



Vernon Masters Winter Splash February 14-15 2026

Swim BC Sanction # 59207

Competition Host: Vernon Masters Swim Club

WARM UP AND SESSION TIMES		
Saturday February 14, 2026		
Session #1	Warm-up:	3:00pm-3:45pm
	Competition:	4:00pm-7:00pm
Sunday February 15, 2026		
Session #2	Warm-up:	9:00am-9:45am
	Competition:	10:00am-12:30pm
Note: Session completion times are approximate		

Location: Vernon Recreation Centre
3310-37 Ave, Vernon BC V1T 2Y5
Free onsite parking, no concession and free lockers

Pool Set Up:

- SCM, 25 metre pool, 8 lanes
- Omega timing system with eight-lane scoreboard
- 1-6 are for racing, lane 7 will be kept empty
- Lane 8 and leisure pool will be for continuous Warm-up/Warm Down

Meet Registrar: Danielle Glover *Email:* danielleglover2019@outlook.com John Holmwood mentor

Meet Manager: Robynne Ouchi *Email:* vernonmastersmeetmanager@gmail.com

Meet Referee: Mike Stamhuis *Email:* mstamhuis17@gmail.com

Land Acknowledgment: Vernon Masters would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Syilx people of the Okanagan Nation.

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.**
- *Adult-only washrooms are not available at this facility.*
- *In order to minimize risk, all photographs and videos 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.*

Meet Format:

- All events are timed finals. Events will be swum slowest to fastest with all age groups and genders swimming together.



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- Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc. (five-year age group/ increments)
- Relay age groups will be: Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 etc. (forty-year increments thereafter)

*Meet Format
cont'd*

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

Max Number of Participants: The meet will be limited to 130 swimmers on Saturday. The first 6 entries for the Triple Crown will be entered. The first 6 entries for the Alexanne Triple Crown will be entered. The first 12 entries for the Half Triple Crown will be entered. Entries will be considered a first-come-first-serve basis. A waiting list will be kept if entries exceed space available.

- Entries:**
1. Swimmers are limited to a maximum of **FOUR** individual entries plus relays on Saturday.
 2. Swimmers are limited to entering either the Triple Crown (200 fly, 400 IM, 1,500 free), or the Half Triple Crown (Tiara) (100 fly, 200 IM, 800 free) or the Alexanne Lepage IM Triple Crown (800 IM, 400 IM, 200 IM) on Sunday.
 3. Swimmers must submit an entry time for each event; entries with NT will not be accepted.
 4. [Registration form \(click for link\):](#)

Entry Deadline: Deadline for upload of entries to the **SNC meet listings website** is February 4th, **2026 by 11:59pm**

Deck Entries: Deck entries for individual events will not be allowed.

Entry Fees: Individual Entry Fees: Saturday events \$60.00. Sunday events \$60.00
Registration fees for swimmers swimming both days will be \$90.00. Registration fees are payable by e-transfer to vernonmasters.payment@gmail.com

Psych Sheets:

- Psych sheets will be posted on the MSABC website as soon as possible after the registration deadline.
- Heat sheets will be emailed to all registered swimmers by Tuesday, February 9th 2026.
- Please print and bring your own copies of Heat Sheets as paper copies will not be provided. Heat sheets will be electronically available via Meet Mobile.

Meet Rules:

1. This meet will be conducted under Swimming Canada rules and regulations.
2. This meet will observe the World Aquatics Technical Rules as outlined in the current World Aquatics Masters Rulebook.
 - a) Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1

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- b) In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2

NOTE: 25-metre races will be in-water starts conducted from the shallow end.

3. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
4. 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.
5. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of Hearing:

Meet Rules cont'd

- Non-verbal instruction provided by a *support person
- An individual strobe will also be available at the swimmer's lane

NOTE: The support person must show a status of "Registered" as support staff in the Swimming Canada registration system.

