Richmond Rapids

FastSwim Classic 2026

December 18 - 20, 2026

Watermania, Richmond, BC

Meet Package

Sanctioned by Swim BC: #67805

Richmond Rapids would like to acknowledge that we are gathering and competing today on the beautiful unceded Coast Salish traditional territory, and give thanks to the Musqueam, Squamish and Tsleil-Waututh Nations.

Supported by the Province of British Columbia

ENTRY INFORMATION

Eligibility

- All athletes must be registered with Swim BC, Swimming Canada, or other swimming organization recognized by World Aquatics.
- Competitors' ages are as of the first day of competition (December 18, 2026).
- This meet is open to swimmers who have achieved **at least one** posted qualifying time in their designated age category.

Safety

- Swim BC Competition Warm-Up Safety Procedures will be in effect. All warm-ups in the main competition pool will be monitored by warm-up supervisors.
- 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.
- 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.
- There is to be no 'deck changing' on the pool deck; all changing must be done in the appropriate changeroom.
- Swimmers are encouraged to only use the facility changerooms, while the officials and coaches are to use the restrooms in the lobby.
- The visiting club's responsible for ensuring their swimmers are supervised at all times, both during the competition and between sessions, while at the Watermania facility.
- Only athletes who are competing in finals will be allowed back into the facility for finals sessions.
- **Spectator seating will be limited during the swim meet, with priority given to athletes, coaches, and volunteers/officials.**

General Meet Rules

- This meet will be conducted under the most current Swimming Canada rules and regulations.
- Starts will be conducted from Starting Platforms (blocks) as per WA II.4.1 and II.15.8.4 from the deep end..
    - Pool Depth: Shallow End 1.84m, Deep End 4.2m.
- During events, only one (1) swimmer per lane is permitted.
- Backstroke ledges will be available. Swimmers and coaches are requested to familiarize themselves with the usage instructions for the Watermania backstroke ledges by watching this video.
- **Swimwear:** All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.
- **Swim-Offs:** All swim-offs will be run at a time mutually agreed upon by coaches and officials. Every effort will be made to run swim-offs by the end of the session in which the tie occurs.

- This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing. Clubs must connect with Meet Management prior to the competition to discuss accommodations
    - Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'
    - Visual hand signals given by the starter/referee
- 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 2.5.2. The "misconduct" shall include but is not limited to (C.2.5.2.1):
    - 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.

Entries

- Swimmers with the following number of qualifying times will be granted bonus swims:
    - Swimmers with 1 QT will be granted 3 bonus swims;
    - Swimmers with 2 QTs will be granted 2 bonus swims;
    - Swimmers with 3 QTs will be granted 1 bonus swim.
- Swimmers are limited to a maximum of SEVEN (7) total individual events during the meet.
- All entries must be submitted through Swimming Canada's REMS online system.
  Email entries will NOT be accepted.
- NT entries will **not** be accepted and will not be refunded.
- **Age groups** will be: 12 and under; 13-14; 15 and over.
- The Richmond Rapids reserves the right to enter swimmers not meeting the qualifying standards.
- Swimmers 10 & under are limited to 4 hours per session, excluding warm-up. Coaches are requested to consider this when selecting events.
- Deck Entries may be accepted, at the discretion of Meet Management, to fill empty lanes. No new heats will be created. Deck Entries will swim as Exhibition and will not be eligible for awards or finals. Deck Entries are subject to an additional fee. Deck Entries will count toward the seven individual event limit.
- 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.
- **Official Split Requests** will be considered deck entries and be charged as such.
- Meet Management reserves the right to restrict entries to the 400m and 1500m Free, and/or the 400m IM, if the competition timeline requires. If restrictions are necessary, as many entries as can be accommodated will be seeded by time. Teams will be notified via email if their swimmers will not be in an event, and another event may be selected before the scratch deadline. Any openings created by scratches from these events may be filled during the meet by deck entries, on a first-come, first-served basis.

- A technical bulletin outlining any changes to the meet format will be distributed once entries are in.

