



RMSC Spring Invitational 2026

April 11th & 12th, 2026

Maple Ridge Leisure Centre
11925 Haney Place
Maple Ridge, BC V2X 6G2

Sanctioned by Swim BC - # 59145



ODLUM BROWN
Charlotte Faulkner
Vice President, Director, Portfolio Manager

OVERVIEW

LAND ACKNOWLEDGEMENT

The Ridge Meadows Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Katzie First Nation and Kwantlen First Nation.

Subject to change depending on the number of entries received.

Session	Date		Warm-up	Heats	Estimated Finish
1	Sat – Apr 11th	13 & O	7:30 – 8:20 am	8:30 am	12:30 pm
2	Sat – Apr 11th	12 & U	2:00 – 2:50 pm	3:00 pm	7:00 pm
3	Sun - Apr 12th	13 & O	7:30 – 8:20 am	8:30 am	12:30 pm
4	Sun - Apr 12th	12 & U	2:00 – 2:50 pm	3:00 pm	7:00 pm

QUALIFYING STANDARDS

RMSC reserves the right to enter swimmers above the qualifying standard

12 & Under Session	13 & Over Session
Under 2:15 100 IM	Under 4:00 200 IM

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

Event	9 & Under	10-11	12 years old	13-14	15 & Over
400 Free	6:45.00	6:45.00	6:15.00	5:45.00	5:30.00
400 IM	7:15.00	7:15.00	6:45.00	6:25.00	6:00.00
800 Free	12:30.00	12:30.00	12:30.00	11:30.00	10:30.00
1500 Free	22:30.00	22:30.00	22:30.00	21:30.00	20:30.00

*RMSC swimmers may enter events with times slower than the event standard time permitting

POOL & FACILITIES

The competition will be held in a 6 lane 25-meter pool with a Colorado touchpad timing system and 6-lane display board. There will be a 4-lane warm-down tank for use throughout the competition.

ELIGIBILITY

Swimmers must be registered with Swim BC or other World Aquatic affiliate organizations.

Swimmers must meet the qualifying standards as outlined above.

SAFE SPORT STATEMENT

The Ridge Meadows Titans believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

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.

- There is to be no ‘**deck changing**’ on the pool deck, all changing must be done in the appropriate change room.

- Swimmers are encouraged to only use the facility changerooms, while the officials and coaches to use the restrooms in the lobby.
- 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.

GENERAL INFORMATION

- To ensure that swimmers are placed in appropriate heats, coaches are requested to enter accurately estimated times for swimmers that have not previously participated in an event. No NT entries will be accepted.
- Upon request, Clubs entered must provide a proof of time for the IM.
- Timed-Finals for all events with events seeded slowest to fastest. Age groups for the meet are 9 & under, 10-11 year olds, 12 year olds, 13 and 14 year-olds, and 15 and over, with results separated by gender.
- There will be no individual or team scoring.
- Titans pins for 1st through 6th will be awarded for each age group and gender, per event.
- Bell prizes will be awarded throughout the meet.

ORGANIZING COMMITTEE

Meet Manager: Chloe Good

chloegood@rmsctitans.ca

Meet Referee: Carrie Groenewald

president@rmsctitans.ca

Entry Coordinator: Darryl Rudolf

darryl.rudolf@gmail.com

ENTRIES

- Entries will be limited to 200 swimmers for each session to preserve reasonable session lengths. Teams will be notified if entries cannot be accepted.
- Meet management reserves the right to reduce the number of entries if the meet timelines do not fit a reasonable time frame.
- Swimmers can be registered for up to a maximum of 6 individual events. And a maximum of 3 events a session.

- Entries may only be submitted for swimmers whose registration is "ACTIVE" in the new REMS database.
- All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) - this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

Entry Deadline

Wednesday April 1st, 2026 by 11:59pm via REMS

Scratch Deadline

Monday April 6th, 2026 by 9:00pm to the Entry Coordinator Darryl Rudolf
darryl.rudolf@gmail.com

There will be no refunds for scratches made after the scratch deadline unless a medical note is presented to the Administration Desk.