Clubs must contact Meet Management by the Entry Deadline (Feb 4/26) of the need for support person accommodations.

6. During events only one (1) swimmer per lane is permitted.
7. All participants are to respect the facility rules and no outside shoes are permitted on deck.
8. Any act of theft, vandalism or similar action will result in immediate disqualification from the competition.
9. Meet Management reserves the right to change, alter or delete events if the timelines run beyond the available pool time.
10. **Requests for official splits must be sent to the meet manager in advance of the competition day.**

Special Meet Rules:

1. The 200 Backstroke, 200 Breaststroke, and 200 IM events will be combined on Saturday. Swimmers will only be allowed to enter in one of the combined 200's.

Relays:

1. Deck entries will be allowed for Relays only, provided they are submitted before the start of the meet. Relay cards will be available at the administration desk.
2. Women's, Men's, and Mixed relay events will be combined. Swimmers may swim on only one Freestyle Relay team and only one Medley Relay team. The Relay events will be separated out in the results.
3. Mixed relay teams MUST have 2 females and 2 males per team.
4. Deadline for all Freestyle Relay and Medley Relay name/order changes will be before the start of the meet. Relay forms are included with the meet package.

Scratches:

- There are no refunds once meet fees are submitted.
- There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims.

Scoring:

- Individual scoring: 20-17-16-15-14-13-12-11
- Relay scoring: 40-34-32-30-28-26-24-22

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- Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

Record

Attempts:

Record attempt forms are attached to this meet package. It is the swimmer's and/or coach's responsibility to fill out the form and submit to the administration desk at the start of the session (i.e. 4:00pm on Saturday and 9:00am on Sunday)

Event List **Saturday**

Event Number		Event Name	Event Number		Event Name
1	Mixed	200 Freestyle	14	Mixed	50 Back
2	Mixed	50 Breaststroke	15	Mixed	100 IM
3	Mixed	100 Free	16	Mixed	25 Breaststroke
4**	Mixed	200 Back	17	Mixed	100 Fly
5**	Mixed	200 Breaststroke	18	Mixed	50 Freestyle
6**	Mixed	200 IM	19	Mixed	25 Backstroke
7	Mixed	100 Back	20 *	Women	200 Medley Relay
8	Mixed	25 Fly	21 *	Men	200 Medley Relay
9	Mixed	100 Breaststroke	22 *	Mixed	200 Medley Relay
10	Mixed	25 Freestyle			
11 *	Women	200 Freestyle Relay			
12 *	Men	200 Freestyle Relay			
13 *	Mixed	200 Freestyle Relay			
	BREAK				

MID MEET BREAK (10-15mins) WILL BE AT THE DISCRETION OF THE MEET MANAGER.

Reminder: Swimmers can only swim **ONE** event of the combined events. Please specify which event in your meet registration form (i.e., 200 Back or 200 IM)

****Events 4,5,6 will be combined events.**

*** Events 11, 12 & 13 will be combined events and events 20, 21 & 22 will be combined events.**



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Event List Sunday

Event Number		Event Name
101	Mixed	800 IM
102	Mixed	200 Butterfly
103	Mixed	100 Butterfly
	BREAK or Kokanee	Time Trial
104	Mixed	400 IM
	BREAK or Kokanee	Time Trial
105	Mixed	200 IM
106	Mixed	1,500 Freestyle
107	Mixed	800 Freestyle

Triple Crown	½ Triple Crown (Tiara)	Alexanne Lepage IM Triple Crown
200 Butterfly	100 Butterfly	800 IM
400 IM	200 IM	400 IM
1500 Freestyle	800 Freestyle	200 IM

Swimmers on Sunday will enter 1 series - either

The Alexanne IM Triple Crown events 101, 104, 105

or

The Triple Crown events 102,104,106

or

The ½ Triple Crown (Tiara) events 103, 105, 107

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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent upon coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

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.

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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."



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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 ***



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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:					