



H2O Fitness & Adventure Centre-Kelowna, BC
April 17, 18, 19

Sanctioned by Swim BC: # 61405

Thank you to our generous sponsors



HOSTS	Okanagan Masters Swim Club
VENUE	c/o H2O Fitness & Adventure Centre 4075 Gordon Dr. Kelowna, B.C. Canada V1W 5J2
POOL	8-lane 25 metre competition pool w/Omega timing Minimum 4-lanes warm-down pool

MEET MANAGER	Brent Hobbs meet.manager@okmasters.com		
SENIOR OFFICIALS COORDINTOR	Rob Epp robert.epp@kone.com		
MEET REFEREE	Rob Epp robert.epp@kone.com		
VOLUNTEERS & OFFICIALS	Click here for Volunteer Sign Up . Contact us at volunteer@okmasters.com .		
CHECK-IN DESK	Friday: 3:00 pm- 6:00 pm Saturday: 8:30 am-12:00 pm Sunday: 8:30 am- 12:00 pm		
MSABC AGM	The MSABC AGM will be held approximately 30 minutes after the final event on Saturday, April 18, in the upstairs classroom.		
SESSION TIMES	Date	Warm-Up	Competition
	Friday April 17	3:45 - 4:30 pm	4:45 pm
		6:30 - 7:00 pm	7:15 pm
	Saturday April 18	8:30 - 9:15 am	9:30 am
	Sunday April 19	8:30 - 9:15 am	9:30 am
LAND ACKNOWLEDGE- MENT	OKANAGAN MASTERS SWIM CLUB would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Syilx First Nation.		
SAFE SPORT	<ol style="list-style-type: none"> 1. 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. 2. Deck changes are explicitly prohibited. 3. Due to facility constraints, there are no separate washrooms for volunteers, coaches, and officials. 		
ELIGIBILITY	<ol style="list-style-type: none"> 1. All swimmers must be registered with a Swim BC, SNC, or other World Aquatics recognized club. 2. Athletes must be registered in a “Masters” category. 3. Proof of registration may be required for International Masters swimmers. 4. Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc (five-year age groups increments) 5. Swimmer age is as of December 31, 2026. 6. The meet limit is 350 swimmers. Entries will be considered on a first-come-first-serve basis. 		
ENTRIES	<ul style="list-style-type: none"> • Swimmers are limited to a maximum of seven individual entries plus relays. • Swimmers must submit an entry time for each event. Entries with No Time (NT) will not be accepted. • REGISTRATION MEET fees are \$110 per swimmer or for relay entry only. Please add a \$10 surcharge if you are requesting Official Splits. Note, it is the swimmer’s responsibility for securing their own EXTRA TIMER for Official Splits. Banquet tickets are \$45 (maximum 2 tickets per person). • REGISTRATION OPENS Feb 17th, 2026 at noon; CLOSES April 01, 2026 at 11:59 pm, or when the meet limit is reached. • REGISTRATION All meet registration must be completed using the REMS Individual Entries Module. Please see the “Masters Individual Meet Entries” document attached at the end of this meet package for instructions on registering and submitting entries for this meet. <ul style="list-style-type: none"> • REMS Login Page. • No late or deck entries accepted. <u>Athletes who have not paid their entry fees in full by April 01 at 11:59 pm will forfeit their entries to swimmers on the wait list.</u> Requests to change an individual entry time received after April 12, 2025, will not be accepted. • Friday (April 17) relay entry deadline is Wednesday (April 15th) at 11:59 pm. 		