Deck Entries and Courtesy Scratch Deadline

30 minutes before the start of each session.

Official Split Requests

30 minutes before the start of each session.

RMSC reserves the right to enter swimmers not meeting the qualifying standards.

FEES

- \$75.00 per swimmer, which includes the Swim BC Competition Surcharge. Deck Entries will be accepted (Exhibition only), if room is available in the event, at a fee of \$20.00/event. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in the SNC registration system, date of birth, and SNC registration number.
- Entries must be submitted through the Swimming Canada online system. Emailed entry files will not be accepted.
- Official Split Request \$20.00 fee per request.
- Meet payments must be handed to the Administration Desk 30 minutes prior to the start of Session 1. Please make cheques payable to **Ridge Meadows Swim Club**. E-transfers will be accepted for entry fees and can be sent to finance@rmsctitans.ca.
- Refund request after the scratch deadline must be accompanied by a doctor's note.

DISTANCE

- The 800m and the 1500m Free events will be swum fastest to slowest. The 800 will be limited to 18 entries and the 1500 limited to 12 entries, per session. Swimmers who are not eligible based on the entry cut off numbers will be permitted to swim in another event.

- Distance may be limited due to session length
- There will be positive check-in for the 800m and the 1500m events. Deadline will be the start of the session in which the event will be swum.

MEET RULES

- All applicable Swimming Canada rules will be observed.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatic FR 2.3 and SW 4.1. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.
- All swimmers are permitted to race in 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.
- Swim BC competition warm-up safety procedures will be in effect and will be monitored by safety marshals. Please refer to the attached warm-up procedure.
- The age group for each swimmer is based on the swimmer's age as of April 11th, 2026.
- All events will be timed finals.
- 10 & under swimmers are limited to 4 hours of competition time per session. Coaches are requested to adhere to this limit when considering events entered.
- 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 accommodation

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

- 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

EVENTS

Saturday, April 11th, 2026

Session 1 – 13 and Over

Event	Description
	Warm-up 7:30am
1	Mixed 13 and Over 200 IM
2	Mixed 13 and Over 100 Free
3	Mixed 13 and Over 50 Fly
4	Mixed 13 and Over 200 Back
5	Mixed 13 and Over 100 Breast
6	Mixed 13 and Over 50 Back
7	Mixed 13 and Over 200 Fly
8	Mixed 13 and Over 400 Free
9	Mixed 13 and Over 800 Free

Session 2 – 12 and Under

Event	Description
	Warm-up: 2:00pm
101	Mixed 12 and Under 200 IM
102	Mixed 12 and Under 100 Free
103	Mixed 12 and Under 50 Fly
104	Mixed 12 and Under 200 Back
105	Mixed 12 and Under 100 Breast
106	Mixed 12 and Under 50 Back
107	Mixed 12 and Under 200 Fly
108	Mixed 12 and Under 400 Free
109	Mixed 12 and Under 800 Free

Sunday, April 12th, 2026

Session 3 – 13 and Over

Event	Description
	Warm-up: 7:30 am
10	Mixed 13 and Over 200 Free
11	Mixed 13 and Over 100 Fly
12	Mixed 13 and Over 200 Breast
13	Mixed 13 and Over 50 Free
14	Mixed 12 and Over 400 IM
15	Mixed 13 and Over 100 Back
16	Mixed 13 and Over 50 Breast
18	Mixed 13 and Over 1500 Free

Session 4 – 12 and Under

Event	Description
	Warm-up 2:00pm
110	Mixed 12 and Under 200 Free
111	Mixed 12 and Under 100 Fly
112	Mixed 12 and Under 200 Breast
113	Mixed 12 and Under 50 Free
114	Mixed 12 and Under 400 IM
115	Mixed 12 and Under 100 Back
116	Mixed 12 and Under 50 Breast
117	Mixed 12 and Under 100 IM
118	Mixed 12 and Under 1500 Free

PLATINUM SPONSORS



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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."