



March LMR Swim Meet
Saturday, March 14 and Sunday, March 15, 2026

Sanctioned by Swim BC: 61839

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 scəwəθən (Tsawwassen), xʷməθkʷəy̓əm (Musqueam), and other Coast Salish Peoples. We extend our appreciation to these First Nations for the opportunity to hold this meet here.

Saturday Session 1 – 12 & Under Pool Area Open: 7:00am Warmup: 7:30am-8:20am Start: 8:30am, End: 11:30am	Sunday Session 3 – 12 & Under Pool Area Open 7:00am Warmup: 7:30-8:20am Start: 8:30am, End: 12:00pm
Saturday Session 2 – 13 & Over Warmup: 12:30-1:20pm Start: 1:30pm, End: 5:30pm	Sunday Session 4 – 13 & Over Warmup: 12:30-1:20pm Start: 1:30pm, End: 5:30pm

** Please note that based on the number of participants there may be more warmups added in order to keep the number of people on the pool deck manageable.

Facility

8 Lane, 25 metre pool
Omega Timing System
Possible warmup lanes to be allocated.

Invited Clubs

This meet will be considered an Open invitational. However, if a club would like to attend, they must notify DSSC’s Head Coach. There is space still available.

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.

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.

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.

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.

Timers/Officials

DSSC may require timers for each session. LMR clubs are responsible for providing 3 timers per session. All officials/Timers will receive free snacks and refreshments during the session that they officiate.

Clubs can sign-up their volunteers at: [Delta Sungod Swim Club | Job sign up: Delta March LMR](#)

Spectators/Swimmer Seating

Due to space limitations on the pool deck, swimmers will set up in the gym. Please bring a chair or blanket to sit on.

Meet spectators cannot sit in the inside pool viewing area or in the lobby, but are welcome on the bleachers.

Parents who are repeatedly asked to remove themselves from the public venues will be asked to leave the facility, and their children removed from the meet.

Eligibility:

All swimmers must be registered with Swim BC or other World Aquatics affiliated organizations. Age groups will be based on the age of the first day of the competition.

All swimmers must have achieved their 4:00.00 in the 200m IM. Proof of time must be submitted.

Entries

Entries must be submitted through the REMS database.

All entry files must contain the complete and accurate information as required- this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

The team entering the 400th swimmer will be accepted to the meet.
Teams not accepted will be notified via email.

The meet manager reserves the right to adjust entry limits or event selection in order to accommodate time outs and deck space restrictions. Teams will be notified of those changes after the entry deadline via email.

There will be a limit of 6 individual entries per swimmer with a maximum of 4 individual events per day.

Note that the 200 IM/400 IM will be held on both days. Swimmers can only be entered in each event once. Swimmers who are entered in the same event in multiple sessions after the scratch deadline will have their second entry into the event removed and no refund will be issued.

All relays will be mixed events (2 females, 2 males) in any order.

Deck entries will be accepted on a first come, first served basis and requests must include information as required- this includes swimmer 9-digit ID #, name, correct date of birth, and gender. No new heats will be created for deck entries. The deadline to request a deck entry is 30 minutes before the start of the respective session.

Clubs will be required to submit the complete list of coaches attending meet.

Entry Fees

Individual Events:	\$11.00
Official Splits:	\$10.00
Relays:	\$13.00
Swim BC Competition Surcharge:	\$5.00
Late/Deck Entry	\$15.00 per individual event \$20.00 per relay event

Deck Entries will also be subject to the Swim BC Competition Surcharge if they are not originally registered in the meet.

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

Entry Deadline: Wednesday, March 4, 2026

Scratch Deadline

The scratch deadline is Monday, March 9 at 10:00pm. Scratches received before the scratch deadline will be fully reimbursed. Scratches received after the scratch deadline require a medical note on the day of the meet for a refund.

Meet Rules

Swimmers must warmup in their appropriate warmup and can remain in the pool area until their event is over. Swimmers must leave after their session has completed.

Coaches will be notified of warmup time changes or additional warmup blocks by Wednesday, March 11, 2026.

This meet will be conducted under Swimming Canada rules and regulations.
Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.

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.

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'.

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

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.

Coaches Meeting:

There will be a coaches' meeting 10 minutes prior to the session start if required.

Officials Meeting:

There will be an officials' meeting 40 minutes prior to the start of each session.

Awards:

There will be awards presented for the top 8 finishers in each individual event by age group (10&U, 11&12, 13&14, 15&O).

<u>Meet Manager</u>	Cory Bullock	headcoach@teamsungod.ca
<u>Officials Manager</u>	Kam Rai	officials@teamsungod.ca
<u>Meet Secretary</u>	Andy Lee	president@teamsungod.ca
<u>Meet Referee</u>	Ron Bullock – Level 4	

Female	Saturday Session 1 – Blocked – 12 & Under	Male
1	100m Butterfly	2
3	50m Backstroke	4
5	100m Breaststroke	6
7	50m Freestyle	8
9	<i>Mixed 200m Medley Relay</i>	
11	200 Individual Medley	12
13	200m Backstroke	14
15	200m Freestyle	16
17	400 Individual Medley	18

Female	Saturday Session 3 – Blocked – 13 & Over	Male
19	100m Butterfly	20
21	50m Backstroke	22
23	100m Breaststroke	24
25	50m Freestyle	26
27	<i>Mixed 200m Medley Relay</i>	
29	200 Individual Medley	30
31	200m Backstroke	32
33	200m Freestyle	34
35	400 Individual Medley	36

Female	Session 4 – Blocked – 12 & Under	Male
37	100m Freestyle	38
39	50m Breaststroke	40
41	100m Backstroke	42
43	50m Butterfly	44
45	<i>Mixed 200m Freestyle Relay</i>	
47	200m Individual Medley	48
49	200m Breaststroke	50
51	200m Butterfly	52
53	400m Individual Medley	54

Female	Session 5 – Blocked – 13 & Over	Male
55	100m Freestyle	56
57	50m Breaststroke	58
59	100m Backstroke	60
61	50m Butterfly	62
63	<i>Mixed 200m Freestyle Relay</i>	
65	200m Individual Medley	66
67	200m Breaststroke	68
69	200m Butterfly	70
71	400m Individual Medley	72



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 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.”