



## 10 & Under Sprint Cup

Sunday, May 31st, 2026

Sanctioned by Swim BC: 61840

**Sungod Recreation Centre, 7815 112 Street, Delta, BC**

*The Delta Sungod Swim Club would like to acknowledge that this meet is taking place on the shared, traditional, ancestral, and unceded territories of the sc̓w̓aθ̓ən (Tsawwassen), x̓m̓əθ̓k̓'əy̓əm (Musqueam), and other Coast Salish Peoples. We extend our appreciation to these First Nations for the opportunity to hold this meet here.*

<b>Warmup</b>
1:00-1:30
<b>Start</b>
1:45pm
<b>Projected Finish</b>
5:30pm

Facility:

8 Lane, 25 metre pool

Warm-up lanes only open during warm-up.

Omega Timing System

Cravings Coffee in lobby, goggle sales at front desk

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.

Invited Clubs:

This meet will be considered a closed invitational. If a club would like to attend, they must notify DELTA’s Head coach in order to secure numbers.

Timers/Officials:

LMR clubs are responsible for providing 3 officials/timers per session. Volunteers receive snacks during their shift. Volunteers from other clubs can sign-up to volunteer: [Delta Sungod Swim Club | Job sign up: Delta 10 & under sprint cup](#)

Deck changes are explicitly prohibited.

Due to the pool being partially open to public, the washrooms/change rooms at the pool cannot be designated separately for swimmers and adults. However, all adult volunteers, coaches and officials will be asked to use the lobby washrooms during the meet.

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.

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 2.3.2. The "misconduct" shall include but is not limited to (C.2.3.2.1):

- 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.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- 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.

#### Eligibility:

Open to 10 & Under swimmers.

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

Swimmers must be registered as 10 & Under Competitive (this can be their first competitive meet of the season) and must have a valid SNC#. This must be addressed with Swim BC prior to entry.

Age group will be based on their age of the first day of the competition.

Para-swimmers are welcome. WPS athlete classifications must be designated with entries.

#### Entries:

Limit of 5 individual entries per swimmer. The meet will be limited to 180 swimmers. The team entering the 180th swimmer will be accepted to the meet. Teams not accepted will be notified.

Coaches must choose the 100 IM and either the 50 or 100m of each stroke, not both. Swimmers who are NOT LMR qualified should NOT be entered into the 100m events. Please use discretion when selecting entries. 200 IM proof of time may be required for 100m events if entries times are in doubt.

Swimmers mis-entered will be put automatically into the shorter distance.

Entries must be submitted through the REMS system.

Entries may only be submitted for swimmers whose registration is "ACTIVE" in the new REMS database.

All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) - this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

#### Entry Fees:

\$70 per swimmer regardless of the number of events. This includes the \$5 Swim BC competition surcharge. Entry fees must be paid prior to the start of the session.

Please make a single meet fee cheque to **Delta Sungod Swim Club**.

E-transfer can also be made to **Treasurer@teamsungod.ca**

#### Entry Deadline Friday, May 22, 2026.

Deck entries are \$70 (for up to 5 events) and must be paid in cash when the entry is requested. Deck entries will be accepted on a first come, first served basis. No new heats will be created for deck entries. Deck Entries will also be subject to the Swim BC Competition Surcharge if they are not originally registered in the meet. Deck entries must be accompanied by payment at the time of entry. Swimmers will not be entered until payment is received. 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 SNC registration system, date of birth, and SNC registration number.

Deck entries are eligible for awards.

No new heats will be created for deck entries and are at the discretion of the meet manager.



### Scratch Deadline:

Scratches received before Tuesday, May 27, 2026 at 9pm will be fully reimbursed.

Scratches received after the entry deadline must be accompanied by a medical note.

Medical scratches must be scratched and declared by the start of the session, with a doctor's note submitted by Tuesday after the meet. Medical scratches declared after the meet will not be accepted.

Day of meet scratches must be received by the Clerk of Course 30 minutes prior to the scheduled start time of the session.

### Meet Rules:

All SNC rules as stated in the SNC rulebook will apply.

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.

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.

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.

During events only one (1) swimmer per lane is permitted.

Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3. Starts will be dive overs; swimmers

are to remain in the water until after the next heat's start.

Swim BC Warm-up procedures will be in effect; see final page of this meet package for details.

DSSC is NOT responsible for visiting clubs' swimmers.

Coaches must ensure that athletes follow the rules of the facility and respect the staff.

Glass containers are not permitted on deck.

### Spectators:

Due to space limitations on the pool deck, spectator seating will be outside in the courtyard. There will be a tent for coverage but please bring your own chairs and dress for the weather. There will be a small spectator section on the pool deck at the edge of the bleachers. Please use this section only when watching your swimmer and then leave to make space for others. Meet spectators cannot sit in the inside pool viewing area or in the lobby.

### Coaches Meeting:

If required, there will be a coaches' meeting 10 minutes prior to the session start.

### Officials Meeting:

There will be an officials meeting 30 minutes prior to the start of the session.

### Awards:

There will be awards presented to the top 8 finishers in each event.

Bell Ringer heat winners will receive a bonus prize.

### Contacts:

Entries: Cory Bullock: [headcoach@teamsungod.ca](mailto:headcoach@teamsungod.ca)

Meet Manager: Andy Lee: [president@teamsungod.ca](mailto:president@teamsungod.ca)

Officials Manager: Kamaldeep Rai  
[officialsdirector@teamsungod.ca](mailto:officialsdirector@teamsungod.ca)

Meet Referees: Jessica Jensen- Level 4



<b>Mixed</b>	<b>Sunday Session</b>
1	50 Backstroke
2	100 Backstroke
3	50 Butterfly
4	100 Butterfly
5	100 IM
6	50 Breaststroke
7	100 Breaststroke
8	50 Freestyle
9	100 Freestyle





## 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.”**

