VPSC WINTER INVITATIONAL

December 4 - 6, 2026

MEET PACKAGE

VPSC WINTER INVITATIONAL
December 4 - 6, 2026
MEET PACKAGE

GENERAL INFORMATION
Sanctioned by Swim BC: 69800
Swimming Canada rules will apply
Swim BC Competition Warm Up Safety Procedures will be in effect and monitored by Warm Up Supervisors

FACILITIES
- UBC Aquatic Centre – 6080 Student Union Blvd, Vancouver, BC V6T 1Z1
- 10-lane 25 metre competition pool
- 10-lane 25 metre warm-down pool
- Omega Electronic Timing

LAND ACKNOWLEDGMENT
Vancouver Pacific Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, and unceded territory of the xwməθkwəy̓əm (Musqueam) People.

ORGANIZING COMMITTEE
Entries Coordinator – Darryl Rudolf darryl.rudolf@gmail.com
Meet Manager – Dawna McIver meetmanager@vpsc.ca
Meet Referee – Tonje Molyneux officials@vpsc.ca

ELIGIBILITY
All swimmers must be registered with a SNC, USS or World Aquatics recognized organization.

ENTRIES
- Entry deadline will be **Tuesday November 24, 2026, at 11:59pm.**
- Entries will be limited to include the team that enters the **400th** swimmer into the meet. All entries submitted afterwards *may* not be entered, at the discretion of the meet and facility management.
- Entries to be uploaded through the new REMS portal. If experiencing difficulty, please contact the entries coordinator.
- **NT time entries will not be accepted.**
- Entries may only be submitted for swimmers whose registration has been initiated by their club in the REMS database.
- All entry files must contain the complete and accurate information as required (the same as if uploading to to the SNC online system) - this includes swimmer 9-digit ID #, name, correct date of birth and gender.

ENTRY FEES
- $145 Entry Fee per person, which includes the Swim BC Competition Surcharge of $6.00 per swimmer.
- Relay fee is $30 per relay team.
- Late entries subject to paying double the entry fee at the discretion of Meet Management.
- Payment must be made by e-transfer or cheque. Credit cards will not be accepted. Cheques must be made out to Vancouver Pacific Swim Club. E-Transfer: finance@vpsc.ca

FORMAT
- Short Course – Heats & Finals (Finals Order – A, B, C).
- 400m A&B Finals Only.
- All finals heats will be swum using 10 lanes.
- Prelim sessions will be seeded slowest to fastest with circle seeding for the last three (3) heats for events 200m and below and for the last two (2) heats for 400m events.
- 800m and 1500m events will be limited to the top 30 swimmers in each gender. All distance heats will be swum in the prelim sessions as alternating gender seeded fastest to slowest.

SEEDING
- All entries shall be in SCM, all LCM entries will be converted to SCM and seeded accordingly.
- Custom times are not permitted.

ELIGIBILITY/BONUS SWIMS
All athletes must qualify in a minimum of one (1) event with up to four (4) bonus events as follows:
- 1 QT = 4 Bonus Swims
- 2 QT = 3 Bonus Swims
- 3 QT = 2 Bonus Swims
- 4 QT = 1 Bonus Swim
- 5 or more QT = 0 Bonus Swims
- Swimmers may compete in up to three (3) individual events per day.

DECK ENTRIES
- Deck entries may be permitted at the discretion of meet management and with a charge of $40.00 per event. Cash only. They will be used to fill empty lanes only. The deck entries deadline will be 30 minutes prior to the start of each session.
- All deck entries will be considered exhibition swims (EXH) and will not be eligible to qualify for finals.
- Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in the REMS registration system, along with their 9-digit ID #, correct date of birth and gender.

POSITIVE CHECK-IN
- 1500m and 800m Free events will be seeded after positive check-in
- The positive check-in deadline is 30 minutes AFTER the start of the session in which the event will be swum.
- If there is an empty lane due to a scratch, every reasonable effort will be made to fill it with the next eligible swimmer from the original entries as an exhibition swim.
- Failure to swim after positively checking in will be considered a final no show, and a $20 fine, payable in cash only, will be assessed.

VPSC WINTER INVITATIONAL
December 4 - 6, 2026
MEET PACKAGE

SCRATCHES

- Scratches received prior to **Tuesday December 1st @ 11:59PM** will not incur Meet Fees.
- There is no penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims.
- The following rules apply to all finalists (A & B) and alternates identified in the official preliminary results posting, as well as all swimmers competing in time-final events where positive check-in is required.
  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.

