

KISU Open Water July 25-26 2026

Sanctioned by Swim BC: #63215

KISU Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded, and occupied territory of the sylix people.

Location: Okanagan Lake Park
86 Lakeshore Dr E Rotary Park, Penticton, BC

Participants: Age Group & Masters

Meet Manager:	Dionne Tatlow	dtatlow@ualberta.ca
Course Director:	Steffanie Zelmer	steffzelmer@gmail.com
Chief Referee:	Mike Stamhuis	tstamhuis@telus.net
Safety Officer:	Wayne Wedhorn	waynewedhorn@gmail.com
Medical Officer:	Anne Benn	officials@kisu.ca
Entries Coordinator:	Martine Korban	korbanm@telus.net

Set Up:

- Timing will be manual as well as electronic (timing chip) on one wrist only (this is TBA)
- Warm-up area is the 500m designated area from 7:30-7:55am only
- In water start at a sufficient depth for athletes to begin swimming
- In water finish
- Course closes at 11:00am
- Safety Craft: Race organizers will have several safety crafts and personnel available throughout the racecourse, as per the Swimming Canada Open Water Safety Guidelines. No individual escort craft are permitted.

Minimum Entry Standards:

Event Age	800m	1500m
11-12 years	12:30.00	24:00.00
13-14 years	11:30.00	22:00.00
15 years and older	11:00.00	20:30.00
Masters	No Standard	No Standard

Qualifying Period: Within 2 years prior to the first day of racing

Course Specs by Age Group:

11-12 years	1km
13-14 years	2km
15 years and older	5km
Masters	3km

NOTE: 14-year-old swimmers may swim up into the 15 & over category to swim 5km. If so, they must inform the entries coordinator by the entry deadline. Swimmers swimming the 5km race must qualify with the 15+ entry standards.

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Event Start Times:	Session #	Day	Age Group	Gender	Start Times
	1	Sunday	15 years and older	Male	8:00am
	1	Sunday	15 years and older	Female	8:02am
	1	Sunday	Masters	Male	8:07am
	1	Sunday	Masters	Female	8:09am
	1	Sunday	11&12	Male	8:14am
	1	Sunday	11&12	Female	8:16am
	1	Sunday	13&14	Male	8:21am
	1	Sunday	13&14	Female	8:23am

Eligibility: All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.

Age determined as of first day of competition.

Athletes must print and complete the Swim BC Open Water Competition Consent Form to be submitted at the Registration tent. Completed consent forms must be completed and submitted to the Clerk of Course during Athlete Registration at Check-in.

Max Number of Participants: The meet will be limited to 100 individual entries.

Max Number of Entries: The clinics will be limited to individuals either registered for the event, coaches of swimmers attending the event or coaches of athletes in BC, and officials registered through REMS.

Entry Deadline: Deadline for upload of entries to the SNC meet listings website is **July 17, 2026 by 9:00pm**. Emailed entry files are not permitted.

Athlete Readiness Requirements: Swimmers entered in the open water event must demonstrate appropriate readiness and competency for participation through one of the following:

- Evidence of pool training volume equivalent to at least two (2) times the entered event distance as confirmed by the athlete's coach
- Previous completion of an open water swimming event as confirmed with race results
- Age group swimmers must demonstrate the minimum time standards as verified through REMS

Important: By entering the event and signing the consent form, participants over the age of 18 and guardians for athletes under 18 prior to race day confirm that they meet at least one of the readiness standards outlined above.

Race Day Entries: Race day entries will not be allowed.
Consent form must be completed **before** the check-in closes.

Entry Fees:

Individual Entry Fees:	\$80.00
Swim BC Competition Surcharge:	\$5.00 / swimmer
Deck Entries (accepted after the deadline):	\$150.00

Fees payable to: KISU Swim Club via e-transfer to admin@kisu.ca

Safe Sport: 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.

Deck changes are explicitly prohibited.

