2026 NRST Ugly Sweater Invitational
December 11 - 13, 2026

Sanctioned by SWIM BC: 69789

NRST would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Snuneymuxw peoples.

Location: Nanaimo Aquatic Centre
741 Third St, Nanaimo BC, V9R 7B2

Referee: Chelsey Flood
Meet Manager: Anke McGuire
Officials Coordinator: Terry Van Der Mark

Meet Manager Email:
meets@nanaimoriptides.com

Officials Coordinator email:
nrstofficials@nanaimoriptides.com

Pool Features:

- 8 lane - 25m competition pool
- Colorado electronic timing, touch pads and scoreboard
- A portion of the shallow end will be used for warm-up/cool-down

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.
- Volunteer, coaches, and officials only washrooms will be provided - located in the pool lobby or individual washrooms on pool deck.

Eligibility:

1. All swimmers must be registered with Swimming Canada/Swim BC, or other World Aquatics-affiliated organization.
2. A swimmer's age is determined on the first day of the meet.
3. Meet Manager reserves the right to include swimmers from the host team who do not meet required time standards in an event.

Meet Rules:

1. Swimming Canada rules will be in effect.
2. Swim BC Competition Warm up safety procedures will be in effect and monitored by Warm-Up Supervisors.
3. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.8.4 (from both ends or from deep end only)
4. During events only one (1) swimmer per lane is permitted.
5. 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.
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. 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 are welcome to coach and encourage their swimmers from the sides of the pool.
8. 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 2.5.2. The “misconduct” shall include but is not limited to (C.2.5 C.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 back plate 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.
The Referee may disqualify a swimmer for such misconduct.

9. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
   1. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as "support staff".

   **Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.
10. Meet management may change session start times after the first entry deadline.
11. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.
12. Teams are expected to keep their respective areas clean, including at the conclusion of each session.

Entries:

1. Entries will be limited to 300 swimmers, with the last team entering the 300th swimmer accepted. **Please respect other teams wishing to attend by giving an accurate estimate of the number of swimmers wishing to attend.**
2. Relays are timed finals and will be held at the start of finals Friday and Saturday and the start of prelims on Sunday.

Individual Events:

1. Age groups for individual events: 12 & under, 13 & 14, 15 & over.
2. Events will be swum as heats and finals, 2 heats circle seeded. **A & B Finals for all 50s and 100s. 200s will only have an A final**
3. The A final will swim first.
4. All athletes must qualify in a minimum of one and can swim up to 6 events(1) event with up to five (5) bonus events as follows:
   1 QT = 5 Bonus Swims
   2 QT = 4 Bonus Swims
   3 QT = 3 Bonus Swims
   4 QT = 2 Bonus Swims
   5 QT = 1 Bonus Swims
   6 or more QT = 0 Bonus Swims
5. Swimmers can swim up to a maximum of three(3) events per session Friday, Saturday and Sunday.
6. **Swimmers must have the QT in the stroke 200s (Fly, Back & Breast) and all 400 & 800 events**
7. **NT (No times) will not be accepted.**
8. Backstroke ledges will be used for all sessions.
9. For finals, the scratch deadline will be 30 minutes from the conclusion of Preliminary events (excluding timed finals).

   There is no penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or timed finals. The following rules apply to all finalists (A & B) and alternates identified in the official preliminary results posting.

   a. Late Scratches: For all final events, no-shows, step-downs, and unexcused incomplete swims will be considered late scratches and subject to a $20 penalty. All fines must be paid within seven (7) days of the final day of competition. Unpaid fines will be doubled and due immediately. Entry to future Swim BC Competitions will not be permitted until fines are paid in full.

   b. Scratch Deadline: For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).

   c. Scratch Submission: For finals, all scratches must be submitted to the Administration Desk (emailed scratches will not be accepted).

800 Free, 400 Free and 400 IM Information:

1. 400m events (400 Free and 400 IM) are time finals and will be limited to the top 32 Girls and top 32 Boys. 800 Free will be time finals and limited to the top 16 Girls top 16 Boys. **Coaches will be notified after the entry deadline if swimmers did not meet the cut off and need to select another event.**
2. 800 Free: all heats will be swum during prelims, senior seeded, fastest to slowest alternating gender (beginning with Girls)
3. 400m IM: will be swum as senior seeded with the fastest heat of each gender racing during the finals session. The remaining heats will be swam as fastest to slowest Girls then Boys
4. 400 Free: all heats will be swum during prelims, senior seeded, fastest to slowest Girls alternating Boys
5. Positive check-in by 9:00 a.m. on the day of the event for the 800m free, 400 IM and 400 Free.

