



# OPEN WATER CHAMPIONSHIPS

**Hosted by Simon Fraser Aquatics**  
**June 18, 2023**  
**Albert Dyck Park - Abbotsford, BC**

Swim BC and Simon Fraser Aquatics acknowledge the lands which we gather on is located on the traditional and unceded territory of the Stó:lō people, the Semá:th First Nation and Mathxwí First Nation. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers.

## **Safe Sport**

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

Swim BC is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. 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.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures.

**SWIM BC OPEN WATER CHAMPIONSHIPS**  
**SUNDAY, JUNE 18, 2022**

*Simon Fraser Aquatics - Albert Dyck Park (Abbotsford, BC)*

**SANCTIONED BY SWIM BC: #39320**

**DATE:** Sunday, June 18, 2023

**HOSTED BY:** Swim BC and Simon Fraser Aquatics

**LOCATION:** Albert Dyck Park (Walmsley Ave)

**RACE DIRECTOR:** Miranda McNamara

**SAFETY OFFICER:** Gary Parsons

**HEAD REFEREE:** Mike Stamhuis

**COURSE SPECS:** Age 11-12      1.0 KM  
Age 13-14\*      2.0 KM  
Age 15&Over      5.0 KM  
Masters      3.0 KM

**\*NOTE: 14-year-old swimmers have the option of entering the 15&O 5km race.**

**REGISTRATION:**

1. All swimmers must be registered with a Swim BC, SNC, USS or other WA recognized club.
2. Swimmers not already registered with one of the organizations listed above MUST obtain a Swim BC "Limited Event" membership at a cost of **\$15.00**. Please email [elisa.greenway@swimbc.ca](mailto:elisa.greenway@swimbc.ca) to obtain that membership.
3. **In accordance with Swimming Canada's Open Water Swimming rules, the minimum age to compete in this event is 11 years as of June 18, 2023.**
4. Age groups are based on the age of the swimmer as of June 18, 2023.

**ENTRIES:**

1. Entry fees are **\$50.00 per competitor**.
2. Entries must be submitted on [Swimming Canada's meet listings website](#)
3. Please provide team contact person name and phone number with the entries.
4. Fees payable to: **Simon Fraser Aquatics** and are non-refundable as of the entry deadline.
  - a. If the organizers and race officials deem the conditions to be unsafe, the race may be canceled. Given that the host will have incurred expenses prior to the event, 50% of the entry fee will be refunded should the race be cancelled.

**All Entry Fees and consent forms must be handed in prior to the start of the competition.**

**ENTRY DEADLINE:** The entry deadline is  
**Thursday, June 8, 2022**

**Race Management have the discretion to accept entries up to 10:00am on race morning at a late entry fee of \$65.**

**GENERAL RULES:**

1. Swimmers may enter only one event.
2. **Wetsuit for Open Water Swimming Regulations:**

**BL 8.4** For open water swimming competitions, with water temperature **from 20 °C**, swimsuits for both men and women shall not cover the neck, nor extend past the shoulder, nor extend below the ankle. Subject to these specific shape specifications, swimsuits for open water swimming competitions shall further comply with all other requirements applicable to swimsuits for pool swimming competition.

**BL 8.5** For open water swimming competitions in water with temperature **below 20 °C**, men and women may use either swimsuits (BL 8.4) or wetsuits. When the water temperature is **below 18 °C**, the use of wetsuits is compulsory. For the purpose of these rules, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists, and ankles. If the water is below **16 °C**, the race will be cancelled.
3. NO jewellery (earrings, rings, necklaces; including watches) permitted.
4. Fingernails & toenails must be trimmed short.
5. Swimmers must wear the mandatory numbered cap.
  - a. Competitors will receive their **mandatory** numbered competition cap when they check-in.
6. **Consent Forms:** all swimmers must sign a consent form. (*Consent Forms are included in this meet package*)
  - a. All 17 & Under swimmers must have a parent/guardian sign the 17 & Under Consent Form.
  - b. Signed waivers must be presented at check-in.**

Minimum Entry Standards (SC or LC):		
800m	Event Age	1500
12:30.00	11 - 12	24:00.00
11:30.00	13 - 14	22:00.00
11:00.00	15 & Over	20:30.00

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**EVENT DETAILS:**

1. Registration Tent will open at 9:15am.
2. All competitors **MUST** sign in at the Registration Tent before **10:45am** on Sunday June 18th and then sign out after the race, whether they finish or not, prior to leaving the venue.
  - a. No refunds will be available for no-shows or late arrivals
3. The racecourse will be available for warm-up from 11:00am to 11:30am. Swimmers must be checked in before entering the water for warmup.
4. **A mandatory day of race briefing** will be held for all coaches and competitors at 11:30am.
5. Events will be started in waves based on age group.
6. The first wave is scheduled to go at 12:00 noon, with all waves underway by 12:19pm.

