



Richmond Rapids



May 1-3, 2026
Watermania, Richmond, BC

Meet Package

Sanctioned by Swim BC: #00000

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





2026 Richmond Rapids West Coast Open

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 (May 1, 2026).

Entries

- Swimmers are limited to a maximum of EIGHT (8) total events over the course of the meet, with a maximum of 3 events per day.
- Out of Country teams may submit their entries via email to darryl@richmondrapids.com before the Entry Deadline,
- **No Time (NT) entries will not be accepted.**
- **Deck Entries** at the discretion of Meet Management, to fill empty lanes only as exhibition with swimmers already entered into the meet at \$30 per event.
- **Official Split Requests** will be considered deck entries and be charged as such.
- The meet will be capped at 700 swimmers. The team entering the 700th swimmer will be accepted. Teams entering after the cap will not be accepted.
- The Richmond Rapids reserves the right to enter swimmers not meeting the qualifying standards.

Safety

- Swim BC Competition Warm Up Safety Procedures will be in effect.
- **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.**
- It is the visiting club's responsibility to ensure that their swimmers are supervised at all times, both during the competition and between sessions, while at the Watermania facility.
- 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 to use the restrooms in the lobby
- 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.

COMPETITION RULES

General Meet Rules

- This meet will be run under the most current Swimming Canada Rules.
- 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.
- All entries must be uploaded to the SNC Meet listings website. No emailed entries will be accepted



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- Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1.
 - Pool Depth: Shallow End 1.17m, 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](#).
- All events will be Timed Finals, senior-seeded slowest to fastest, except the 1500m FR, which will be senior seeded fastest to slowest.
- **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.
- Swimmers aged **10 and under** are limited to 4 hours per session, excluding warm up. Coaches are responsible for ensuring their swimmers adhere to this limit when considering events entered.
- A Coaches' Meeting will be held 10 minutes prior to the start of the first session on Friday and then again as necessary.
- 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.

Awards and Age Groups

- Awards will be given for 1st through 8th places in each age group, for individual events.
- Age Groups will be:
 - Boys 11 & Under; 12-13; 14-15; 16 & Over.
 - Girls 10 & Under, 11/12 13/14 15 & Over.

Distance Events

- Distance events at this competition will be the 400m Freestyle, 1500m Freestyle, and 400m IM.
- The 1500m Freestyle events will be senior-seeded Fastest to Slowest.
- Meet Management reserves the right to restrict entries for these events to maintain session timelines.
- Coaches will be notified via email within 48 hours of the entry deadline if any swimmers are not accepted. Alternate events entries will be accepted until the scratch deadline.
- Swimmers must meet the 400m Freestyle Qualifying Time to race in the 1500m Freestyle.
- Positive Check-In will be required for the 400m Freestyle, 400m IM and 1500m Freestyle.

Para-Swimming

- Para-swimmers who are registered with World Aquatics or a WPS/IPC affiliate are welcome and will be seeded according to their entry time. Complete classifications (S, SB, SM) must accompany entries. Current WPS rules will govern all Para-Swimming events. This competition can provide the following accommodations for swimmers who are 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

Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.



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Scratches

- Scratches received prior to the meet scratch deadline will not incur any penalties.
- Swimmers missing a race will be considered a scratch and will not be entered into another heat.
- Refund requests for scratches received after the deadline must be accompanied by a medical note.

DEADLINES

- **Entry Deadline:** Friday, April 24, 2026, at 11:59 pm
- **Scratch Deadline:** Monday, April 27, 2026, at 11:59pm
- **Deck Entry Deadline:** 30 minutes before the start of each session
- **Official Split Request Deadline:** 30 minutes before the start of the session
- **Positive Check-In for 1500m Freestyle:** 30 minutes after the start of the session

GENERAL INFORMATION

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

About This Meet: West Coast Open is a meet designed for clubs to bring a large group of swimmers together and have a great team experience. The meet is designed as an early season Long Course racing opportunity allowing coaches to select events that are not always available to swimmers of all levels.

Meet Format: Single-Ended Long Course (50m), Timed Finals.

