



ISC MEDLEY CHALLENGE

May 22-24, 2026

Sanctioned by SWIM BC: 63326



Island Swimming Club would like to acknowledge that the District of Saanich lies within the territories of the lək'wəŋən peoples represented by the Songhees and Esquimalt Nations and the W̱SÁNEĆ peoples represented by the W̱JOLEŁP (Tsartlip), BOKÉĆEN (Pauquachin), S̱ÁUTW̱ (Tsawout), W̱SIKEM (Tseycum) and MÁLEXEL (Malahat) Nations.

*Hosted by Island Swimming Club
Saanich Commonwealth Pool, Victoria, BC*

May 22-24, 2026

Age Groups:

- 12&U; 13&14; 15&O

Timed Final Events:

- 50M Back, Breast, Fly
- 400M Free
- 400M IM

Prelims/Final Events:

- 50M, 100M, 200M Free
- 100M & 200M Back, Breast, Fly
- 200M IM

Qualification Requirements:

- 1 VIR qualification = 7 swims



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DATE: May 22-24, 2026
HOST: Island Swimming Club
MEET REFEREE: Lisa Feeney, Level 4
VENUE: Saanich Commonwealth Place
4636 Elk Lake Dr, Victoria, BC V8Z 5M1
POOL CONFIGURATION: One 50M (LCM), 8-lane competition pool
Dive Tank (SCM) will be available for warm up and warm down
TIMING SYSTEM: Quantum Aquatics
CLUB CONTACTS: **Head Coach:** Lucien Zucchi Lucien.Zucchi@islandswimming.com
Meet Manager: Jacqui Boone/ John He meetmanager@islandswimming.com
Officials Coordinators: Jeff Stevens officials@islandswimming.com
Meet Administrator: Jeff Stevens officials@islandswimming.com

SAFE SPORT STATEMENT:

Swim BC believes 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.

Swim BC is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means 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, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

Swimmer only washrooms are designated for the team change rooms at the East Pool start end. Deck changes are explicitly prohibited. All other washrooms in Saanich Commonwealth Place are designated for public use including for volunteers, coaches, officials. Public washrooms are located on the pool deck at the West Pool start end, SCP lobby, café, and library.

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.

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. *Note:* The full details on the Swim BC Event Photography and Video Policy can be found [here](#).

ELIGIBILITY:

1. All swimmers must be registered with Swim BC or other World Aquatics affiliated organizations.

(Note: Clubs not registered with Swim BC must provide proof of Certified General Liability with a letter or Certificate of Insurance (COI) from their governing provincial or territorial body. Please send proof to adminoffice@islandswimming.com)

2. Age group is determined by the age of the swimmer as of May 22nd, 2026.
3. Qualifying time standards for events follow the [2024/2025 VIR Championship Standards](#). Having one (1) VIR qualifying time gives the swimmer a maximum of seven (7) individual swims.
4. Any event that is not a Timed Final and does not have a qualifying time standard can be swum by any swimmer who qualifies for any other event in the meet.
5. Island Swimming reserves the right to enter ISC swimmers into events regardless of qualifying times.
6. Meet management reserves the right to limit the number of heats in any event to maintain reasonable timelines.

MEET RULES:

1. All Swimming Canada rules will be in effect including:
 - a. 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):
 - i. 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.
 - ii. Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
 - iii. 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.
2. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1; or
 - a. in-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
3. During events only one (1) swimmer per lane is permitted.
4. Swim BC Competition Warm-Up Safety Procedures will be in effect and will be monitored by Safety Marshals.
5. Swimmers are allowed to race in swimwear of their choice at Swim BC sanctioned competitions. There is no requirement to declare the choice of swimwear to the referees if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.
6. 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 from the swimmer's own club, who is registered in the REMS as 'support staff'
 - b. Visual hand signals given by the starter/refereeClubs must contact Meet Management by the Entry Deadline of the need for accommodations.
7. 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.
8. Guardians are not permitted on deck unless volunteering for that session.
9. ALL photographers must have applied for and received permission from meet management prior to 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 the clubs use only. Requests for photographers can be sent to the Meet Manager. Flash photography will not be permitted at the start of each race.
10. Fly over starts will be used at the discretion of the Meet Referee
11. Age Groups for all events: 12&U, 13&14, 15&O.
12. Technical bulletins and updates will be posted at the Admin Desk.
13. All participants are to respect the facility rules including: no food on deck and no outside shoes on deck.
14. Teams are expected to keep their respective areas clean, including at the conclusion of each session.
15. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

ENTRY INFORMATION:

1. Entry fees will be \$95 per swimmer. (Note: entry fees include a \$5.00 Swim BC Competition Surcharge.)
2. Entries must be submitted through the Swimming Canada website by the entry deadline.
 - a. **Entry deadline is Tuesday, May 12th, 2026 at 12:00PM PST**
 - b. Entries may only be submitted for swimmers whose registration is ACTIVE in the 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.
3. **No charge scratch deadline is Sunday, May 17th at 12:00PM (noon).**

Note: Please contact meet management if a swimmer is unwell or injured after the scratch deadline and cannot compete in the meet. Waiving of meet fees will be considered at the meet manager's discretion.

