SURREY KNIGHTS SWIM CLUB

SKSC November LC Invite

Hosted by Surrey Knights Swim Club
Friday November 20, 2026

Sanctioned by Swim BC: #69122

Acknowledgement: SKSC would like to acknowledge that the land on which we gather is the traditional, ancestral and unceded territory of the Katzie, Kwantlen, Semiamhoo and other Coast Salish Peoples.

Location: Guildford Recreation Centre, 15105 105 Ave, Surrey, BC, V3R 7G8

Order of Events (Timed Finals):

Warmup: 1:15pm-2:05pm
Session: 2:15pm-7:00pm

200 IM
100 Back
200 Fly
100 Breast
50 Free
(15 min break)
200 Free
400 IM
200 Breast
100 Fly
(15 min break)
400 Free
200 Back
100 Free

Pool Set up:

- Session will be run 8x50m with electronic timing. Deep end will be the starting end.
- There will be no warm up or warm down lanes available during racing. There will be two 15mins warm up/warm down periods as noted.
- 50 Free may be manually timed pending electronics.
- Colorado timing system will be in use.

Safe Sport Statement:

- 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 facility restraints and leisure pools operating during the swim meet, separate washrooms for adults only (volunteers, coaches, officials) will not be available. Washrooms will be open access to all swim meet participants, volunteers, coaches, officials, and the public.
- 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.

Meet Rules:

- All swimmers are required to be registered with Swim BC or other World Aquatics affiliated organizations.
- This meet will be conducted under Swimming Canada rules and regulations.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.1.4 (from deep end only)
- Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
- No point scores or awards will be given at this meet.
- All swimmers are expected to follow any facility rules.
- It is the visiting club’s responsibility to ensure that their swimmers are supervised at all times, both during the competition and between any sessions that might occur.
- 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:
    - 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
    - Facility or Club provided strobe light: An external strobe light is available at this competition

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

- During events only one (1) swimmer per lane is permitted.
- Swim Clubs are responsible for their swimmers at all time between swims / session
- 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.

Entry Information:

- This is a closed invitational. Clubs on the waiting list will be notified if space opens up the day after the entry deadline once timelines are established.
- There will be a maximum of 200 swimmers allowed.
- Swimmers can swim up to 3 events.
- Swimmers must have 1 Swim BC Provincial Time Standard in their age group to attend.
- A swimmer's age is determined by the first day of competition.
- Please enter times for all events entered so accurate timelines can be created. NT will not be accepted
- Meet management reserves the right to restrict event selections or decrease the maximum number of events per swimmer to ensure meet ends in a timely fashion.
- The Surrey Knights Swim Club reserves the right to enter swimmers not meeting the qualifying standards.
- Para Swimmers who are registered with a WA or IPC affiliate are welcome and will be seeded according to their entry time. The latest IPC Swimming Rules will govern all Para-Swimmer events. Classification numbers (e.g. s6sb6sm6) must be appended to the athlete's surname in entries.
- All heats are timed finals and will be senior seeded, slowest to fastest.
- Heats will be start overs (with the exception of Backstroke)
- Entries must be submitted through the Swimming Canada online system
- Entry fees are $15.00 per event, plus a $6 Swim BC Competition Surcharge.
- Deck entries are $25.00 per event, plus $6 Swim BC Competitive Surcharge if not in meet. Deck entries are exhibition only. 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 entry fees are to be paid before the event, by cash or cheque.

- No refunds will be allowed after the scratch deadline without a doctor's 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.

ENTRY DEADLINE Tuesday, November 10, 2026 11:59PM

SCRATCH DEADLINE Sunday, November 15, 2026 11:59PM

OFFICIALS:

- If you are interested in volunteering as an official at this event, please email office@surreyknights.com with your name, club and interested positions.
- In the event we are short on officials, meet management reserves the right to require clubs to provide officials to staff the meet. Clubs will be notified the week leading into the meet if this is needed.

CONTACTS

- Meet Entries, Amber Czerniej coachamber@surreyknights.com
- Meet Manager, Shannon VanDiermen office@surreyknights.com
- Meet Referee, Gurinder Sangha

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 o=icials 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 o=er 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 su=icient 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 o=ense 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 o=icial, 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.

SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.