



# TECHNICAL BULLETIN

## 2026 BC Summer Divisionals North & Interior

### JUNE 19-21, 2026

Hosted By: Swim BC & Vernon Kokanee Swim Club & Columbia Shuswap Selkirks Swim Club

#### VENUE

Vernon Recreation Centre  
3310 37<sup>th</sup> Ave.  
Vernon, BC. V1T 2Y5

#### POOL

Competition Pool: 25m X 8 Lanes  
Warm-up/Cool Down: 25m X 1 Lane  
*(warm down/leisure pool)*

#### ORGANIZING COMMITTEE

Meet Director	Melissa Webster	melissa.webster@swimbc.ca
Meet Manager	Kara Williamson	administration@kokaneeswimclub.ca
Meet Referee	Ian Johnstone	ianj@telus.net
Officials Coordinator	Robynne Ouchi	volunteer@kokaneeswimclub.ca
Entries Coordinator	Melissa Webster	melissa.webster@swimbc.ca

#### PRE-MEET TRAINING

Thursday, June 18, 2026    7:00pm – 9:00pm    4 lanes    Contact [administration@kokaneeswimclub.ca](mailto:administration@kokaneeswimclub.ca) to request lane space and training time

#### TECHNICAL / COACH MEETING

Thursday, June 18, 2026    8:00pm    Dogwood Gym

#### SESSION TIMELINES

	Preliminaries		Finals	
	Warm-Up	Competition	Warm-Up	Competition
Friday	7:30am – 8:50am	9:00am – 11:56am	3:30pm – 4:20pm	4:30pm – 7:37pm
Saturday	7:30am – 8:50am	9:00am – 11:43am	3:30pm – 4:20pm	4:30pm – 7:25pm
Sunday	7:00am – 8:20am	8:30am – 12:32pm	3:00pm – 3:50pm	4:00pm – 5:58pm

#### IMPORTANT:

**Coaches that are found to have incorrectly entered swimmers – by not using the swimmers best Short Course or Long Course time to avoid dequalifying standards where they have recorded an official dequalifying time may be considered in breach of the Swim BC Code of Conduct and may be subject to sanction under the Swim BC Discipline and Complaints Policy.**



# 2026 BC Summer Divisionals North & Interior

## WARM UP PROCEDURES

Athletes are NOT to enter the water without lifeguards on deck and Safety Marshals in place.

## ASSIGNED WARM UP SCHEDULE

Please check for your team's group and daily warm up schedule. Assigned warm-up schedules are **Prelims only**.

**Pace & Sprint Lanes:** Open last 10 minutes of warm-up. Pool cleared 1 minute before.

**Dive Lanes:** One-way only

## TEAM WARM UP GROUP & TIMES

Group 1	Group 2	Group 1 Warm Up Times		
CTSC	BVOSC	Friday Prelims	7:30am – 8:10am	sprint/pace @ 8:00am
KAJ	CONNU	Saturday Prelims	8:10am – 8:50am	sprint/pace @ 8:40am
KCS	CSSSC	Sunday Prelims	7:00am – 7:40am	sprint/pace @ 7:30am
PRASC	KISU	Group 2 Warm Up Times		
SOSC	KMSC	Friday Prelims	8:10am – 8:50am	sprint/pace @ 8:40am
TBSC	PGB	Saturday Prelims	7:30am – 8:10am	sprint/pace @ 8:00am
WLBF	VKSC	Sunday Prelims	7:40am – 8:20am	sprint/pace @ 8:10am
	WGB			

### Lane Designations – ALL Warmups

Sprint Lanes 1, 7,8  
Pace Lanes 2

### ALL Finals Warm Up Times

Friday Finals 3:30pm – 4:20pm sprint/pace @ 4:05pm  
Saturday Finals 3:30pm – 4:20pm sprint/pace @ 4:05pm  
Sunday Finals 3:00pm – 3:50pm sprint/pace @ 3:35pm

**Diving is one direction only once the lane is clear and only in designated lanes.  
Swimmers are to swim to the end of the pool and exit there.**

## MEET FORMAT

**Prelims:** Dive overs except for Backstroke Events  
**Finals:** Pool will be cleared between races  
**Exiting the Pool:** A single extended horn blast will be used to clearly communicated that all swimmers must exit the water.

## DISTANCE EVENTS

### 1500 FREESTYLE

**Positive Check In:** Sunday @ 8:30am  
**Seeding:** All athletes senior-seeded, fastest-to-slowest, alternating genders  
**Scoring:** Scored by age category (12 & Under | 13-14 | 15-16 | 17 & Over)

## SCRATCH DEADLINES

	Prelims	Finals
<b>Friday</b>		30 mins following prelims
<b>Saturday</b>	30 mins following Friday prelims	30 mins following prelims
<b>Sunday</b>	30 mins following Saturday prelims	30 mins following prelims



## 2026 BC Summer Divisionals North & Interior

### RELAY NAME CHANGE DEADLINES

#### DEADLINES

<b>Friday</b>	4:00pm
<b>Saturday</b>	4:00pm
<b>Sunday</b>	3:00pm

### PROVINCIALY QUALIFIED SWIMMERS

It is the responsibility of the coach to ensure that no swimmer who has achieved a Provincial qualifying time (SCM or LCM) is entered to swim a relay leg for which they are Provincially qualified. All relay swimmer times will be verified by the Meet Administration Desk upon submission. Any relay found to include a Provincially qualified swimmer in violation of this rule will be ineligible to swim.