RELAYS

- Open age category for all relay events.
- Relays will take place at the end of finals each evening.
- No limit to entries for 4 x 100m relays. Maximum of 2 relay teams per club for the 4 x 200m relays.
- Meet management reserves the right to limit the number of relay entries should there be session length issues. Time permitting additional relay teams will be considered.
- Changes to relay names and/or order must be submitted 30 minutes prior to the session in which the relay will be swum.

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.
- The universal changeroom washrooms will be assigned for coaches, officials, and volunteers. Athletes are assigned to use the Men’s/Women’s changeroom washrooms.

SWIMWEAR

- 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.

AWARDS

- The top 3 finishers will receive cash prizes for all individual events. $100 for 1st place, $50 for 2nd place and $25 for 3rd place.
- Awards will be given out immediately following the completion of the A final.

MEET NOTES

- Pre meet training will take place on Thursday December 3, 5:00 - 8:00 PM with 20 x 25m lanes available for athletes.
- Meet start times may be altered as a result of facility availability, or number of entries. If there are any changes, times will be communicated to all coaches.
- Facility access for swimmers and coaches will be 6:30 am for Prelim sessions and 3:30 pm for Finals sessions.
- No personal chairs are permitted on the pool deck.
- During events only one (1) swimmer per lane is permitted.
- 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.
- 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. Permission for photographers on deck should be obtained from meet management. Photographers will be provided high-vis vests to wear while on deck.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.8.4 from the start end
- 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’
  2. Visual hand signals given by the starter/referee
  3. Facility or Club provided strobe light: An external strobe light is available at this competition Clubs must contact Meet Management by the **Entry Deadline** of the need for accommodations.
- 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.C.2. The “misconduct” shall include but is not limited to (C.2.5.2.1):
  1.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.
  2.Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
  3.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.

VPSC WINTER INVITATIONAL
December 4 - 6, 2026
MEET PACKAGE

EVENT ORDER & TIME STANDARDS

Friday December 4, 2026						
			Warm-Up		Start	Finish
Prelims Session			7:30 – 8:45 am		9:00 am	1:30 pm
Finals Session			4:00 – 5:15 pm		5:30 pm	7:30 pm
WOMEN	**SCM**	**LCM**	**EVENT**	**LCM**	**SCM**	**MEN**
1	2:13.30	2:15.97	200 Freestyle	2:04.13	2:01.70	2
3	1:19.50	1:21.09	100 Breaststroke	1:12.73	1:11.30	4
5	5:21.20	5:27.62	400 Individual Medley	5:00.29	4:54.40	6
7	1:08.90	1:10.28	100 Butterfly	1:03.55	1:02.30	8
9	31.90	32.44	50 Backstroke	29.48	28.90	10
11	18:53.50	19:16.17	1500 Freestyle*			
			800 Freestyle*	9:11.82	9:01.00	12
13			800 Freestyle Relay**			14

* Women's 800 Free & Men's 1500 Free limited to 3 heats (Top 30 Swimmers), swimming fastest to slowest, alternating Women's 800 Free / Men's 1500 Free by heat. Distance events will be swum in the prelims session

** All relays will be swum as the final event during the finals session. Every team is permitted to enter a maximum of 2 relay teams (A & B) only for the 4 x 200m free. 4 x 100m is unlimited.

VPSC WINTER INVITATIONAL
December 4 - 6, 2026
MEET PACKAGE

Saturday December 5, 2026						
			Warm-Up		Start	Finish
Prelims Session			7:30 – 8:45 am		9:00 am	1:30 pm
Finals Session			4:00 – 5:15 pm		5:30 pm	7:30 pm
WOMEN	**SCM**	**LCM**	**EVENT**	**LCM**	**SCM**	**MEN**
15	4:43.10	4:48.76	400 Freestyle	4:25.40	4:20.20	16
17	1:09.20	1:10.58	100 Backstroke	1:04.46	1:03.20	18
19	36.20	36.92	50 Breaststroke	33.15	32.50	20
21	2:30.90	2:33.92	200 Individual Medley	2:20.35	2:17.60	22
23	28.10	28.66	50 Freestyle	25.70	25.20	24
25	2:37.00	2:40.14	200 Butterfly	2:24.94	2:22.10	26
27			400 Freestyle Relay**			28

