



## VMSC Long Course Swim Meet Saturday January 24, 2026

Sanctioned by Swim BC: # 55437



**COMPETITION HOSTS:** Victoria Masters Swim Club (VMSC)

**VENUE:** Saanich Commonwealth Place

4636 Elk Lake Drive, Victoria, BC V8Z 5M1

Ample Free parking; limited number of token-operated day use lockers, Cafeteria available on site

**POOL:** 8-lane 50 metre competition pool w/electronic timing, back stroke starting aids and 2 warm down lanes in the dive pool

**MEET MANAGER:** Dawn Wilson (meetmanager@victoriamasters.ca)

**MEET REFEREE:** Brian Bikadi, tonyanbrian@telus.net

**OFFICIALS COORDINATOR:** Island Swimming

### WARM UP AND SESSION TIMES

Saturday, January 24, 2026

Session #1	Warm-up	9:00 am - 9:45 am
	Competition	10:00 am – 5:45 pm

**Note:** Session completion time is approximate

### LAND ACKNOWLEDGEMENT

Victoria Masters Swim Club (VMSC) would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the lək̓ʷ ənjən peoples.

### 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. Private family changerooms are available.

### ELIGIBILITY

4. All swimmers must be registered with a Swim BC, SNC, or other World Aquatics recognized club.
5. Proof of registration may be required for International Masters swimmers.
6. Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc. (five-year age group increments)
7. Swimmer age is as of December 31<sup>st</sup>, 2026.
8. The meet will be limited to 180 swimmers. Entries will be considered on a first-come-first-served 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 will not be accepted.
3. Meet Fees are \$60.00 per swimmer.
4. Registration Methods:
  - a. Via Google Sheets (opens December 7 at noon):  
[https://docs.google.com/forms/d/1sG3Bi-q4ChZ9oNZAq8-rYW0deKVpVwUw\\_NxJtajO5E/edit?ts=68fd7a2a](https://docs.google.com/forms/d/1sG3Bi-q4ChZ9oNZAq8-rYW0deKVpVwUw_NxJtajO5E/edit?ts=68fd7a2a)
  - b. **Deadline:** January 18, 2026.
  - c. E-transfer payments to: [payments@victoriamasters.ca](mailto:payments@victoriamasters.ca)  
Please include the name(s) of the swimmer(s) for which the fees are for in the memo field of the e-transfer.
  - d. For questions regarding entries, contact us at:  
[meetentries@victoriamasters.ca](mailto:meetentries@victoriamasters.ca)

5. Meet fees **MUST** accompany entries (submit entries and e-mail fees at the same time please).
6. **Late and/or deck entries will not be accepted. No refunds.**
7. Psych Sheets and Heat Sheets will be posted on the MSABC website as soon as possible after the entry deadline.
8. Heat Sheets will be emailed to all registered swimmers by January 21<sup>st</sup>. Please print out and bring your own copy.
9. 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 (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:
2. Starts shall be permitted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
3. Swim BC Competition Safety Warm Up Procedures will be in effect
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 Deaf or Hard of hearing:
  - i. Non-verbal instruction provided by a \*support person
  - ii. Hand signals given by the starter/referee

\* Note that 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 of the need for accommodations.
6. 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.
7. During events only one (1) swimmer per lane is permitted.
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 5 heats (the first 40 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 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.
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, no food or drink, and no outside shoes on deck..

### 1500 M FREESTYLE

1. The 1500 will be limited to 4 heats (the first 32 swimmers to register).
  - a. A waitlist will be created in the event more than 32 swimmers want to register. Waitlisted swimmers will be notified after January 19th and prior to meet day.
2. The Positive Check-in Deadline will be 30mins after the start of the session.
3. Swimmers will be required to swim front crawl and no other stroke will be allowed.
4. Distance Lap Counters will not be available. Swimmers may provide their own.

### OFFICIALS SPLIT REQUEST

Official Split request must be submitted to Meet Admin Desk 30 mins prior to the start of the session that the event is being swum. Swimmer MUST provide 3 timers for the Official Split. Those timers are to check in with the Meet Admin Desk 20 mins prior to the race to receive watches and instructions from Meet Referee.

### 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.
  - a. The Relay events will be separated out in the results.
3. Mixed relay teams **MUST** have 2 females and 2 males per team.
4. The Relay card form is attached to this meet package. Clubs are required to use this form when submitting all entries and changes to existing entries.
5. Deadline for relay entry is January 20<sup>th</sup>. Email the relay sheets to Paul Miller at [viswimtech@gmail.com](mailto:viswimtech@gmail.com)
6. Deadline for Relay name/order changes will be:
  - a. For the Medley Relays: **9:30am**
  - b. For the Free Relays: **11:00 am**
  - 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/office.

### 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 digital participation certificate with times for each event swum. Certificates may be printed out at home.

### 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/office prior to the start of the session.
2. All new Provincial Records (Individual and Relay) must be submitted to Swim BC for verification - Carrie Matheson ([carrie.matheson@swimbc.ca](mailto:carrie.matheson@swimbc.ca)).

### ACCOMMODATIONS

We have negotiated preferred rates with the Accent Inns Victoria as a courtesy, however you are welcome to stay at the hotel of your choice. Swimmers are responsible for arranging their own accommodation.

Bookable Dates: **January 23-25** (one or two nights)

Rate: **\$139 + tax**, single or double occupancy

For reservations: **1-800-663-0298** and quote **GROUP ID**

**2736986 "Victoria Masters Swim"** Must be booked prior to January 15 and is based on availability at time of booking. Individual cancellation 48 hours.

The address of Accent Inn is 3233 Maple Street, Victoria, BC V8X 4Y9

View the meet live at:

<https://youtube.com/live/1kwoHRB5n24>

## Schedule of Events

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

Event Number		Event Name
13	Mixed	200 Freestyle Relay
14	Men	200 Freestyle Relay
15	Women	200 Freestyle Relay
16	Mixed	50 Backstroke
17	Mixed	200 Butterfly
18	Mixed	100 Freestyle
19	Mixed	100 Backstroke
20	Mixed	200 Freestyle
21	Mixed	50 Breaststroke
22	Mixed	1500 Freestyle

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

# 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 Relay Entry Forms

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

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

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

Event #:	200 M	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age		Swimmer
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.”**