DELTA LMR Distance Meet
Sunday, Nov 29th, 2026

Sanctioned By Swim BC

Sanctioning Number 69655

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

11:45am	Pool Opens to Meet Participants - Swimmers will not be allowed on deck prior to that time as there are community programs running
12:00pm	Pool Opens for 1st Warmup
12:20pm	Warmups Finish
12:35pm	Meet Starts – 400 Freestyle
TBD	Meet Ends – 400 Freestyle
TBD	Pool Opens for 2nd Warmup
TBD	Meet Starts – 800 fr/1500 Freestyle
TBD	Meet Ends – 800/1500 Freestyle

** 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.

Safe Sport

All interactions between an athlete and an individual who is on 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.

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 coffee and refreshments during the session that they time/officiate.

Officials and Timers can sign up on the public Job List: Delta Sungod Swim Club | Delta Distance LMR

Eligibility:

This is a closed invitational swim meet for invited teams only. If your team would like to join the meet and did not receive an invitation, you can contact the Head Coach.

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

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

Entries

Entries will be submitted using the online Swimming Canada function through REMS.

Entries may only be submitted for swimmers whose registration is Active 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 200th swimmer will be accepted to the meet. Teams not accepted will be notified. Time outs may be modified to accommodate time and deck space restrictions.

Swimmers will be limited to 1 entry.

There will be no deck entries for this swim meet.

The meet will be reseeded during warmup prior to the session start in order to eliminate empty lanes and wasted time during sessions. Please provide any scratches to the Clerk of Course prior to the start of the session.

Entry Fees

Individual Events:	$16.00
Swim BC Competition Surcharge	$6.00
Official Splits	$16.00

Please make a single meet fee cheque to **Delta Sungod Swim Club,** or e-transfer sent to treasurer@teamsungod.ca

Entry Deadline: Friday, November 20, 2026

Coaches who request official splits must provide 1 additional timer and payment in cash must be received prior to the event being swam. Official splits are at the discretion of the Meet Referee.

Scratch Deadline

Scratches received before Tuesday, November 24, 2026 will be fully reimbursed.
Scratches received later than Tuesday, November 24, 2026 must be accompanied by a medical note for refunds. Medical scratches must be submitted on the day of the meet. A doctor's note must be submitted no later than Monday following the meet. No Medical scratches will be accepted after the meet.

Meet Rules

Swimmers must warmup in their appropriate warmup time, and can remain in the pool area until their event is over.

Coaches will be notified of warmup time changes or additional warmup blocks by Wednesday, November 25, 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'

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.

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

Glass containers are not permitted on deck.

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

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.

Special Meet Rules:

400/800/1500 fr will be swam as combined genders.
All heats will be swimming fastest to slowest. The 800/1500 freestyle will alternate heats.

Diving Rules:

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 (from both ends or from deep end only);

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 for each gender in each individual event by age group
(10 & under, 11&12, 13&14, 15 & Over).

Entry Contact- Cory Bullock, cory@teamsungod.ca

Meet Manager – Jessica Dadwal, treasurer@tamsungod.ca

Officials Manager – Laura Deeg, officialsdirector@teamsungod.ca

Meet Referee – James Li

Event	Event #
Mixed 400m Freestyle	1
Mixed 800m Freestyle	2
Mixed 1500m Freestyle	3

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."