15 & Over Boys	12:00 noon
15 & Over Girls	12:02 pm
11 & 12 Boys	12:07 pm
11 & 12 Girls	12:09 pm
13 & 14 Boys	12:12 pm
13 & 14 Girls	12:14 pm
Masters Men	12:17 pm
Masters Women	12:19 pm
7. Every swimmer will be accounted for before they enter the water and as they exit. Swimmers must sign out after they exit the water whether they finish or not; prior to leaving the finish area.

**RACE DETAILS:**

1. Race will be manually timed.
2. Start line will be an in-water start.
3. Finish line will be in the water
4. Course closes at 2:30pm (2 ½ hours after the first wave starts)
5. **Safety Craft:** Race organizers will have several safety crafts and personnel available throughout the racecourse, as per the Swimming Canada Open Water Safety Guidelines. No individual escort craft are permitted.

**AWARDS:**

Age Groups Awards:

Individual Awards of Gold, Silver & Bronze medals for 1st, 2<sup>nd</sup> & 3rd places in each age group and gender (11-12, 13-14, 15&O).

Individual Awards of Ribbons for 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> places in each age group and gender (11-12, 13-14, 15&O)

Masters Awards:

Individual Awards of Gold, Silver & Bronze medals for 1st, 2<sup>nd</sup> & 3rd places in the overall Masters category and gender.

**EVACUATION PLAN:**

Swimmers can be evacuated/assisted via power boats, paddle craft, and lifeguards on the water during the races.

**DELAY PLAN:**

If conditions dictate the race may be postponed no later than 1:00pm at the Referee's discretion.

**DIRECTIONS:**

From Vancouver:

1. Follow Trans-Canada Hwy/BC-1 E to Clearbrook Rd in Abbotsford. Take exit 87 toward Abbotsford-YXX Int'l Airport.
2. At the roundabout, take 3<sup>rd</sup> exit onto Clearbrook Rd.
3. Turn right onto Walmsley Ave.
4. In 400m, turn right into Albert Dyck parking lot.

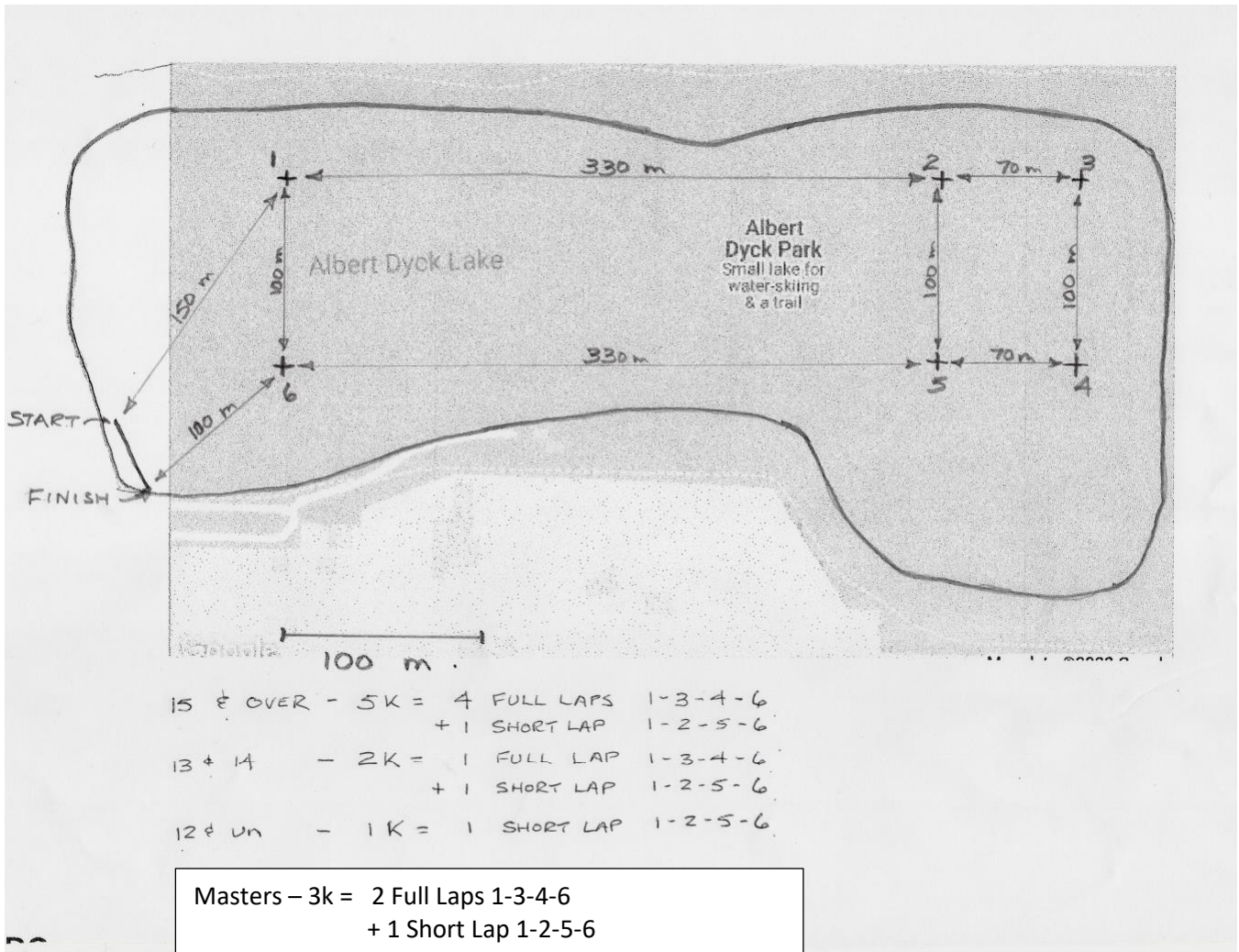
From Chilliwack:

