



# 2026 BC Summer Games

JULY 24-26, 2026

Sport: Swimming / Para Swimming / Special Olympics

Sanctioned by Swim BC: 64140

Swim BC and Kelowna Aquajets would like to begin by acknowledging that the land on which we gather lies on the unceded, traditional territory of the Okanagan Sylix people.

## SAFE SPORT

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment free of abuse, harassment, and discrimination. This involves promoting open and observable environments and making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally be in an environment or space that is both 'open' and 'observable' to others.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures, including but not limited, to the Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.

Deck changes are explicitly prohibited.

Adult only washrooms (for volunteers, coaches, officials) are located in the Universal Changeroom.

## VENUE

H2O Adventure + Fitness Centre  
4075 Gordon Dr.  
Kelowna, BC. V1W 5J2

## POOL

Competition Pool: 25m X 8 Lanes  
Warm-up/Cool Down: 25m X 5 Lanes

## ORGANIZING COMMITTEE

Provincial Advisor	Melissa Webster	melissa.webster@swimbc.ca
Meet Director	Melissa Webster	melissa.webster@swimbc.ca
Meet Manager	Tina Pomponio	teammanager@kelownaaquajets.com
Meet Referee	Tara Walters	tarawalters@shaw.ca
Officials Coordinator	Kristie Bjorgan	officials@kelownaaquajets.com
Entries Coordinator	Melissa Webster	melissa.webster@swimbc.ca

## ENTRY DEADLINE

July 7, 2026 @ 9:00pm

## SCRATCH DEADLINE

July 20, 2026 @ 12:00pm

## ENTRY INFORMATION

### ELIGIBILITY

<b>Swimmer Registration:</b>	All swimmers must be registered with a Swim BC.	
<b>Qualifying Period:</b>	September 1, 2025 – May 17, 2026	
<b>Olympic Program:</b>	<u>Qualifying Times:</u>	12-year-old Swim BC <a href="#">North &amp; Interior Divisional</a> time standard.
	<u>De-qualifying Times:</u>	14-year-old <a href="#">Best of the West Fest</a> time standard.
<b>Paralympic Program:</b>	<u>Qualifying Times:</u>	Minimum Level 2 (ranked by the Provincial Advisor based on their highest SCM Canadian Paralympic Points).
	<u>De-qualifying:</u>	Para swimmers who have held an SR1, SR2, SR Injury, SR2 Injury, C1, or Development card at any time. Canada Games team or Swimming Canada team.  Para swimmers who have competed for any nation at any Pan American Games, Commonwealth Games, Olympic Games, FISU Games, Pan Pacific Championships, Senior World Aquatic Championships, Paralympic Games, IPC Swimming World Championships, Special Olympics World Games, or Para Pan American Games.
<b>Swimmer Age:</b>	<u>Olympic Program:</u>	12 to 14 Years of Age as of December 31, 2026
	<u>Paralympic Program:</u>	13 to 30 Years of Age as of December 31, 2026
<b>Special Olympics:</b>	The sport-specific rules in this document shall pertain to able-bodied and para-swimmers only. Rules pertaining specifically to Special Olympics swimmers are available at ( <a href="#">link</a> )	

### AGE GROUPS

<b>Individual &amp; Events:</b>	Open
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### ENTRY LIMITS

<b>Olympic Program:</b>	Maximum of 5 individual events plus relays.
<b>Paralympic Program:</b>	Maximum of 6 individual events plus relays.

### ENTRY SUBMISSION

<b>Entries Upload:</b>	Entries must be submitted and validated through REMS prior to the entry deadline. <b>Entries are to be submitted by each club (not by Zone).</b>
<b>Validation:</b>	Non-Validated Times are not accepted; swimmers must have a valid entry time from within the qualification period for each event they enter.  All times must be within the qualifying and de-qualifying time standards. All entries will be validated via the Swim Canada results database (Swim Rankings). No Time (NT) will not be accepted. Times are to be submitted in the course they were achieved. Converted times will NOT be accepted. All LCM entries will be converted to SCM by Swim BC and seeded accordingly. It is responsibility of the coach to ensure that all swimmers are qualified and entered appropriately.
<b>Late Entries:</b>	After the entry deadline, new swimmers will NOT be accepted. Amendments to entered swimmers will be accepted at the discretion of Swim BC.

### DECK ENTRIES

There will be no deck entries, exhibition swims, or time trials.

