

# EBMSC 'Love to Swim' Sat 7<sup>th</sup>, Feb 2026

Sanctioned by Swim BC: 61894

## COMPETITION HOSTS: English Bay Swim Club

VENUE: Vancouver Aquatic Centre 1050 Beach Ave, Vancouver, BC V6E 1T7  
Pay parking available, 25cent operated lockers.

Live Stream Link: [LTS-2026](#)

POOL: 8-lane 25m competition pool w/electronic timing and a 3-lane (20m)

warm down area

MEET MANAGER: Fraser Norrie / [jason@englishbay.org](mailto:jason@englishbay.org)

MEET REFEREE: Mel Chandler level 5

OFFICIALS COORDINATOR: TBA / [LTS@englishbay.org](mailto:LTS@englishbay.org)

WARM UP AND SESSION TIMES		
Saturday 7 FEB, 2026		
Session #1	Warm-up	09:30 - 10:15am
	Competition	10:30am - 5:00pm

**Note:** Session completion time is approximate

## 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 increment)
4. Swimmer age is as of December 31<sup>st</sup>, 2026.
5. The meet will be limited to 200 athletes. Entries will be considered on a first- come-first-serve basis.

## ENTRIES

1. Swimmers are limited to a max of **FOUR** individual entries plus relays.
2. Swimmers must submit an entry time for each event. Entries with NT (No Time) will **NOT** be accepted.
3. Meet Fees are **CAD\$75.00 plus GST**
4. **Registration & Payment:**
  - a. <https://buytickets.at/englishbayswimclub/2015609>
5. **Individual Entry deadline is Wed Feb 4th, 2026 5:00pm PST.**
6. All meet fees **MUST** accompany all entries.
7. **Late and/or deck entries will not be accepted. No refunds.**
8. Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.
9. Heat Sheets will be emailed to all registered swimmers by **Fri, Feb 6, 2026**. Please print and bring a copy.

## GENERAL MEET RULES

1. This meet will observe the Technical Rules as outlined in the current WORLD AQUATICS Masters Rulebook.
2. Swim BC warm up procedures will be in effect.
3. All events will be swum as TIMED FINALS.
4. Events will be swum slowest to fastest with all age groups and genders swimming together. In the results, swimmers will be separated into different genders and age groups.
5. Meet management reserves the right to reduce this 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.
6. 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.
7. 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.
8. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
9. All participants are to respect the facility rules including: no deck

changing and no outside shoes on deck.

10. The organizing committee is unable to provide official only washrooms due to facility constraints.
11. **For swimmers who are deaf or hard of hearing Hand signals given by the Starter/Referee, and able to start with assistants.**

## 800 FREESTYLE

1. There will be a limit of **24 swimmers** for this event.  
**Positive Check-in Deadline 60mins after the start of meet.**
2. Distance Lap Counters will be available but are limited in number so please come prepared to provide own.

## 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. If deemed necessary due to limited time, Women's, Men's and Mixed relays events may be combined. Swimmers may only swim in one Medley Relay event and one Freestyle Relay event.
  - a. The Relay events will be separated out in the results.
3. Mixed relay teams **MUST** have 2 females and 2 males per team.
  - a. Relay deadline entry will be **Thu Feb 5, 2026, at 5:00pm PST**
  - b. The Relay card form is attached to this meet package.
  - c. **Events 2, 3, and 4 will swim combined, as well as 20, 21, and 22**
  - d. Please email submission at: [LTS@englishbay.org](mailto:LTS@englishbay.org)
4. The 'exhibition' **Pink Flamingo Relay** will be run during the lunch break. There is space for 6 team entries (one entry per team) and you may register your team at the Clerk of Course Desk. Entries must be made prior to the start of the lunch break and are on a first come first served basis.

## 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. An envelope containing these certificates will be available for each club at the Welcome Desk upstairs or Clerk of Course on pool deck.
2. Result Labels will be available during the meet at the Clerk of Course desk.

## RECORD ATTEMPTS

Record attempt forms are attached to this meet package. **You only need to submit the National and World** and it is the swimmer and/or coach's responsibility to fill out the form and submit it to the Admin Desk prior to the start of the session.

## DONATIONS

'Vancouver Pride Society' aims to produce events that reflect the pride the 2SLGBTQAI+ community has in itself, by strengthening the sense of togetherness, and contributing to the vibrancy, health and overall well-being of all persons who wish to celebrate. VPS is a not-for-profit organization that relies on donations from participants and sponsors. All donations collected by the VPS go directly into producing future events, or to support community initiatives. Donations may be added to your entry fee and are matched by the EBMSC.

**EBMSC would like to thank the Coast Salish people, specifically the Skwxwú7mesh Nation and Tsleil-Waututh Nation, upon whose unceded traditional territory resides. We value the opportunity to learn, share and grow on this traditional territory**

## Schedule of Events

Event Number		Event Name
1	Mixed	400 Freestyle
2	Men	200 Medley Relay
3	Mixed	200 Medley Relay
4	Women	200 Medley Relay
5	Mixed	100 I.M.
6	Mixed	50 Breaststroke
7	Mixed	100 Backstroke
8	Mixed	200 Butterfly
9	Mixed	100 Freestyle
10	Mixed	200 Breaststroke
11	Mixed	50 Butterfly
12	Mixed	200 I.M.

Event Number		Event Name
Exib.	Mixed	Pink Flamingo Relay
13	Mixed	50 Freestyle
14	Mixed	200 Backstroke
15	Mixed	100 Breaststroke
16	Mixed	100 Butterfly
17	Mixed	200 Freestyle
18	Mixed	50 Backstroke
19	Mixed	400 I.M.
20	Men	200 Freestyle Relay
21	Mixed	200 Freestyle Relay
22	Women	200 Freestyle Relay
23	Mixed	800 Freestyle

## 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:

Club Code:

Name of Club

## Event

## Event

#1 Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Swimming Canada ID #:

#2 Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Swimming Canada ID #: 10000000000000000000000000000000

#3 Name: \_\_\_\_\_ DOB: \_\_\_\_\_

#4 Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Swimming Canada ID #: 12345678901234567890

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



# 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."**