Sunday December 6, 2026						
			Warm-Up		Start	Finish
Prelims Session			7:30 – 8:45 am		9:00 am	1:30 pm
Finals Session			4:00 – 5:15 pm		5:30 pm	7:30 pm
WOMEN	**SCM**	**LCM**	**EVENT**	**LCM**	**SCM**	**MEN**
29	2:50.70	2:54.11	200 Breaststroke	2:37.39	2:34.30	30
31	1:02.00	1:03.24	100 Freestyle	57.22	56.10	32
33	2:28.30	2:31.27	200 Backstroke	2:19.64	2:16.90	34
35	30.50	31.11	50 Butterfly	28.15	27.60	36
37	9:41.00	9:52.62	800 Free*			
			1500 Free*	17:41.62	17:20.80	38
39			400 Medley Relay**			40

* Women's 800 Free & Men's 1500 Free limited to 3 heats (Top 30 Swimmers), swimming fastest to slowest, alternating Women's 800 Free / Men's 1500 Free by heat. Distance events will be swum in the prelims session

** All relays will be swum as the final event during the finals session. Every team is permitted to enter a maximum of 2 relay teams (A & B) only for the 4 x 200m free. 4 x 100m is unlimited.

VPSC WINTER INVITATIONAL
December 4 - 6, 2026
MEET PACKAGE

VPSC Winter Invitational Meet Records

Women			Event	Men		
Ranumi Eashwarage - UCSC	12/06/2025	24.85	50 Free	22.02	12/06/2025	Laon Kim - UCSC
Ranumi Eashwarage - UCSC	12/07/2025	54.60	100 Free	47.32	12/07/2025	Laon Kim - UCSC
Maxine Clark - UCSC	12/13/2024	1:58.30	200 Free	1:43.00	12/05/2025	Laon Kim - UCSC
Maxine Clark - UCSC	12/06/2025	4:10.98	400 Free	3:44.96	12/06/2025	Sander Crooijmans-OS
Bonnie Choi- SPART	12/07/2025	8:59.72	800 Free	7:51.28	12/05/2025	Sander Crooijmans-OS
Bonnie Choi- SPART	12/05/2025	17.05.24	1500 Free	15:19.34	12/07/2025	Sander Crooijmans-OS
Sienna Rodgers - UCSC	12/13/2024	27.70	50 Back	24.23	12/13/2024	Cole Pratt - CASC/HPCVN
Sienna Rodgers - UCSC	12/14/2024	59.34	100 Back	51.57	12/14/2024	Cole Pratt - CASC/HPCVN
Bridget Burton HPC VN	12/15/2024	2:07.34	200 Back	1:56.30	12/15/2024	Parker Deshayes - CASC
Hayleigh Haines - UCSC	12/14/2024	32.00	50 Breast	27.93	12/06/2025	Justice Migneault-UBCT/HPCVN
Maria Cosic - UCSC	12/13/2024	1:09.33	100 Breast	59.20	12/05/2025	Justice Migneault-UBCT/HPCVN
Amaris Peng - UBCT	12/07/2025	2:29.83	200 Breast	2:07.68	12/07/2025	Justice Migneault-UBCT/HPCVN
Olivia Zhou - CDSC	12/07/2025	26.73	50 Fly	24.70	12/07/2025	Tuja Dreyer - UCSC
Maxine Clark -UCSC	12/05/2025	59.32	100 Fly	52.18	12/05/2025	Laon Kim -UCSC
Maxine Clark -UCSC	12/06/2025	2:12.30	200 Fly	1:56.29	12/06/2025	Danny Park - OS
Maxine Clark - UCSC	12/14/2024	2:14.02	200 IM	1:58.85	12/06/2025	Tuja Dreyer - UCSC
Michelle Zeng - CDSC	12/05/2025	4:45.94	400 IM	4:15.44	12/13/2024	Tuja Dreyer - UCSC
UCSC	12/06/2025	3:45.32	400 Free Relay	3:19.19	12/06/2025	UCSC
UCSC	12/13/2024	8:05.89	800 Free Relay	7:17.78	12/05/2025	UCSC
UCSC	12/15/2024	4:08.15	400 Medley Relay	3:38.61	12/07/2025	UCSC

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."