



# TECHNICAL BULLETIN

## 2026 BC Winter Divisionals Island & Coastal Vancouver

February 20-22, 2026

Hosted By: Swim BC & Canadian Dolphin Swim Club

### VENUE

Vancouver Aquatic Centre  
1050 Beach Ave  
Vancouver, BC. V6E 1T7

### POOL

Competition Pool: 25m X 8 Lanes  
Warm-up/Cool Down: 20.7m X 6 Lanes

### ORGANIZING COMMITTEE

Meet Director	Melissa Webster	melissa.webster@swimbc.ca
Meet Manager	Jocelyn Chang	meetmgr@canadiandolphin.ca
Meet Referee	Jeannie Lo	president@canadiandolphin.ca
Officials Coordinator	Eric Hunter	officials@canadiandolphin.ca
Entries Coordinator	Melissa Webster	melissa.webster@swimbc.ca

### PRE-MEET TRAINING

Thursday, February 19, 2026 5:00pm – 6:00pm 4 x SCY First Come, First Served. To book, please reach out to Zach (zach2@canadiandolphin.ca)

Swimmers must enter via the cashier then through the changerooms.

Swimmers must take shoes outdoor shoes on deck prior to entering the deck.

### TECHNICAL / COACH MEETING

Thursday, February 19, 2026 7:30pm Online ([Join Here](#))

### SESSION TIMELINES

	Preliminaries		Finals	
	Warm-Up	Competition	Warm-Up	Competition
Friday	7:30am – 8:50am	9:00am – 12:56pm	3:30pm – 4:20pm	4:30pm – 7:30pm
Saturday	7:30am – 8:50am	9:00am – 1:00pm	3:30pm – 4:20pm	4:30pm – 7:50pm
Sunday	7:00am – 8:20am	8:30am – 1:03pm	2:30pm – 3:20pm	3:30pm – 5:35pm

#### 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.**



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## 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 5 minutes of warm-up. Pool cleared 1 minute before.

**Dive Lanes:** One-way only. Swim back lanes are one way only. Swimmers are to go UNDER the lane rope to the appropriate swim back lane after finishing the 25-metre sprint and then swim back immediately in the swim back lane.

**Important:** At NO TIME are swimmers permitted on bulkheads at the end of the pool or the sides of the pool. Anyone caught swimming under the scaffolding WILL be disqualified from the meet.

## TEAM WARM UP GROUP & TIMES

Group 1	Group 2	Group 3	Group 1 Warm Up Times		
COMOX	CDSC	CHENA	Friday Prelims	7:30am – 7:55am	sprint/pace @ 7:50am
HST	CRKW	NRST	Saturday Prelims	8:20am – 8:45am	sprint/pace @ 8:40am
RAPID	DST	SFC	Sunday Prelims	7:25am – 7:50am	sprint/pace @ 8:45am
WIND	ISC	UVPCS	<b>Group 2 Warm Up Times</b>		
WVOSC	RAC	WDSC	Friday Prelims	7:55am – 8:20am	sprint/pace @ 8:15am
	SQUP	WSC	Saturday Prelims	7:30am – 7:55am	sprint/pace @ 7:50am
			Sunday Prelims	7:50am – 8:15am	sprint/pace @ 8:10am
			<b>Group 3 Warm Up Times</b>		
			Friday Prelims	8:20am – 8:45am	sprint/pace @ 8:40am
			Saturday Prelims	7:55am – 8:20am	sprint/pace @ 8:15am
			Sunday Prelims	7:00am – 7:25am	sprint/pace @ 7:20am
<b>Lane Designations – ALL Warmups</b>			<b>ALL Finals Warm Up Times</b>		
Sprint Lanes	4, 5, 8		Friday Finals	3:30pm – 4:20pm	sprint/pace @ 4:05pm
Swim Back	3, 6, 7		Saturday Finals	3:30pm – 4:20pm	sprint/pace @ 4:05pm
Pace Lanes	1 & 2		<b>Sunday Finals</b>	<b>2:30pm – 3:20pm</b>	<b>sprint/pace @ 3:05pm</b>

**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.



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## DISTANCE EVENTS

### 400 FREESTYLE

**Positive Check In:** Friday @ 9:00am

**Seeding:** Top 8 per age group: swim in a single heat in Finals.  
Remaining swimmers: senior-seeded, fastest-to-slowest, alternating genders

### 400 IM

**Positive Check In:** Saturday @ 9:00am

**Seeding:** Top 8 per age group: swim in a single heat in Finals.  
Remaining swimmers: senior-seeded, fastest-to-slowest, alternating genders

### 800 FREESTYLE

**Positive Check In:** Sunday @ 8:30am

**Seeding:** Top 8 per age group: swim in a single heat.  
Remaining swimmers: senior-seeded, fastest-to-slowest, alternating genders

## SCRATCH DEADLINES

	Prelims	Finals
<b>Friday</b>		30 mins following prelims
<b>Saturday</b>	Friday @ 5:30pm	30 mins following prelims
<b>Sunday</b>	Saturday @ 5:30pm	30 mins following prelims

## 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 disqualified.

## OFFICIAL SPLITS

**Requests:** Official Split request must be submitted to Meet Admin Desk prior to the start of the session that the event is being swum.