## ENTRY FEES

**Athlete Fees:** \$300.00 (\$175.00 BC Games | \$125.00 Swim BC)

**Payment Methods:** Cheque: Please make cheques payable to the **Swim BC**.  
E-Transfer: **payments@swimbc.ca**

*Each club and zone will be invoiced following the scratch deadline.*

## TEAM COMPOSITION

Zone	Female	Male	Total
Zone 1 - Kootenays	5	5	10
Zone 2 – Thompson-Okanagan	10	10	20
Zone 3 – Fraser Valley	10	10	20
Zone 4 – Fraser River	10	10	20
Zone 5 – Vancouver-Coastal	10	10	20
Zone 6 – Vancouver Island – Central Coast	10	10	20
Zone 7 – North West	5	5	10
Zone 8 – Cariboo North East	5	5	10
Para Swimming ( <i>Not Zone Specific</i> )	-	-	8
Wild Cards ( <i>Not Zone Specific</i> )	15	15	30
Special Olympics	-	-	24
<b>Total</b>			<b>192</b>

## COMPETITION RULES

*This meet will follow rules as outlined in the current Swimming Canada Rulebook. Rules, regulations, and procedures outlined in this Meet Information Package will supersede those in the Swimming Canada Rulebook.*

## WARM-UP PROCEDURES

The Swim BC Competition Warm-Up Safety Procedures will be in effect and will be monitored by safety marshals.

## STARTS

<b>Pool Depth:</b>	Deep End: 3.9m	Shallow End: 1.52m
<b>Dive Rules:</b>	Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4.	
<b>Backstroke Ledges:</b>	Backstroke Ledges will be available.	
<b>Misconduct:</b>	<p>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):</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Deliberate kicking or striking of the starting platform, including the back plate prior to the start.</li> <li>• 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.</li> </ul> <p>The Referee may disqualify a swimmer for such misconduct.</p>	

## SWIM OFFS

Swim-offs will be scheduled at a time agreed upon by coaches and officials. Every effort will be made to conduct the swim-off before the conclusion of the preliminary session in which the tie occurred.

Coaches are to report to the Admin Desk when a swim-off is announced.

### SWIMWEAR & TAPING

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**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.

**Taping:** All swimmers shall be required to comply with World Aquatics swimwear and taping rules.

### D/DEAF AND HARD OF HEARING ACCOMMODATION

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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 Swim BC provided strobe light: An external strobe light is available at this competition

Clubs must contact Meet Management by the [Entry Deadline](#) for accommodations.

### GENERAL MEET RULES

#### PHOTOGRAPHY / VIDEOGRAPHY

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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.

All photographers must have applied for and received permission from Swim BC prior to the start of meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for their club's use only. All approved photographers must be identified by wearing a self-provided safety vest.

#### COACH CONDUCT

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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.

Coaches must check in with the Meet Management immediately upon arrival to pay entry fees.

#### CODE OF CONDUCT

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Violations of the Swim BC Code of Conduct and Ethics policy may result in immediate disqualification from the meet.

### COMPETITION FORMAT

#### SEEDING

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Fastest three heats of all prelims/final events will be circle-seeded.

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

#### FINALS

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There will be an "A" final only for each age group<sup>1</sup>.

Time Final events (including relays) with 9 or 10 entrants, will be seeded such that the fastest heat will have all lanes filled.

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<sup>1</sup> Subject to change

## DISTANCE EVENTS

### 800 FREE

<b>Positive Check In:</b>	There will be a positive check-in for the 800 FR. Deadline will be the start of the prelims session in which the event will be swum.
<b>Seeding:</b>	The 800 Freestyle is a time final. Swum fastest-to-slowest alternating genders.

## RELAYS

### AGE GROUPS

<b>Relay Events:</b>	Open
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### ENTRIES

<b>Entries:</b>	Zones are only permitted to enter 1 relay team per event (A team only).
<b>Validation:</b>	Validated relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best times of the four swimmers entered. Relay entries that have an entry time MUST include names. If a relay is entered with less than four (4) names, it will be seeded as “NT”. “NT” entries will be accepted.
<b>Qualifying Times:</b>	There are no qualifying times for relays.
<b>Relay Name Changes:</b>	Coaches must submit their relay name changes via Relay Form provided by the Admin Desk. All relay name changes must be submitted 30 minutes before the start of the session in which the relay will be swum.
<b>Seeding:</b>	All relay events are timed finals.

## SCRATCHES

There is no penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims.

The following rules apply to all finalists and alternates listed in the official preliminary results posting, as well as all swimmers competing in time-final events.

- For all final events, no-shows, step downs and unexcused incomplete swims will be considered “late scratches” and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
- For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
- For finals, all scratches must be submitted to the Administration Desk.

## SCORING

<b>Individual Scoring:</b>	30 - 25 - 22 - 20 - 18 - 17 - 16 - 15
<b>Relay Scoring:</b>	60 - 50 - 44 - 40 - 36 - 34 - 32 - 30

## AWARDS

### MEDALS

Awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places for all individual and relay events.

**Presentation:** Medals will be presented at the end of the session.

*The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded and when there are two competitors or teams only a Gold medal will be awarded.*

**STAFFING**

The role of coaches and managers at the BC Games includes traveling to and from the host community with your team/zone, coaching, and supervising of the athletes.