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

Facilities: 8-lane, 50m competition pool with starting blocks at deep end, and SwissTiming timing system.

- Short warm-down space will be available during the competition.

Nearby Amenities:

- Team Aquatic Supplies
- Subway
- Old Spaghetti Factory
- SilverCity Riverport Cinemas
- Lucky 9 Lanes Bowling Alley
- Holiday Inn Express & Suites (2 min walk)

Live Results: Free online Heat Sheets will be available. Meet Mobile will be available.

Fees

Entry Fee	\$100.00 Meet Fee- This includes the Swim BC Surcharge
Deck Entries	\$30.00 per entry (Cash Only)
Official Split Request	\$30.00 per request

Cheques should be made payable to **Richmond Rapids Swim Club**. Associations must submit one cheque only.
E- Transfers will be accepted at payments@richmondrapids.com

Meet Management

Meet Secretary/Entries:	Darryl Rudolf (darryl@richmondrapids.com)
Meet Manager:	Darryl Rudolf (darryl@richmondrapids.com)
Meet Referee:	Jessica Jensen
Head Coach:	Rob Pettifer (rpettifer@richmondrapids.com)
Officials Coordinator	Vivienne Zhang (officials@richmondrapids.com)



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QUALIFYING RULES

All swimmers must have achieved **4:00.00 in the 200 IM** at a sanctioned meet in order to enter this meet.

To be eligible for 200+m events, swimmers must have achieved the following 200m standards:

Event	Girls 10 and Under	Girls 11/12	Girls 13/14	Girls 15 and Over	Boys 11 and Under	Boys 12/13	Boys 14/15	Boys 16 and Over
200 IM	3:50.00	3:40.00	3:20.00	3:10.00	3:45.00	3:25.00	3:15.00	3:00.00
200 Free	3:30.00	3:15.00	3:00.00	2:50.00	3:30.00	3:15.00	3:00.00	2:40.00
200 Back	3:35.00	3:25.00	3:15.00	3:05.00	3:35.00	3:25.00	3:15.00	2:55.00
200 Breast	3:45.00	3:35.00	3:25.00	3:15.00	3:45.00	3:35.00	3:20.00	3:05.00
200 Fly	3:45.00	3:25.00	3:15.00	3:05.00	3:45.00	3:25.00	3:10.00	3:00.00
400/1500 FR	6:30.00	6:00.00	5:30.00	5:15.00	6:30.00	6:00.00	5:30.00	5:00.00
400 IM	7:00.00	6:30.00	6:00.00	5:45.00	7:00.00	6:30.00	6:00.00	5:30.00

SESSIONS

AM Session	Friday	Saturday	Sunday
13 and Over Girls 14 and Over Boys	Warm Up 11:30am Start 12:30pm	Warm Up 7:00 am Start 8:00 am	Warm Up 7:00 am Start 8:00 am
PM Sessions	Friday	Saturday	Sunday
12 and Under Girls 13 and Under Boys	Warm Up 3:30pm Start 4:30pm	Warm Up 12:30am Start 1:30pm	Warm Up 12:30am Start 1:30pm

Warm-ups and Sessions Timelines may be altered to accommodate a larger number of swimmers into the meet. Warm-Ups may be blocked. Teams will be advised.



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ORDER OF EVENTS

AM Session		ORDER OF EVENTS	PM Session	
Girls	Boys		Girls	Boys
Friday, May 1, 2026				
1	2	200m Free	101	102
3	4	100m Breaststroke	103	104
5	6	50m Backstroke	105	106
7	8	400m IM	107	108
Saturday, May 2, 2026				
9	10	200m IM	109	110
11	12	200m Butterfly	111	112
13	14	100 Backstroke	113	114
15	16	50m Freestyle	115	116
17	18	50m Butterfly	117	118
19	20	400m Free	119	120
Sunday, May 3, 2026				
21	22	200m Backstroke	121	122
23	24	100m Freestyle	123	124
25	26	200 Breaststroke	125	126
27	28	100 Butterfly	127	128
29	30	50m Breaststroke	129	130
31	32	1500m Freestyle (with 800m official split)	131	132





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.



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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."