	<ul style="list-style-type: none"> • Saturday/Sunday (April 18 & 19) relay entry deadline is Friday (April 17) at 11:59 pm. • Relay events may be combined to ensure the meet stays within established time parameters. • Team leaders/coaches are responsible for ensuring the following information is documented correctly on the relay entry forms: accurate cumulative age of the relay; swimmers' full names; and gender (Male/Female/Mixed). • The Meet Manager has the right to adjust the meet/change the competition format to ensure the meet stays on schedule. • Questions regarding eligibility and entries to Meet Manager • PAYMENT INFORMATION: e-transfer to Treasurer@okmasters.com upon completion of your event entry. Indicate the <u>swimmer's name(s)</u>, <u>club code</u> and <u>number of banquet tickets purchased</u> in the <u>message body of the e-transfer</u>. • All meet fees must accompany entries. No refunds. • Psych Sheets will be posted on line as soon as they become available. • Heat Sheets will be posted on the Okanagan Masters Swim Club Website www.okmasters.com no later than April 15, 2026. Athletes are responsible for printing their own copies. Note: no hard copies available.
GENERAL MEET RULES	<ol style="list-style-type: none"> 1. This meet will observe the World Aquatics Technical Rules as outlined in the current World Aquatics Masters Rulebook as well as: <ol style="list-style-type: none"> i. Starts shall be permitted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1. 2. Swim BC Competition Safety Warm Up Procedures will be in effect 3. 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. 4. This competition can provide the following accommodations for swimmers who are deaf or hard of hearing: An external strobe light. Clubs must contact Meet Management by Apr 08, 2026, 5:00PM PST of the need for accommodation. 5. 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. 6. During events only one (1) swimmer per lane is permitted. 7. All events will be swum as TIME FINALS. 8. Events will be swum slowest to fastest with all age groups and genders swimming together. <ol style="list-style-type: none"> i. In the results, swimmers will be separated into the different genders and age groups. 9. Meet management reserves the right to reduce the number of entries for all events if the meet timelines do not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed. 10. Coaches are asked to check in with the Meet Manager immediately upon arrival to pay outstanding entry fees, pick up Meet Info packages and receive information regarding any changes. 11. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet. 12. All participants are to respect the facility rules including: no deck changing and no outside shoes on pool deck.
1500/800 FREESTYLE	<p>There will be a limit of 32 entries for these events (4 heats). Mandatory in-person positive check-in for the 1500 Freestyle event closes at 3:45 pm, Friday April 17, 2026, at the Meet Administration desk. Mandatory in-person positive check-in for the 800 Freestyle event closes at 12:00pm Saturday, April 18, 2026, at the Meet Administration desk. Swimmers not checking in in-person for the 1500 and 800 freestyle events will be removed from the events at the above respective deadline times</p>

RELAYS	<ol style="list-style-type: none"> 1. Friday (April 17) relay team entry deadline is Wednesday (April 15) at 11:59 pm 2. April 18 & 19 relay entry deadline is Friday (April 17) 2026 at 11:59 pm. 3. Each club must complete a relay form for each team entry and event. Forms are available in the Meet Package. Please email the completed relay forms to the Meet Manager and bring a copy with you to the meet. 4. Relay events may be combined to ensure the meet stays within established time parameters. 5. Team leaders/coaches are responsible for ensuring the following information is documented correctly on the relay entry forms: accurate cumulative age of the relay; swimmers' full names; and gender (Male/Female/Mixed). 6. The women's, men's, and mixed relay events may be combined. Swimmers may only swim either on the men's, women's, or mixed team in each relay event. 7. Relay name changes and/or scratches may be submitted each day no later than 30 minutes prior to the start of the session in which the relay event will be swum. 8. No swimmer may swim more than once in any relay event. 9. Mixed relays must be composed of two females and two males from the same club or affiliation. 10. Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty-year increments as high as necessary).
SCORING	<p>Individual: 20 - 17 - 16 - 15- 14 - 13 - 12 – 11</p> <p>Relay: 40 - 34 - 32 - 30 - 28 - 26 - 24 - 22</p>
AWARDS	<p>Lapel pins will be awarded to the 1st, 2nd, and 3rd place finishers of individual events in each age group. Lapel pins will be awarded to the 1st place relay in each age group. Awards must be picked up at the awards desk located on the pool deck. Awards will not be mailed.</p>
RESULTS	<p>Meet results will be posted on at the south-end of the pool deck throughout the meet. Results will also be posted on the MSABC website after the meet.</p>
RECORDS	<p>Please submit an electronic copy of the record attempt forms when you submit your relay entries. Athletes attempting a World or National Record must:</p> <ol style="list-style-type: none"> i) Submit a hard copy of the record attempt form to the Meet Administration desk at least 30 minutes prior to the start of the meet on the day on which the event is scheduled. World Aquatics and National Record attempt forms are attached to the meet package. ii) The swimmer is responsible for securing a 3rd timer for National/World Record attempts. Note: 3 timers are required to certify National/World Records. iii) Swimmers asking for Official Splits are responsible for securing their own Extra Timers and pay \$10. <ol style="list-style-type: none"> a. All requests must be submitted to the Meet Admin desk prior to the session the attempt will be swum
AWARDS BANQUET	<p>Saturday, April 18, 5:30 - 9:00 pm Ramada Hotel & Conference Centre</p>
CATERED DINNER MENU	<p>Menu includes options for those with Food Allergies on http://www.okmasters.com Doors open at 5:30 with dinner at 6:15 pm Tickets are \$45.00 per person (max 2 per person). e-transfer payment to Treasurer@okmasters.com (indicate your name and number of tickets purchased in the body of the e-transfer). Deadline: April 01 at 11:59 pm Banquet tickets can be picked up at the check-in table (south-end of the warmup pool). Maximum seating is 150 attendees. Extra tickets can be purchased during the meet (if there are any still available), cash only. Cash Bar will be available at this venue. Location: Ramada Hotel & Conference Centre,</p>
DISCOUNTED ACCOMMODATIONS	<p>Ramada Hotel and Conference Centre (250) 860-9711 Group Code: 041626PRO. Hyatt Place Kelowna. Fairfield by Marriott Inn & Suites, Kelowna Sandman</p>

