



Spartan 11&Under Rubber Ducky
and LMR Distance

SATURDAY APRIL 11th, 2026

CHILLIWACK LANDING LIESURE CENTRE

#1-9145 Corbould St. Chilliwack, BC V2P4A6

Sanctioned by Swim BC: # 63079

The Spartan Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Pilalt, Ts'elxwéyew, and Sema:th

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.

**Individual washroom stalls will be available in the family change room
Deck changes are explicitly prohibited.**

Session Information

11 and Under Session

Warm Up: 7:30am -8:20am (Blocked Warm Ups)

Start: 8:30 am

Estimated end time: 1:00pm

LMR Distance Session

Warm Up: 2:00pm-2:40pm

Start: 2:50pm

Estimated end time: 7:00pm

Pool Facilities

- 8 lane 25 meter competition pool
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4
- Colorado Electronic Timing System and Electronic Score board
- Free parking
- Bleacher seating
- There will be no warm down pool space available while events are being swum.

Meet Management

Meet Manager - Brent Saunders: bsinmission@yahoo.ca

Meet Referee – Derek Wheeler: derekkwheeler@gmail.com

Coordinator: Justin Daly: coachjustindaly@gmail.com

Meet Eligibility

11 and Under events:

Swimmers should be able to swim a legal 100m IM (coaches discretion) Swimmers must be 11 years old or younger as of April 11th, 2026

LMR Distance events:

Swimmers must have obtained a 4min 200m IM or faster

All swimmers must be registered with Swim BC or other World Aquatics affiliated organization

Entries

Entry Deadline is **Wednesday April 1st, 2026**

Final Scratch Deadline is Tuesday April 7th, 2026. No refunds will be provided after this date.

Meet management reserves the right to reduce this number of entries for all events if the meet time lines do not fit a reasonable time frame. Clubs will be notified in advance and will have 24 hours to re-submit entries.

Entries must be submitted through the Swimming Canada online system. Emailed entry files will not be accepted."

Entry Fees

Entry fees for 11 and Under events are \$6 per event plus \$5 Swim BC fees.

Entry fees for LMR distance events at \$16 plus \$5 Swim BC fees

Meet fees are payable to the **Spartan Swim Club prior to the start of the meet**

Meet Rules

1. This meet will be conducted under Swimming Canada rules and regulations.
 2. Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
 3. Coaches are encouraged to reserve athlete number into the meet early by emailing Justin Daly at: coachjustindaly@gmail.com. 250 swimmers will be admitted into the 11 and under portion and 150 swimmers will be admitted into the LMR distance portion. Please contact coach Justin Daly to reserve a spot at coachjustindaly@gmail.com
 4. Para-swimmers are welcome. IPC athletes' classifications must be designated with entries
 5. During events only one (1) swimmer per lane is permitted.
 6. Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1
 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. 10 & unders are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering events entered.
 9. All races will be start overs, with the previous heat remaining in the pool excluding backstroke events. *a. (Coaches please talk to your swimmers about this)*
 10. All events will be swum as TIMED FINALS.
 11. 11 and under events will be swum slowest to fastest with all age and genders mixed
 12. Distance events will be swum fastest to slowest with all age and genders mixed
 13. The 800m and 1500m free may be double laned to save time
 14. Bell Ringer heat winners will receive a bonus prize for the 11 and under portion
 15. Age groups for the 11 and under portion will be 7 and under, 8 – 9years old, 10-11years old with combined genders
 16. Age groups for LMR distance events will be open
 17. Age group will be based on the age of swimmers as of the 1st day of the meet.
 18. It is the visiting club's responsibility to ensure that their swimmers are supervised at all times during the competition and between sessions while in the Chilliwack Leisure Landing Center.
 19. Deck Entries are allowed at a cost of \$10 for 11 and under events and \$20 for distance events. No new heats will be created for deck entries. Deck Entries & Scratches must be in 30 minutes prior to the start of the meet.
 20. 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.
 21. 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 accommodations.
22. 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.
 23. 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.
 24. 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.

Order of Events		
	Warm up 7:30am-8:20am	
Mixed 11 and Under	EVENTS	
1	100IM OR 200IM*	2
3	100 Free OR 200 Free*	4
5	50 Fly OR 100 Fly*	6
7	50 Back OR 100 Back*	8
9	50 Breast OR 100 Breast*	10
11	50 Free	11

**Swimmers must pick either the 100 or 200 events. Swimmers must pick either the 50m or 100m events for Fly Back and Breast. Please pick on swimmers ability*

	Warm up 2:00pm-2:40pm	
LMR Distance Mixed Open	EVENTS	
12	400 Free	
13	400IM	
14	1500m Free	
15	800m Free	

OFFICIALS' PAGE

Please pass this page on to your club's director of officials.

Meet Officials:

We will be asking parents of the swimmers to help officiate and help with volunteer tasks related to meet operation.

Officials Roles:

The names of the stroke and turn or other deck officials can be submitted to the Brent Saunders at bsinmission@yahoo.ca send submissions by Friday April 3rd, 2026.

The meet manager will assign officials positions prior to the meet.

Parents/guardians are encouraged to shadow positions to learn new or additional Officials positions.

Swim BC - HOW TO BECOME AN OFFICIAL

Officials:

- i. Safety Marshall
- ii. Timers
- iii. Chief Timekeeper;
- iv. Clerk of Course;
- v. Chief Finish Judge (CFJ) / Chief Judge Electronics (CJE);
- vi. Starter
- vii. Referee

Volunteers:

Food prep/ service

Set up/ take down



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.”