Entry Deadlines

- **Entry Deadline:** Wednesday, **December 9, 2026**, at 11:59 pm
- **Scratch Deadline: Sunday, December 13, 2026**, at 11:59 pm
- **Deck Entry Deadline:** 30 minutes before the start of each session- No Deck entries for relays
- **Official Split Request Deadline:** 30 minutes before the start of each session

COMPETITION RULES

Preliminaries

- All heats (except distance events) will be seeded slowest to fastest, with top 3 heats circle seeded..
- All preliminary heats will be start-overs, with the previous heat remaining in the pool, except in backstroke, where swimmers will clear the pool before heats.
- Swimmers missing a preliminary heat will be considered a scratch and will not be entered into another heat in that same event.

Finals

- A Finals (Top 8) will be held for all events, for each age group.
- B Finals will be held for the 13/14 and 15+ age groups for events with 24 athletes meeting the qualifying standard or more at the scratch deadline (excluding the 400m Free and 400m IM). **A Finals will be held BEFORE B Finals.** A list of events with B finals will be emailed to coaches after the scratch deadline. Coaches and swimmers are responsible for knowing which events have a B Final.
- Finalists and alternates will only be drawn from the top 8 plus 4 finishers (or top 16 plus 4 finishers if there is a B final). Failure to scratch a finalist will result in a scratch penalty. Failure to scratch an alternate will result in a scratch penalty if that alternate is called. This penalty will adhere to Swim BC's scratch policy.

100 IM Eliminator

- Top 8 will race Friday evening, top 4 will advance to Saturday evening, and top 2 will race Sunday evening.
- 100 IM Eliminator categories will follow the same age groups as the rest of the meet. The winner from each age group will receive a 100 IM Eliminator Prize Pack.

Distance Events (400m Free, 1500m Free, 400m IM)

- 1500m Free will be run as Timed Finals only, seeded fastest to slowest. All 1500m Free swims will be given an 800m Free official split. 1500 may be swum mixed gender to accommodate as many swimmers as possible.
- 1500m Free will be capped at between 2 and 4 total heats; the total number of heats will be determined by the session length of prelims on Saturday. No positive check-in for the 1500m Free; if a swimmer is put on the wait list, they will be informed at the scratch deadline.
- 400m Free and 400m IM will be swum as Timed Finals. The fastest heats for each age group and gender will be swum in the Finals session.
- **Positive check-in is required for all 400m races.** Failure to check in will result in a scratch.

- **Positive check-in deadline** is 30 minutes AFTER the start of the session in which the event will be swum.
- Failure to swim AFTER positively checking in will be considered a final no-show, and a $20 fine will be assessed.

Scoring & Awards

- Awards will be given for 1st through 8th places in each age group.

Para-Swimming

- Para-swimmers who are registered with World Aquatics or a WPS affiliate are welcome. Complete classifications (S, SB, SM) must accompany entries. WPS guidelines will apply.
- All para-swimmers will compete integrated, seeded according to entry time. Please contact Meet Management for any lane placement or other accommodations needed.

Scratches

- Scratches for prelims received prior to the meet scratch deadline will not incur scratch penalties.
- 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.
- 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.
- Scratch Deadline: For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
- Scratch Submission: For finals, all scratches must be submitted to the Administration Desk (emailed scratches will not be accepted).

GENERAL INFORMATION

Sanctioned by Swim BC and hosted by the Richmond Rapids Swim Club (www.richmondrapids.com).

Meet Package: The only meet package considered valid is the most current one found at www.swimming.ca

Meet Format: Single-Ended Short Course (25m), Heats and Finals, with the following exceptions:

- 400m Free, 1500m Free, and 400m IM events will be swum as Timed Finals.

Location: Watermania, 14300 Entertainment Blvd., Richmond, B.C., V6W 1K3, Canada.

Facility: 8-lane, 25m competition pool with starting blocks at deep end, and SwissTiming Quantum timing system.

- At least four 25m warm-down lanes will always be available at the shallow end during the competition.

Live Results will be available on the SplashMe app and at https://meetresults.ca/. All live results are unofficial.