Friday April 17	WARM UP 3:45 -4:30 pm		COMPETITION START 4:45 pm
	EVENT NUMBER	EVENT	
	1	1500 Freestyle	
	WARM UP 6:30-7:00 pm		SPRINT/DIVE LANES
			COMPETITION START 7:15 pm
	2	200 IM	
	3	50 Backstroke	
	4	400 Freestyle Relay – Mixed*	
5	400 Freestyle Relay – Female*		
6	400 Freestyle Relay – Male*		
Saturday April 18	WARM UP 8:30-9:15 am		SPRINT/DIVE LANES 9:00AM
			COMPETITION START 9:30 am
	EVENT NUMBER	EVENT	
	OPENING CEREMONIES		
	7	400 Freestyle	
	8	200 Backstroke	
	9	100 Freestyle	
	10	50 Breaststroke	
	11	100 IM	
	12	200 Medley Relay – Mixed*	
	13	200 Medley Relay – Female*	
	14	200 Medley Relay – Male*	
	60 MINUTE BREAK*		
	15	200 Fly	
	16	50 Freestyle	
	17	100 Breaststroke	
	18	800 Freestyle Relay – Mixed*	
	19	800 Freestyle Relay – Female*	
	20	800 Freestyle Relay – Male*	
	Sunday April 19	WARM UP 8:30-9:15 am	
		COMPETITION START 9:30 am	
EVENT NUMBER		EVENT	
21		400 IM	
22		200 Freestyle	
23		100 Backstroke	
24		50 Fly	
25		200 Freestyle Relay – Mixed*	
26		200 Freestyle Relay – Female*	
27		200 Freestyle Relay – Male*	
60 MINUTE BREAK*			
28		200 Breaststroke	
29		100 Fly	
30		400 Medley Relay – Mixed*	
31		400 Medley Relay – Female*	
32		400 Medley Relay – Male*	
33		800 Freestyle	

2026 MSABC PROVINCIAL CHAMPIONSHIPS

Hosted by Okanagan Masters Swim Club

SCHEDULE OF EVENTS

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SCHEDULE OF EVENTS

* Meet Manager reserves the right to adjust the meet format (e.g., length of the breaks, combining relay events) to ensure the meet runs on schedule

Masters Relay Entry Forms

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Masters Record Attempt Form

Submit to Meet Admin Desk as per Meet Information Package

Record Type: Canadian World

Individual Event

Name: Male: Female:

Swimmer ID #: _____

Date of Birth: _____

Name of Club: Club Code: _____

Event
(Distance and Stroke) _____

Relay Event

Name of Club: Club Code: _____

Event
(Distance and Stroke) _____

Age Group: Male: Female: Mixed: _____

#1 Name: DOB: Swimming Canada ID #:

#2 Name: DOB: Swimming Canada ID #:

#3 Name: DOB: Swimming Canada ID #:

#4 Name: DOB: Swimming Canada ID #:

**** For a World Record Attempt Request, a copy of swimmer's Birth Certificate or Passport must be submitted with this completed form ****

MASTERS SWIMMING WORLD RECORD APPLICATION FORM

NOTE: World Records can only be established in a Masters meet per World Aquatics Rule MSW 5.3.