1. Follow Trans-Canada Hwy/BC-1 W to Clearbrook Rd in Abbotsford. Take exit 87.
2. Keep right at the fork, follow signs for Clearbrook Rd (South)/Marshall Rd (West)/Abbotsford-YXX Int'l Airport and merge onto Clearbrook Rd.
3. At roundabout, take the 2<sup>nd</sup> exit and stay on Clearbrook Rd.
4. Turn right onto Walmsley Ave.
5. In 400 m, turn right into Albert Dyck parking lot.

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**Course Map and Descriptions**



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**FORMS INCLUDED**

- 17 & Under Consent Form
- 18 & Over Consent Form

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**CONSENT FORM FOR MINORS (17 YEARS OLD AND UNDER) TO PARTICIPATE IN AN OPEN WATER  
COMPETITION  
(CONSENT FORM – 17 & Under)**

\_\_\_\_\_ authorizes \_\_\_\_\_  
(Name of parent or coach) (Name of person 17 years and under)

Age: \_\_\_\_\_ Date of birth \_\_\_\_\_  
(Day/month/year)

to participate in an Open Water swimming competition.

Date of event: \_\_\_\_\_

Hosted by: \_\_\_\_\_

Name of Body of Water: \_\_\_\_\_

Location of Body of Water (City): \_\_\_\_\_

This competition is sanctioned by Swimming/Natation Canada and the Provincial section of Swimming/Natation Canada

Signature of parent or guardian \_\_\_\_\_

Or, by default, his/her coach \_\_\_\_\_

Date: \_\_\_\_\_

Participant signature: \_\_\_\_\_

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**CONSENT FORM FOR A PERSON (18 YEARS OLD AND OLDER) TO PARTICIPATE  
IN AN OPEN WATER COMPETITION  
CONSENT FORM – 18 & Over**

Please fill out this questionnaire. This is necessary due to the inherent risks associated with Open Water swimming. Your answers will permit us to better help you in case of emergency. Only the Organizing Committee will have access to the information provided below and will be destroyed after the competition.

Name of the competition: \_\_\_\_\_ Date of the competition: \_\_\_\_\_

Your name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Club: \_\_\_\_\_

Name of Coach: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Telephone number: \_\_\_\_\_

Other medical / health information that you feel is important for those that may need to administer First Aid: (please do not write anything if you have no health problems)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I consider myself to be of sound mind and health to register for this Open Water competition. I absolve the organizing committee and the PS of all responsibility to any personal harm which may occur because of this competition and accept the risks inherent with this type of competition.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_