### OFFICIAL SPLITS

<b>Requests:</b>	Official Split request must be submitted to Meet Admin Desk prior to the start of the session that the event is being swum.
<b>Requirements:</b>	Club must provide 3 timers for the Official Split. Those timers are to check in with the Meet Admin Desk 20 mins prior to the race.
<b>Fee:</b>	The fee for an Official Split is \$10.00 per split. Payment must be made in cash to the Meet Administration Desk prior to the start of the event in which the split will occur.

### JURY OF APPEAL (COACH SELECTIONS)

Shane Downey	KCS
Amanda Nemeth	WLBF
Barry Healey	CSSSC

### TAPING

No records may be set by taped athletes.

### AWARDS & SCHEDULE

#### MEDALS

<b>Podium Location:</b>	East side of the pool (Start end by the Sauna)
<b>Presentations:</b>	Presentations for all Finals will occur once the final has been made official. The Top 3 swimmers of that Final are asked to immediately report to the podium upon official results being announced and ratified.
<b>Presentation Exceptions:</b>	400 Free and 400 IM – presented at the end of that day’s final session (after relays). 1500 Free – presented prior to the start of Sunday’s Finals Session.

### RIBBONS

Ribbon packages will be available at the end of Sunday Finals.  
Coaches are responsible for picking up their ribbons before they leave.



## 2026 BC Summer Divisionals North & Interior

### POOL DECK, ACCESS & SPECTATORS

#### GENERAL

All athletes, coaches, officials, volunteers, and spectators are to respect the directions of Vernon Recreation Centre lifeguards and facility staff.

**Cleanliness:** Clean-up of the facility will occur throughout the day, between sessions and overnight – Participants are asked to be responsible for their own belongings and equipment.  
Please remove all personal belongings from the facility in between sessions and overnight.  
All items left behind will be removed.  
The Vernon Recreation Centre staff, Swim BC, and host club are not responsible for lost or stolen items.  
Outside footwear is not permitted on the pool deck or shower areas.  
All participants must shower before entering the water.

**Food & Beverage:** All competitors are asked to use personal water bottles and use the water bottle filling stations located on the pool deck within the facility.  
The facility will respect the swimmers' need to ensure proper nutrition as it relates to performance. However, food is not permitted on the pool deck.  
Absolutely no glass containers will be permitted in the facility.  
Please place all garbage in the appropriate bins provided.

#### FACILITY ACCESS

	<b>Facility &amp; Change Room Access</b>
Friday	6:30 am
Saturday	6:30 am
Sunday	6:30 am

**Facility Amenities:** Hot tub, sauna, and steam room are closed to swimmers.

#### SPECTATORS

**Seating:** There will be chairs and tables set up in the Creekside Auditorium. There will also be livestreaming of the event in the Auditorium.  
A small number of poolside seats will be available along the hot tub area, behind the coaches' desks. Spectators are asked to move poolside to watch their swimmer race and then return to the Creekside Auditorium where livestreaming will be available. Spectators wishing to use the Creekside Auditorium are asked to bring their own chairs or use the chairs available on the wall-mounted racks, and to return them to the racks at the conclusion of each session. Livestreaming will also be available via the Swim BC YouTube channel.

No spectators permitted on Deck.

We kindly ask you to use the chairs only when your swimmer is racing. Please rotate through this area to allow all spectators to get a view of their racer.

**Cleanliness:** Please leave your space clean and clear between sessions.

**Photography:** Please be courteous of others and the swimmers when taking pictures and videotaping from the spectator areas during the meet.



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### FACILITY

<b>Parking:</b>	There is parking out the front and back of the recreation center.
<b>Wi-Fi:</b>	Rogers guest network (Public Access)
<b>Washrooms:</b>	<u>Swimmers:</u> Changerooms (Located just off the Reception area) <u>Officials &amp; Coaches:</u> Accross from the Dog Wood Gym and outside of the Creekside Auditorium
<b>Food &amp; Beverage:</b>	There is no on-site food or beverage service at the facility this weekend. Numerous restaurants and food options are available in the surrounding area.
<b>Tobacco / Cannabis:</b>	The Vernon Recreation Centre is a tobacco/cannabis-free facility.
<b>Lost &amp; Found:</b>	<u>Location:</u> Dogwood Gym <i>After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.</i>
<b>Vendors:</b>	<u>T-Shirt People (Esquire):</u> Friday & Saturday ONLY   Location: Creekside Auditorium <u>Team Aquatics:</u> Friday & Saturday ONLY   Location: Creekside Auditorium

### LIVE STREAMING

**Access:** [Swim BC YouTube Channel](#)

### ASSISTANCE n& EMERGENCY PROCEDURES

The Vernon Recreation Centre lifeguards and staff will be happy to assist you.

Please report any concerns about facility cleanliness or washroom supplies to facility staff or event organizers.

For emergencies, dial 911 alert facility staff immediately.

### EMERGENCY PROTOCOL

In the event of an emergency the following procedures will take place:

- Look to the nearest lifeguard
- Follow the lifeguard's directions or lifeguard announcements
- In the event of an evacuation, exit via the nearest exit.
- Coaches: take attendance to ensure all swimmers are accounted for.
- Gather at the designated Muster Point by the viewing area on the pool deck.

### OFFICIALS & VOLUNTEERS

We thank those local and visiting officials and volunteers that have already stepped forward to commit their time to making this meet a success.