- 1 STROKE DISTANCE ☐ Male ☐ Female ☐ Mixed (Check One)
- 2 OFFICIAL TIMEmin.....sec.....sec/100 3) AGE GROUP
- 4 POOL LENGTH (Check One) ☐ Short course (25m) ☐ Long course (50m)
- 5 LOCATION OF OFFICIAL AUTHORIZED MASTERS MEET and DATE OF SWIM
.....
Pool Name City Country Date Of Swim (Name Month)
- 6 CONFIRMATION OF POOL LENGTH BY A RESPONSIBLE PERSON: (Check One) ☐ Attached ☐ On File
- 7 NAME OF SWIMMER ☐ M ☐ F
First Name / Last Name Sex (Check One) Age Date of Birth (Name the Month)

- 8 RELAY TEAM NAMES – In order of competing (Check One) Age Date of Birth (Name Month)
- 1 ☐ M ☐ F
- 2 ☐ M ☐ F
- 3 ☐ M ☐ F
- 4 ☐ M ☐ F

- 9 COPY OF BIRTH CERTIFICATE OR PASSPORT (Check One) ☐ ATTACHED ☐ ON FILE
- 10 CLUB NAME: FEDERATION:
- 11 PRIMARY ELECTRONIC TIME:min.....sec.....sec/100
- 12 BACKUP SEMI-AUTOMATIC TIMES (needed if primary system fails SW 12.7)
(1)min.....sec.....sec/100 (2)min.....sec.....sec/100 (3)min.....sec.....sec/100
- 13 A COPY OF THE TIMING SYSTEM PRINTOUT MUST BE ATTACHED

- 14 CERTIFYING OFFICIAL–All World Aquatics Rules were followed including the use of a legal swimsuit (SW 12.8)
- PRINTED NAME..... SIGNATURE.....
- OFFICIAL TITLE DATE

- 15 NATIONAL RECORDER – This Masters Meet has fulfilled the rules mentioned in World Aquatics Rule MSW 5.3 and in the Masters Swimming World Record Application Instructions.
- PRINTED NAME..... SIGNATURE
- FEDERATION DATE

- 16 WORLD AQUATICS RECORDER Long Course/Short Course Approved / Not Approved
- Reason for Non Approval
- Signature..... Date.....



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."

Masters Individual Meet Entries - Training Guide

Find a Meet to Enter

1. Login to REMS member account.

<https://swimming.canada.sportsmanager.ie/sportlomo/users/login>

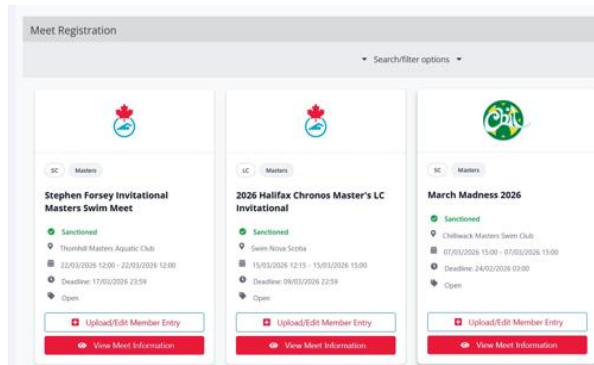
You must have an Active registration status for the Masters registration category to proceed with meet entries.

Please contact your club if you have questions about your registration status.

- a. If your status is **Needs More Info**, click the Update Information button on your member card to complete your registration.
- b. If your status is **Expired**, you will need to register for the season. Contact your club for more information

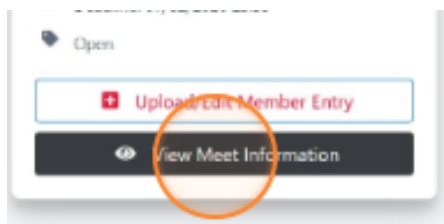
2. To search for Meets, click the **Add** button under Meets. This will list all sanctioned Masters meets that allow individual entries.

3. Meet list for meets allowing Masters Individual Entries



View Meet Information (Meet Packages)

1. Find the meet that you want to enter. Click **View Meet Information** to see meet details.



2. Click **Back** to go to the previous screen.

Add/Edit Meet Entries

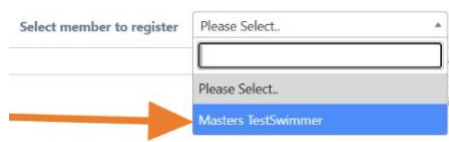
1. Click **Upload/Edit Member Entry** to add or edit your entries for this meet.