4. Entry fees are due at the Admin Desk at the beginning of the meet. Payment can be made by cheque payable to **Island Swimming Club** or by e-transfer to adminoffice@islandswimming.com.
5. All scratches and changes to entries must be emailed to officials@islandswimming.com.
6. Swimmers may enter a maximum of 7 individual events.
7. The total number of swimmers attending the meet will be limited to 400 swimmers. Priority for entries will be given to those teams that have reserved space in the meet. The 400th swimmer's team will be the last team entered. Teams will be notified after the entry deadline if entries cannot be accepted.
8. All entries must have an LCM entry time for seeding purposes. Converted times will be accepted if a swimmer wishes to enter an event for which they don't have an official time, we request that coaches provide an estimated seeding time.
9. DECK ENTRIES may be accepted at the discretion of meet management to fill empty lanes only. No new heats will be created.
10. Deck entries will be charged \$20.00 per event and must be paid to the admin desk at the time of entry. Deck entered swimmers will only be allowed to compete with "Exhibition" status and will not advance to Finals.
11. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name (spelling as it appears in SNC registration system), date of birth, and SNC registration number.

INDIVIDUAL EVENTS:

1. All events having preliminary heats will be swum senior seeded, slowest to fastest in Preliminaries. Finals for these events will be swum by age group.
2. For events with finals,
 - a. 12&U: 'A' & 'B' finals for 50M FR, 100M FR, FL, BK, BR having more than 24 swimmers; events that are 200M or longer will have 'A' finals only
 - b. 13&14: 'A' & 'B' finals for 50M FR, 100M FR, FL, BK, BR having more than 24 swimmers; events that are 200M or longer will have 'A' finals only
 - c. 15&O: 'A' & 'B' finals for all events having more than 24 entries.

Finals may be combined at the discretion of Meet Management.

3. The 50M FL, BK, BR Events will be timed finals and will be swum senior seeded slowest to fastest.
4. The 400M Free will be timed finals with the fastest heat, all age groups combined, swimming at finals. There will be positive check-in for the fastest heat of 400M Free. Positive check-in closes at 9:00AM on the day the event is swum.
5. Backstroke ledges will be used during all Sessions.



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SCRATCHES:

1. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals events.
2. The following rules apply for all finalists plus alternates as listed on the official posting of preliminary results.
 - a. 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 in question shall not swim subsequent events until the fine is paid.
 - b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding timed final events).
 - c. For finals, emailed scratches will not be accepted.

AWARDS AND PRIZES:

1. There will be a prize for the top finisher for each age/gender in both the 200M IM and the 400M IM.
2. Every heat winner from preliminaries will win a prize.

ELIMINATOR

1. Age groups for the Eliminator are: 12&U, 13&14, and 15&O
2. Times swum during the Eliminator will be official.
3. Entry into the Eliminator is by invitation only. All swimmers entered in the 200M IM are automatically considered for the Eliminator. Spots will be offered to the top 8 swimmers in each age/gender group, 1 entry per team as ranked by their entry times. **All entry times will be verified.** The selected swimmers will be notified of their chance to swim the event after the initial entry deadline. If a swimmer declines, the next swimmers according to entry time will be offered the chance. Max 2 entries per team if required to fill lanes.
4. All Eliminator participants must complete a positive check-in at the beginning of warm ups in the session their Eliminator event is swum.
5. The format will consist of four 50M (4X50M) walk-backs on 90-120 seconds (estimated). The stroke for each heat will be randomly chosen prior to each 50M and will be clearly displayed and/or announced. Each stroke will be swum once.
6. Eight swimmers will start the first heat. The last two swimmers to touch the wall after each 50M will be eliminated until there are two swimmers remaining. The final two swimmers will swim head-to-head to determine the winner of the Eliminator.
7. Swimmers remain in the same lane throughout the event.
8. In the event of a tie, both swimmers will move on to the next round and three swimmers will be eliminated at the end of that round. If a tie occurs between the two swimmers in the final round, they will immediately swim another 50m of the same stroke to determine the winner.

Schedule of Events

Friday, May 22: Session 1		
Warm Up:	4:00PM – 4:50PM	
Racing:	5:00PM – 8:00PM	
Girls	Event	Boys
201 – 204	12&U Medley Eliminator	205-208
1	50M Free (Prelim)	2
3	50M Fly (TF)	4
5	400M IM (TF)	6
7	50M Breast (TF)	8
9	50M Back (TF)	10

Saturday, May 23: Session 2		
Warm Up:	8:00AM – 8:50AM	
Prelims:	9:00AM – 1:00PM	
Girls	Event	Boys
11	100M Fly	12
13	200M Breast	14
15	200M Free	16
17	100M Back	18
29	200M IM	30

Saturday, May 23: Session 3		
Warm Up:	4:00PM – 4:50PM	
Finals:	5:00PM – 8:00PM	
Girls	Event	Boys
209 – 212	13/14 Medley Eliminator	213 - 216
1	50M Free	2
11	100M Fly	12
13	200M Breast	14
15	200M Free	16
17	100M Back	18
29	200M IM	30

Sunday, May 24: Session 4		
Warm Up:	8:00AM – 8:50AM	
Prelims:	9:00AM – 12:30PM	
Girls	Event	Boys
27	100M Free	28
21	200M Fly	22
23	200M Back	24
25	100M Breast	26
19	400M Free (TF)	20

Sunday, May 24: Session 5		
Warm Up:	3:30PM – 4:10PM	
Finals:	4:15PM – 6:30PM	
Girls	Event	Boys
217-220	15&O Medley Eliminator	221-224
27	100M Free	28
21	200M Fly	22
23	200M Back	24
25	100M Breast	26
19	400M Free (TF)	20



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."