6. **Swimmers will need to provide 1 timer for the 800 Free, 400 IM and 400 Free. Lanes with no timer go unprotected.**

Relay Events:

1. There are no qualifying times for relays; however, entry times must be submitted for seeding purposes.
2. Age groups for relay events: 12 & under, 13 & 14, 15 & over.
3. Swimmers participating in relay events only must be identified on entries as "RELAY ONLY SWIMMERS"
4. Swimmers may swim up in Relay events but may not swim on more than one Relay team per age group.
5. Friday and Saturday relay name changes are to be submitted to the Administration Desk no later than 30 minutes following the completion of the preliminary events (excluding timed finals).
6. Sunday relay name changes are to be submitted to the Administration Desk no later than 8:20am.
7. **NO** deck entries will be accepted.
8. There is a no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or timed finals

Awards:

1. **Top Performance Awards:** The top three swimmers in each age group (12 & Under, 13–14, and 15 & Over) and gender will receive a gift card each day, based on their highest individual HY-TEK Age Group Points score. Each swimmer is eligible for only one Top Performance Award per day. Performances from finals and timed finals will be considered.

2. The most improved swimmer each day in each age group will be awarded a prize package.

Entry Fees:

1. $125 Entry Fee per person, which includes the Swim BC Competition Surcharge of $6.00 per swimmer.
2. $20.00 per relay entry.
3. Fees must be paid prior to the start of the meet, **if entry fees are not paid a 10% penalty will be added to the total.**
4. Please make cheques payable to NRST or send by e-transfer to admin@nanaimoriptides.com

Entry Deadlines and Scratches:

1. Entries must be submitted through the Swimming Canada online system.
2. The deadline to upload entries is **Friday, December 4, 2026, by 12:00 pm (noon).**
3. Scratch deadline with refund is noon on Tuesday, December 8, 2026.
4. Email scratches to meets@nanaimoriptides.com
5. Teams requiring excessive changes after the entry deadline will be charged a $5 admin fee per swimmer. Please verify your entries before submitting.
6. Swimmers who scratch from the meet for medical reasons must submit a medical certificate to receive a refund of meet fees. There will be no other refunds made after the scratch deadline.
7. For finals, the scratch deadline will be 30 minutes from the conclusion of Preliminary events (excluding timed finals).

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Friday, December 11, 2026
Prelims Warm-up 8:00-8:50 am Racing 9:00-1:00 pm
Finals Warm-up 4:00-4:50 pm Racing 5:00-7:00 pm

Girls	Events	Boys	Time Standards		
			12&Under	13&14	15&Over
100	4x50 Medley Relay	101			
1	100 Back	2	1:40	1:30	1:20
3	200 IM	4	3:25	3:00	2:50
5	50 Fly	6	:50	:41	:37
7	200 Breast	8	3:35	3:15	3:00
9	100 Free	10	1:25	1:20	1:15
11	800 Free (TF)	12	12:30	11:30	11:00

Saturday, December 12, 2026
Prelims Warm-up 8:00-8:50 am Racing 9:00-1:00 pm
Finals Warm-up 4:00-4:50 pm Racing 5:00-7:00 pm

Girls	Events	Boys	Time Standards		
			12&Under	13&14	15&Over
102	4x50 Free Relay	103			
13	100 Breast	14	1:50	1:40	1:30
15	200 Fly	16	3:45	3:30	3:15
17	50 Back	18	:46	:41	:38
19	200 Free	20	3:00	2:45	2:30
21	400 IM	22	7:15	6:30	6:00

Sunday, December 13, 2026
Prelims Warm-up 8:00-8:50 am Racing 9:00-1:00 pm
Finals Warm-up 2:30-3:20 pm Racing 3:30-5:30 pm

Girls	Events	Boys	Time Standards		
			12&Under	13&14	15&Over
104	4x50 Mixed Free Relay				
23	50 Breast	24	:55	:47	:44
25	100 Fly	26	1:40	1:30	1:20
27	50 Free	28	:45	:40	:35
29	200 Back	30	3:20	3:00	2:45
31	400 Free	32	6:00	5:40	5:20

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 Warm-Up Supervisor 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.
- When leaving sprint lanes, swimmers must be cautious and aware of their surroundings. If crossing into other lanes, they must ensure they do not interfere with ongoing sprint activity, pace work or para designated lanes.
- 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 Warm-Up Supervisors in place during pre-event training.
- Warm-Up Supervisors 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 Warm-Up Supervisor 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.

WARM-UP SIPERVISORS

The Warm-up Supervisor is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Warm-up Supervisor should ideally be a more experienced official, whenever possible.

Warm-Up Supervisors 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 Warm-Up Supervisors are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 Warm-Up Supervisors are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Warm-Up Supervisors 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."