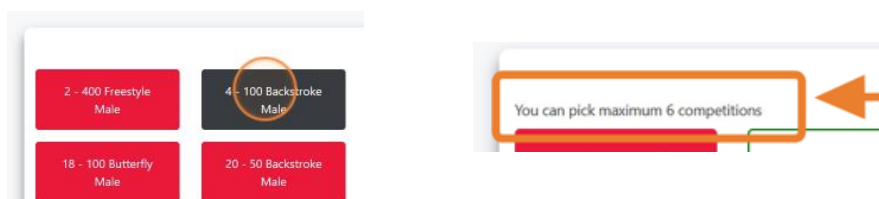
2. Click **Please Select...** for the **Select member to register** field and choose the Masters swimmer to register to the meet. *This list will only show Masters swimmers that have an Active Masters Registration status.*



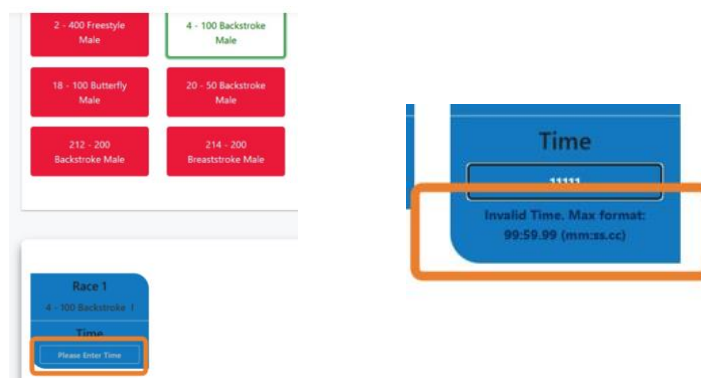
3. Choose the swimmer to register.



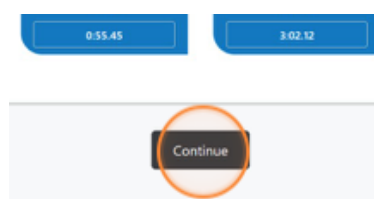
4. Click on the red boxes to select your events. You can only select up to the maximum number of events permitted by the meet.
 - a. If you try to select more events than are permitted, you will receive an error message at the top of the event list.



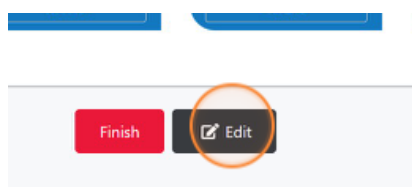
5. When you select an event, a blue box will appear below. Events that have been selected will be highlighted in green. To de-select an event, click on the green highlighted box. Click the “Please Enter Time” field. Enter your entry time using the format MM:SS.00 (e.g. 2:03.34, 50.45, 12:45.99)
 - a. If you enter the time in an incorrect format, you will receive an error message.



6. When you are done selecting your events, click **Continue**.



7. If you are finished with your meet entries, click the **Finish** button.
 - a. If you want to make changes to your entries, click **Edit**.
 - i. Click on any of the times to make updates.
 - ii. To de-select an event, click on the green highlighted box. Select a new event by clicking any red box.
 - iii. If you make changes, click the Save button.






Edit Submitted Meet Entries


1. If you need to go back later and edit your entries, find the meet that you entered and click

Upload/Edit Member Entry

- a. When you click the **Update/Edit button**, you will not see your entries; you must scroll down to the Meet Log Section and click **Edit** Icon.

Meet Entry Logs

	Valid Entry	Created At	Action
	Masters TestSwimmer	27/01/2026 15:21	  



- b. To remove an event, click the green highlighted box.
 - i. The blue box with the time will be removed.
- c. Select a new event by clicking on red box
 - i. Add the time for the new event
- d. When you are finished making changes, click **Save**.
 - i. If you did not make any changes, do not click the Save button.

Clicking the Save or Finish buttons creates the meet entry file for the Meet Manager. You will not receive any email notifications when you submit your entries. All communications will come the meet entries coordinator.