<b>Coaches:</b>	One (1) Head Coach and one (1) Assistant Coach, one of each gender per zone.
<b>Para Coaches:</b>	One (1) Head Coach and three (3) Assistant Coaches for the sport. Where the Zone team includes both female and male athletes, the Head Coach and one Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. One Head Coach is required for the sport.
<b>Coaching Standards:</b>	BC Games Society requires that Head Coaches are fully certified at NCCP Fundamentals Coach Certified. Assistant Coaches are required to be NCCP Fundamentals Coach Trained and have completed the Making Ethical Decisions Online Evaluation. All coaches must be registered and in good standing with Swim BC.
<b>Adult Supervisors:</b>	Adult supervisors may be utilized if a zone is unable to send two coaches. In this situation, the adult supervisor must be of the opposite gender of the coach. All adult supervisors must have a volunteer Criminal Record Check, complete the CAC Safe Sport Training Module, and be registered and active in REMS.
<b>Role Requirements:</b>	Coaches and supervisors are required to travel with their team/zone to and from the Host Community and to reside with their team/zone in BC Games accommodation in a supervisory capacity. This requirement is mandatory and not negotiable.

**ACCOMODATION / TRANSPORTATION / MEALS**

Accommodations, ground transportation, and meals will be coordinated by the BC Games Society. All participants (Athletes, Coaches, and Adult Supervisors) must stay in the BC Games accommodation, regardless of where they reside.

## Schedule of Events

THURSDAY PRE MEET TRAINING		
Assigned Warm Up	11:00am – 3:00pm	(YMCA)

FRIDAY PRELIMS			
Warm Up:		7:00am – 8:20am	
Competition:		8:30am – 12:30pm	
FEMALE	MALE	PROGRAM	EVENT
1	2	OLY	200 IM
3	4	OLY	100 Fly
101/201		PARA	50/100 Back (TF)
301	302	SO	100 Back (TF)
5	6	OLY	50 Free
7	8	OLY	200 Breast
102/202		PARA	50/100 Breast (TF)
303	304	SO	100 Breast (TF)
9	10	OLY	100 Back
11	12	OLY	200 Free

FRIDAY FINALS			
Warm Up:		3:30pm – 4:20pm	
Competition:		4:30pm – 7:30pm	
FEMALE	MALE	PROGRAM	EVENT
1	2	OLY	200 IM
3	4	OLY	100 Fly
103		PARA	50 Free (TF)
305	306	SO	50 Free (TF)
5	6	OLY	50 Free
7	8	OLY	200 Breast
307	308	SO	50 Fly (TF)
9	10	OLY	100 Back
11	12	OLY	200 Free
309	310	SO	SO 4X50 Free Relay
MEDAL PRESENTATIONS			

SATURDAY PRELIMS			
Warm Up:		7:00am – 8:20am	
Competition:		8:30am – 12:30pm	
FEMALE	MALE	PROGRAM	EVENT
13	14	OLY	100 Free
104/204		PARA	200/400 Free (TF)
311	312	SO	100 Free (TF)
15	16	OLY	200 Back
17	18	OLY	100 Breast
105/205		PARA	50/100 Fly (TF)
19	20	OLY	200 Fly
313	314	SO	50 Back (TF)

SATURDAY FINALS			
Warm Up:		3:30pm – 4:20pm	
Competition:		4:30pm – 7:30pm	
FEMALE	MALE	PROGRAM	EVENT
13	14	OLY	100 Free
106		PARA	100 Free (TF)
315	316	SO	200 Free (TF)
15	16	OLY	200 Back
17	18	OLY	100 Breast
19	20	OLY	200 Fly
21	22	OLY	4 x 50 Medley Relay
MEDAL PRESENTATIONS			

SUNDAY TIMED FINALS			
Warm Up:		7:00am – 8:20am	
Competition:		8:30am – 12:30pm	
FEMALE	MALE	PROGRAM	EVENT
23	24	OLY	400 IM (TF)
107/207		PARA	150/200 IM (TF)
317	318	SO	100 IM (TF)
25	26	OLY	800 Free (TF)
319	320	SO	50 Breast (TF)
27	28	OLY	4 x 50 Free Relay (TF)
MEDAL PRESENTATIONS			

OLY Olympic Program  
 PARA Paralympic Program  
 SO Special Olympics



## COMPETITION WARM-UP SAFETY PROCEDURES

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Meet Management must ensure that the following warm-up safety procedures are implemented at all Swim BC sanctioned competitions. Coaches, swimmers, and officials share responsibility for following these procedures during all scheduled warm-up periods. Coaches are encouraged to assist Safety Marshals in maintaining a safe environment on deck.

### 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.”**