There are no separate washrooms for athletes, coaches, officials and spectators.

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Meet Rules:

1. This meet will be conducted under Swimming Canada rules and regulations.
2. Swim BC safety procedures will be in effect and will be monitored by dedicated lifeguards.
3. **Swimwear / Wetsuits:**
 - a. Below 18°C: Open Water Swimming competitions in water with temperature below 18°C, the use of wetsuits is compulsory.
 - b. Above 18°C: Wetsuits are not permitted in open water swimming competitions in water with temperature 18°C and above.
 - c. Wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.
 - d. The need for Wetsuit will be determined by the Safety Officer.
4. NO jewelry (earrings, rings, necklaces; including watches) permitted.
5. Fingernails & toenails must be trimmed short.
6. Swimmers must wear the mandatory numbered cap.
 - a. Competitors will receive their mandatory numbered competition cap when they check-in.
7. Swimmers must have competitor number clearly displayed on their body. (This will be done at the Registration tent).
8. **Consent Forms:** all swimmers must sign a consent form. (*Consent Forms are included in this meet package*)
 - a. All 17 & Under swimmers must have a legal parent/guardian sign the Consent Form.
 - b. Signed waivers must be presented to the Clerk of Course at the registration tent.
9. 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 bathrooms, changerooms, or any other dressing area.

Feeding:

There is no feeding of athletes on the water.

Scratches:

Scratches received prior 9:00pm July 19th, 2026 will not incur Meet Fees.

Scoring:

Team Scoring: will be calculated using the individual scores
Individual Scoring: 20-17-16-15-14-13-12-11

Awards:

Medals will be awarded for 1st, 2nd, and 3rd places in all age group events.
Ribbons will be awarded for 4th, 5th, 6th, 7th, and 8th places in all age group events.
Masters awards TBC.

Event Details:

- Registration Tent will be open at 6:00am.
- All competitors MUST sign in at the Registration Tent before 7:00am and then sign out after the race, whether they finish or not, prior to leaving the finish area.
- The racecourse will be available for warm-up from 7:30 -7:55am. Swimmers must be checked in before entering the water for warmup.

Pre-Meet Training:

Saturday July 25th
1:00-3:00pm Swim Clinic all Swimmers and Coaches are invited
1:00-3:00pm Level 1 Open Water Officials Clinic
4:00-5:00pm Coaches Briefing also open to Masters Swimmers who are self-coached

Mandatory Race Briefing:

A mandatory day of race briefing will be held for all coaches and competitors at 7:00am.
Athletes who do not attend the race briefing will not be permitted to race.

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Event Delay or Relocation Plan:

If conditions dictate the race may be postponed no later than 10:00am at the Referee's discretion, and a race course closure no later than 1:00pm.

Event Cancellation Policy:

Should water temperature, water quality or weather conditions by July 22nd at 6:00pm indicate conditions will not meet safety standards for the open water race, the event will be cancelled. The weather and water conditions will continue to be monitored up to and during the race, and should the conditions deteriorate, the Safety Officer, Race Director, and the Chief Referee may convene and cancel or stop the event. Partial refunds will be issued in the event of late cancellation (after July 20th) and calculated according to the costs ensued by KISU (up to 50%).

Course Map:



The Course described for each race:

All races will be swum counter clock wise. All loops will swim the first leg west along the beach and then swim northeast on the second leg, on the third leg they will swim southeast towards Rotary Park.