Fees

Individual Events	$13.00 per entry
Swim BC Competition Surcharge	$6.00 per swimmer
Deck Entries	$25.00 per entry
Finals No-Show Penalty	$20.00 per occurrence
Official Split Request	$25.00 per occurrence

Make cheques payable to **Richmond Rapids Swim Club**.

Associations must submit only one cheque.

We will not accept individual cheques from association members.

E-transfers will be accepted at payments@richmondrapids.com

MEET MANAGEMENT

Meet Secretary/Entries:	entries@richmondrapids.com
Meet Manager:	Vivienne Zhang
Meet Referee:	Jessica Jensen (137jes@gmail.com)
Head Coach:	Rob Pettifer (rpettifer@richmondrapids.com)
Officials Coordinator	officials@richmondrapids.com

SCHEDULE OF SESSIONS

Sess. #	Date	Warm-Up Period	Session Start	Approx. End	Type
1	Fri, Dec. 18	7:00-8:30 AM	8:45 AM	2:00 PM	P
2	Fri, Dec. 18	4:00-5:15 PM	5:30 PM	8:00 PM	F
3	Sat, Dec. 19	7:00-8:30 AM	8:45 AM	2:00 PM	P
4	Sat, Dec. 19	4:00-5:15 PM	5:30 PM	8:00 PM	F
5	Sun, Dec. 20	7:00-8:30 AM	8:45 AM	2:00 PM	P
6	Sun, Dec. 20	4:00-5:15 PM	5:30 PM	8:00 PM	F

TIME STANDARDS & SCHEDULE OF EVENTS

Girls					Boys			
15&O	13-14	12&U	Evt. #	FRIDAY	Evt. #	12&U	13-14	15&O
1:17.24	1:21.61	1:29.54	101	100 IM	102	1:28.17	1:15.73	1:08.34
3:05.25	3:16.47	3:24.22	103	200 BR	104	3:22.13	3:04.16	2:42.99
:34.40	:35.00	:38.49	105	50 BK	106	:39.75	:34.70	:32.12
1:12.31	1:15.29	1:21.84	107	100 FL	108	1:22.84	1:12.11	1:05.24
5:45.43	5:57.14	6:24.88	109	400 IM	110	6:26.37	5:45.16	5:30.14
15&O	13-14	12&U	Evt. #	SATURDAY	Evt. #	12&U	13-14	15&O
2:19.14	2:29.79	2:37.11	201	200 FR	202	2:39.50	2:22.50	2:07.64
:39.36	:40.57	:45.45	203	50 BR	204	:43.58	:39.58	:37.50
2:42.31	2:53.82	3:06.40	205	200 FL	206	3:11.81	2:45.58	2:31.75
1:13.40	1:15.87	1:22.88	207	100 BK	208	1:23.35	1:12.91	1:07.85
:29.50	:30.76	:32.13	209	50 FR	210	:33.10	:28.83	:26.45
2:37.79	2:47.11	2:57.76	211	200 IM	212	2:56.75	2:39.99	2:24.68
19:25.64	19:56.01	20:30.01	**213**	1500 FR	214	20:15.45	18:30.72	18:00.24
15&O	13-14	12&U	Evt. #	SUNDAY	Evt. #	12&U	13-14	15&O
2:41.11	2:46.83	2:59.48	301	200 BK	302	2:57.11	2:43.78	2:32.45
1:05.74	1:07.77	1:12.24	303	100 FR	304	1:11.00	1:04.44	1:00.24
1:23.94	1:26.83	1:35.28	305	100 BR	306	1:35.18	1:22.83	1:16.47
:32.48	:34.85	:37.14	307	50 FL	308	:37.99	:34.47	:30.11
5:00.85	5:08.57	5:33.20	309	400 FR	310	5:33.77	5:04.14	4:49.51

ACCOMMODATION



Holiday Inn Express and Suites Riverport (walking distance to the pool)

10688 NO. 6 ROAD Richmond, BC, Canada V6W 1E7

Hotel Front Desk: 1-604-241-1830

Reservations: 1-877-660-8550

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."