**Requirements:** 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.

**Fee:** 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)

Tyler Lewall	COMOX
Zachary Haw	CDSC
Matthew Ketchin	HST

## TAPING

No records may be set by taped athletes.



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## AWARDS & SCHEDULE

### MEDALS

- Podium Location:** East End (Start End).
- Presentations:** 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.
- Presentation Exceptions:** 400 Free and 400 IM – presented at the end of that day’s final session (after relays).  
800 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.

## POOL DECK, ACCESS & SPECTATORS

### GENERAL

All athletes, coaches, officials, volunteers, and spectators are to respect the directions of Vancouver Aquatic 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 Vancouver Aquatic 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.
- Supervision:** **Coaches are to supervise their swimmers throughout the breaks if they remain in the facility – ALL Swimmers MUST be at the lobby during the break. No one to remain on pool deck.**
- Access:** No swimmers allowed on any bulkhead (end of pool and walkways beside pool) at any time.  
**All participants to use the east side stairway to enter the pool deck if they are in the stands (west side stairs should be used only by officials and Vac staff (lifeguards/maintenance)).**  
Athletes are to set up in the Around the pool with their teams – coaches should monitor  
All swimmers are on deck level only. No teams sit upstairs.

### FACILITY ACCESS

	Facility Entry
Friday	6:45am
Saturday	6:45am
Sunday	6:30am

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



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### SPECTATORS

- Seating:** Spectator Stance – NO outside chairs allowed and there must be space at the top of the spectator area for emergencies.  
Spectators ARE NOT allowed any chairs upstairs. Spectators MUST sit in the spectator area at all times.  
Please leave your space clean and clear between sessions.  
No spectators permitted on Deck.
- 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.

### FACILITY

- Parking:** Paid parking: [Lot 63 - Beach Ave - Aquatic Centre](#)  
Other lot to the west – Jervis Parking lot.  
No parking or drop offs allowed in front of the pool. Must Park in parking lot under the Burrard Bridge. Limited space.  
Handicap area at front of VAC – NO CARS are to drop off or pick up in this area – anyone who is caught dropping off their swimmers or picking them up may risk the chance of having their swimmer taken out of the meet. This is a VAC policy.
- Wi-Fi:** City of Vancouver Wi-Fi
- Washrooms:** Swimmers: Washrooms are located in the change rooms.  
Officials & Coaches: Family change room, Male & Female adult change rooms and washrooms in upstairs lobby.
- Food & Beverage:** Tartine Bakery – 770 Beach Avenue, under Granville bridge  
Granville Island – ferry from VAC  
Hoshi Sushi – 1010 Beach Avenue  
Beach Ave Bar & Grill – 1012 Beach Avenue  
InBtwn Café – 1625 Hornby Street  
Maxine’s Cafe – 1325 Burrard Street  
Davie Street – numerous cafes, Subway, Starbucks (3 blocks up Thurlow Street)  
Fresh Street Market – 1423 Continental Street, under Granville bridge
- Tobacco / Cannabis:** Vancouver Aquatic Centre is a tobacco/cannabis-free facility.
- Lost & Found:** Location: Near the men's washroom located in the lobby area in 2 laundry hampers clearly marked LOST AND FOUND.  
*After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.*
- Vendors:** T-Shirt People (Esquire): Friday & Saturday in the Pool Lobby  
Team Aquatics: Saturday, February 21, 2026

### PHOTOGRAPHY

Beyond Lens will be attending the 2026 Winter Divisionals - Island & Coastal Vancouver as official photographers. Parents are encouraged to register their swimmers to guarantee their kid will be photographed during the meet. Packages for 1 stroke all the way to 4 strokes or IM heats are available.  
Register at [www.beyondlens.ca](http://www.beyondlens.ca), where you can see samples of the work and detailed pricing information.  
Contact Armando Diaz at [armando@beyondlens.ca](mailto:armando@beyondlens.ca) with any questions or requests you have.



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### LIVE STREAMING

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

### ASSISTANCE & EMERGENCY PROCEDURES

The Vancouver Aquatic 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 at the skate park at Sunset Beach area.

### 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.*

**Sign Up Form:** [Officials and Volunteer Sign-Up Form](#)

**Check-In Location:** Volunteer check-in table on pool deck by timing booth, next to Admin Desk.

**Required Attire:** All officials and volunteers are required to wear the appropriate Swim BC provided t-shirt/polo (No other red polos or white t-shirts are permitted).

### OFFICIALS & VOLUNTEER CONTACTS

<b>Officials Coordinator:</b>	Eric Hunter	<a href="mailto:officials@canadiandolphin.ca">officials@canadiandolphin.ca</a>
<b>Senior Officials:</b>	Jeannie Lo	<a href="mailto:president@canadiandolphin.ca">president@canadiandolphin.ca</a>