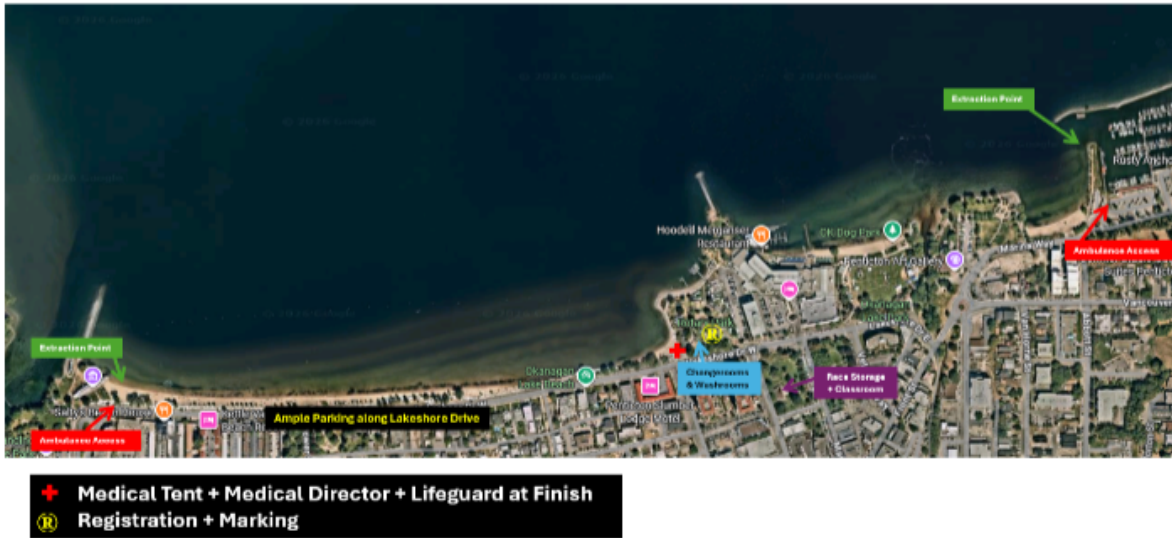
- 5km – From the start, swimmers will complete two (2) 2km loops, finishing with one (1) 1km loop.
- 3km – From the start, swimmers will complete one (1) 2km loop and then one (1) 1km loop.
- 2km – From the start, swimmers will complete one (1) 2km loop.
- 1km – From the start swimmers will complete one (1) 1km loop.

The Finish:

- All swimmers will pass under the finish arch and the finish will be registered when they place a hand on the finish plate above the water.
- All swimmers will exit the water and have their timing chips removed by a lifeguard or the Medical Director.

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Site Map:



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SWIM BC OPEN WATER COMPETITION CONSENT FORM

Completion of this form is required due to the inherent risks associated with Open Water swimming.

Your answers will permit emergency services to better help you in the event of an emergency.

Information collected below will remain confidential and will only be accessible by the Organizing Committee and Emergency Services.

Forms will be permanently deleted following the conclusion of the competition.

COMPETITOR INFORMATION

Competition Name: _____ **Competition Date:** _____
(mm-dd-yyyy)

Location: _____
(Body of Water) (Province) (City)

PARTICIPANT INFORMATION

Participant Name: _____ **Date of Birth:** _____
(mm-dd-yyyy)

Club Name: _____ **Coach Name:** _____

EMERGENCY CONTACT

Name: _____ **Phone Number:** _____
(XXX) XXX-XXXX

MEDICAL / HEALTH INFORMATION

Other medical / health information that you feel is important for those that may need to administer First Aid:

(please do not write anything if you have no health problems)

COMPLETE IF 17 YEARS OLD AND UNDER

(Name of legal parent / guardian) authorizes _____
(Participant Name) to participate in the above competition.

Parent / Guardian Signature: _____ **Date:** _____
(mm-dd-yyyy)

Participant Signature: _____ **Date:** _____
(mm-dd-yyyy)

COMPLETE IF 18 YEARS OLD AND OVER

Participant Signature: _____ **Date:** _____
(mm-dd-yyyy)

GENERAL

By signing this document, I consider myself to be of sound mind and health to register for this Open Water competition. I absolve the organizing committee and Swim BC of all responsibility to any personal harm which may occur because of this competition and accept the risks inherent with this type of competition.