



# March Madness Swim Meet

MARCH 7TH, 2026 | Swim BC:

**COMPETITION HOSTS:** Chilliwack Masters Swim Club

**Sanctioned by Swim BC:** #60758

**VENUE:** Chilliwack Leisure Landing Center, #1 - 9145 Corbould Street, Chilliwack BC. V2P 4A7 Phone: (604) 793-7946

Ample Free parking

**POOL:** 8 lane, 25m pool, and Colorado touch pad system, small warm down area (2 lanes)

**MEET MANAGER:** Sylvia Robertson - [chilliwackmastersswim@gmail.com](mailto:chilliwackmastersswim@gmail.com)

**MEET REFEREE:** Larry Hine – [lhine@shaw.ca](mailto:lhine@shaw.ca)

**OFFICIALS COORDINATOR:** Sylvia Robertson

WARM UP AND SESSION TIMES Saturday March 7th, 2026		
Session #1	Warm up	10:00am - 10:45am
	Competition	11:00am - 5:00pm
NOTE: Session completion times are approximate		

## SAFE SPORT STATEMENT

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. As this is a Masters meet, adults will be present. The expectation is that there are no minor participants. Minors who are volunteering will be reminded to use the Universal change room.

## ELIGIBILITY

1. All swimmers must be registered with a Swim BC, SNC, or other World Aquatics recognized club.
2. Proof of registration may be required for International Masters swimmers.
3. Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc (five-year age groups increments).
4. Swimmer age is as of December 31<sup>st</sup> of current year.
5. The meet will be limited to 200. Entries will be considered on a first-come-first-serve basis.

## ENTRIES/REGISTRATION

1. Swimmers are limited to a max of **FOUR** individual entries plus **TWO** relays.
2. Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
3. Meet Fees are \$50.00 per swimmer.
4. Registration link (**Deadline: Feb 24, 2026**): <https://forms.gle/CaRV2GJVczpn7fLj7>
5. Entries may only be submitted by swimmers whose registration has been completed and showing as Active in REMS platform.

6. All entries must contain the complete and accurate information as required (MUST match the information listed in swimmer's REMS account). This includes Swimmer ID # (9-digit), Name, correct DOB and Gender.
7. All meet fees MUST accompany all entries. Meet fees MUST be paid by e-transfer at time of registration to [chilliwackmastersswim@gmail.com](mailto:chilliwackmastersswim@gmail.com).
8. Late and/or deck entries will not be accepted. No refunds.
9. Psych Sheets will be posted on the MSABC and Chilliwack Masters' website by **Feb 27/26**.
10. Heat Sheets will be posted on the MSABC and Chilliwack Masters' website by **Mar 4/26**. Please print and bring your own copy.
11. Official Splits will be available for \$10 per official split. Official Split requests must be submitted to the Admin desk prior to the start of the session and swimmers **must** provide 1 timer with stopwatch (to report to the Chief Timer).

## GENERAL MEET RULES

1. This meet will observe the World Aquatics Technical Rules as outlined in the current World Aquatics Masters' Rulebook as well as:
  - a. From the deep end: Starts shall be permitted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
  - b. No starts from shallow end.
2. Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
3. All swimmers are permitted to race with 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. All events will be swum as TIMED FINALS.
5. Events will be swum slowest to fastest with all age groups and genders swimming together. In the results, swimmers will be separated into the different genders and age groups.
6. The 800 Free event will be limited to 3 heats (the first 24 swimmers).
  - a. Only one (1) swimmer per lane is permitted.
7. Clubs/Swimmers will be notified in advance and will have 24 hours to re-submit entries.
8. Meet management reserves the right to reduce the number of entries for all events if the meet time lines 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.

9. 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.
10. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
11. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
12. Due to facility constraints, official-only washrooms cannot be provided.
13. For swimmers who are deaf or hard of hearing, hand signals will be given by Starter/Referee.
14. 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.
15. 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):
  - a. 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.
  - b. Deliberate kicking or striking of the starting platform, including the backplate prior to the start.
  - c. 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.
  - d. The Referee may disqualify a swimmer for such misconduct.

## RELAYS

1. Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty year increments as high as necessary)
2. Women's, Men's and Mixed relays events will be combined. Swimmers may only swim either on the men's, women's or mixed team in the relay events.
3. The Relay events will be separated out in the results.
4. Mixed relay teams MUST have 2 females and 2 males per team.
5. Relay **registration deadline** will be **Mar 2, 2026** by 11:00 pm. For entry, please fill out enclosed relay entry form and **send a scanned copy to [chilliwickmastersswim@gmail.com](mailto:chilliwickmastersswim@gmail.com) with the subject line "(Team Name) Relay Entry"**.
6. Deadline for relay **name/order changes** will be:
  - a. Relays - events 2, 3, & 4: **Mar 6, 2026** by 11:59pm
  - b. Relays - events 24 - 26: at the beginning of 15-minute break after event 13
  - c. The Relay card form is attached to this meet package. Clubs are responsible for bringing their own copies to the meet and submitting them to the Admin Desk.

## SCORING

1. Individual scoring: 20-17-16-15-14-13-12-11.  
Relay scoring: 40-34-32-30-28-26-24-22
2. Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

## AWARDS

1. Each swimmer will receive a Participation Certificate with space for result labels to be added.
2. An envelope will be distributed at the next meet to each club with the Participation Certificate along with result labels for each swimmer.

## RECORD ATTEMPTS

1. Record attempt forms are attached to this meet package. It is the swimmer and/or coach's responsibility to fill out the form and submit to the Admin Desk prior to the start of the session, for National and World Record attempts.
2. It is the swimmer and/or coach's responsibility to supply **required timers** and **stop watches** for the event.

## SCHEDULE OF EVENTS

EVENT NUMBER		EVENT NAME
1	MIXED	800 FREESTYLE
2	MENS	200 MEDLEY RELAY
3	MENS	200 MEDLEY RELAY
4	WOMENS	200 MEDLEY RELAY
5	MIXED	50 BACKSTROKE
6	MIXED	100 BREASTSTROKE
7	MIXED	25 BUTTERFLY
8	MIXED	200 BACKSTROKE
9	MIXED	50 BUTTERFLY
10	MIXED	25 BREASTSTROKE
11	MIXED	200 IM
12	MIXED	100 FREE
13	MIXED	25 BACKSTROKE

EVENT NUMBER		EVENT NAME
14	MIXED	200 BUTTERFLY
15	MIXED	200 BREASTSTROKE
16	MIXED	50 FREESTYLE
17	MIXED	100 BUTTERFLY
18	MIXED	200 FREESTYLE
19	MIXED	50 BREASTSTROKE
20	MIXED	100 BACKSTROKE
21	MIXED	25 FREESTYLE
22	MIXED	100 IM
23	MIXED	200 FREE RELAY
24	WOMENS	200 FREE RELAY
25	MENS	200 FREE RELAY
26	MIXED	400 FREESTYLE

THERE WILL BE A 15-MINUTE BREAK AT THE END OF EVENT 13.

MID MEET BREAK WILL BE AT THE DISCRETION OF THE MEET MANAGER



## 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:					





## COMPETITION WARM-UP SAFETY PROCEDURES

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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."**