the fastest entered times. The meet management will attempt to accommodate as many swimmers as possible in these events as outlined in this package.*



All entries must be submitted online by

Friday, April 3rd, 2026 at 6:00 pm (PST)

The meet will be limited to the first 350 swimmers.

SUGGESTED FEMALE ENTRY STANDARDS

EVENT	12 & UNDER	13 - 14	15 & OVER
1500 Free	22:50.00	20:53.00	20:00.00
800 Free	12:06.00	11:05.00	10:36.00
400 IM	6:38.00	6:06.00	5:51.00
400 Free	5:52.00	5:22.00	5:08.00

SUGGESTED MALE ENTRY STANDARDS

EVENT	12 & UNDER	13 - 14	15 & OVER
1500 Free	22:40.00	19:54.00	18:35.00
800 Free	12:15.00	10:49.00	10:06.00
400 IM	6:41.00	5:50.00	5:25.00
400 Free	5:53.00	5:11.00	4:47.00

No Time (NT) entries will not be accepted for the 400 Free, 800 Free, 1500 Free, and 400 IM events. Swimmers should be at the minimum standards as recommended above. If a swimmer does not have an official time in one of these events, coaches must submit a legitimate custom time.

The Meet Management has the right to limit entries to ensure that the meet runs within the allotted timeline.



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.”