



KISU MASTERS MEET SUNDAY, DECEMBER 7TH, 2025

Sanctioned by Swim BC: #61146

LAND ACKNOWLEDGEMENT

KISU Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Okanagan Syilx and the Penticton Indian Band.

SAFE SPORT

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. 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 alternative washroom facilities.

COMPETITION HOST: KISU SWIM CLUB

VENUE: PENTICTON COMMUNITY CENTRE

325 POWER STREET, PENTICTON BC, V2A7K9

Ample Free parking; coin operated day use lockers

POOL: 5 x 25 SCM lanes for competition with 1 x 25m SCM lane for cooldown, Colorado Timing System

MEET MANAGER: Jaren LeFranc coachjaren@kisu.ca

MEET REFEREE: Wayne Williams officials@kisu.ca

MEET REGISTRAR: meets@kisu.ca

OFFICIALS COORDINATOR: Jaren LeFranc

4. Registration Methods: email Jaren LeFranc with the following information: SNC Number, proof of Active status in REMS, entry choices and entry times.
 - a. **Late and/or deck entries may be accepted.** \$70 on a case-by-case basis.
5. Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.
6. Heat Sheets will be emailed to all registered swimmers by Friday, Dec. 5, 2025. Please print out and bring your own copy.

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.
2. The WORLD AQUATICS one start rule and SNC warm up procedures will be in effect
3. Current SNC Swimsuit policy will be in effect at this meet. 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 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 D/deaf or Hard of hearing: Hand signals given by the starter/referee, an external strobe light.
5. In order to minimize risk, all photographs and video taken at SNC/SwimBC 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 in any dressing room.
6. During events only one (1) swimmer per lane is permitted.
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

WARM UP AND SESSION TIMES

Sunday, December 7th

Session #1	Warm-up	3:15pm – 3:45pm
	Competition	3:45pm – 6:15pm
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 increments)
4. Swimmer age is as of December 31st.
5. The meet will be limited to 75 swimmers. Entries will be considered on a first-come-first-serve basis.

ENTRIES

1. Swimmers are limited to a max of **FOUR** individual entries.
2. Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
3. Meet Fees are \$35 per swimmer. Relays will be available at no extra cost.

are welcome to coach and encourage their swimmers from the sides of the pool.

8. All events will be swum as **TIMED FINALS**.
9. Events will be swum slowest to fastest with all age groups and genders swimming together.
 - a. In the results, swimmers will be separated into the different genders and age groups.
10. The 400 Free event will be limited to 3 heats (the first 15 swimmers)
 - a. Clubs/Swimmers will be notified in advance and will have 24 hours to re-submit entries.
11. **Meet Management reserves the right to reduce this number of entries for all events if the meet timeline does not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed. As well, should the meet timeline be running behind day-of, meet management reserves the right to cancel events so as to accommodate a 6:15pm finish. Refunds will be given at a prorated fee. Thank you for your understanding.**
12. 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.
13. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
14. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
15. **800/1500 FREESTYLE**
 - a. There will be a limit of 10 male and 10 female swimmers for this event, 20 total.

- i. **Waitlists will be created in the event that 10 spaces of either gender are not filled.**
- ii. Swimmers will be required to swim front crawl and no other stroke will be allowed.
- iii. Distance Lap Counters will not be available. Please provide your own.

RELAYS

1. Event 19. See note below. No extra fees for relay entry (will be swum exhibition).
2. Please enter relays to Meet Management by 4pm.

SCORING

1. Individual scoring: 20-17-16-15-14-13-12-11
2. Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

AWARDS

1. Meet Management will select one male and one female as per MSABC Provincial Rankings, WORLD AQUATICS Masters World Rankings, and/or 2024 WORLD AQUATICS Points to receive a prize sponsored by Arena Canada.

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 it to the Admin Desk prior to the start of the session.

Schedule of Events

Event Number		Event Name	Event Number		Event Name
1	Mixed	1500 Freestyle	13	Mixed	200 Back
2	Mixed	50 Back	14	Mixed	50 Breast
3	Mixed	100 Breast	15	Mixed	100 Fly
4	Mixed	200 Fly	16	Mixed	200 Free
5	Mixed	50 Free	17	Mixed	100 IM
6	Mixed	200 IM	18	Mixed	800 Freestyle
7	Mixed	400 Freestyle	19	Mixed	25 Fly
8	Mixed	100 Back	20***	Mixed Open	4x50 Free Relay
9	Mixed	200 Breast			
10	Mixed	50 Fly			
11	Mixed	100 Freestyle			
12	Mixed	400 IM			

***Event 20 – Mixed (any combination of genders), Open Age group. Relay cards will be available at the Admin Desk and must be completed before the start of the event. Will be swum exhibition.

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 ****



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."