



TECHNICAL BULLETIN

2026 BC Winter Divisionals North & Interior

February 20-22, 2026

Hosted By: Swim BC & KISU Swim Club

VENUE

Penticton Community Centre
325 Power St.
Penticton, BC. V2A 7K9

POOL

Competition Pool: 25m X 10 Lanes
Warm-up/Cool Down: 20m X 3 Lanes

ORGANIZING COMMITTEE

Meet Director	Melissa Webster	melissa.webster@swimbc.ca
Meet Manager	Kathleen van der Merwe	kisuswimmeet@gmail.com
Meet Referee	Anne Benn	officials@kisu.ca
Officials Coordinator	Josh Riep	volunteers@kisu.ca
Entries Coordinator	Melissa Webster	melissa.webster@swimbc.ca

PRE-MEET TRAINING

Thursday, February 19, 2026	5:30pm – 6:30pm 6:40pm – 7:40pm	To book, please reach out to Meet Managers at kisuswimmeet@gmail.com
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Swimmers should be wearing team gear and kindly tell the facility staff that they are with the Swim Meet before entering the change rooms.

Please do not leave any equipment or team gear on site overnight and be mindful that the public is also using the facility at this time.

TECHNICAL / COACH MEETING

Thursday, February 19, 2026	6:45pm	Meeting Room 2
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SESSION TIMELINES

	Preliminaries		Finals	
	Warm-Up	Competition	Warm-Up	Competition
Friday	7:30am – 8:50am	9:00am – 11:13am	3:30pm – 4:15pm	4:30pm – 7:21pm
Saturday	7:30am – 8:50am	9:00am – 11:08am	3:30pm – 4:15pm	4:30pm – 7:40pm
Sunday	7:30am – 8:50am	9:00am – 12:05pm	3:30pm – 4:15pm	4:30pm – 6:14pm

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 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		
CONNU	Lane 3	CKSC	Lane 6	Friday Prelims	7:30am – 8:10am	sprint/pace @ 8:00am
KAJ	Lane 6, 7, 8, 9	CSSSC	Lane 8	Saturday Prelims	8:10am – 8:50am	sprint/pace @ 8:40am
PGB	Lane 0	CTSC	Lane 5	Sunday Prelims	7:30am – 8:10am	sprint/pace @ 8:00am
PRASC	Lane 4	KCS	Lane 3, 4	Group 2 Warm Up Times		
SOSC	Lane 5	KISU	Lane 0, 1, 2	Friday Prelims	8:10am – 8:50am	sprint/pace @ 8:40am
TBSC	Lane 4	WGB	Lane 7	Saturday Prelims	7:30am – 8:10am	sprint/pace @ 8:00am
VKSC	Lane 1, 2	WLBF	Lane 9	Sunday Prelims	8:10am – 8:50am	sprint/pace @ 8:40am
WRSC	Lane 3					

Lane Designations – ALL Warmups

Sprint Lanes 0, 9
Pace Lanes 1

ALL Finals Warm Up Times

Friday Finals 3:30pm – 4:15pm sprint/pace @ 4:00pm
Saturday Finals 3:30pm – 4:15pm sprint/pace @ 4:00pm
Sunday Finals 3:30pm – 4:15pm sprint/pace @ 4:00pm

**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 communicate that all swimmers must exit the water.

DISTANCE EVENTS

400 FREESTYLE

Positive Check In: Friday @ 9:00am
Seeding: Top 10 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 10 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 @ 9:00am
Seeding: Top 10 per age group: swim in a single heat.
Remaining swimmers: senior-seeded, fastest-to-slowest, alternating genders



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SCRATCH DEADLINES

	Prelims	Finals
Friday		30 mins following prelims
Saturday	Friday @ 5:30pm	30 mins following prelims
Sunday	Saturday @ 5:30pm	30 mins following prelims

RELAY NAME CHANGE DEADLINES

DEADLINES

Friday	4:00pm
Saturday	4:00pm
Sunday	4:00pm

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)

Shane Downey	KCS
Niallan Collier	CKSC
Amanda Nemeth	WLBF

TAPING

No records may be set by taped athletes.

AWARDS & SCHEDULE

MEDALS

Podium Location:	East Side of the Pool (Start End, in front of the water slide).
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.



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POOL DECK, ACCESS & SPECTATORS

GENERAL

All athletes, coaches, officials, volunteers, and spectators are to respect the directions of Penticton Community 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 Penticton Community 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.

Athlete Access: Swimmers are to set up in the gymnasium with their team. Deck access is through the main lobby, entering either via the changeroom or spectator’s entrance beside the front desk.
Leisure pool lanes are available for warm up or cool down during the meet and will be closed between sessions. Other sections of the leisure pool will remain closed for the duration of the event.
No swimmers setting up deck chairs or leaving belongings on pool deck during the meet.
Leisure pool deck area to remain clear.

FACILITY ACCESS

	Facility Entry	Change Rooms
Friday	7:00am	7:15am
Saturday	7:00am	7:15am
Sunday	7:00am	7:15am

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

SPECTATORS

Seating: Bleachers set up on the pool deck

- Access to bleachers through the door adjacent to front desk in lobby.
- Please rotate through so that everyone gets a chance to see their swimmer

Facility provided chairs in designated areas in window viewing spaces

- Use only facility provided chairs
- Please keep chairs and bags within the tape marked areas

No outdoor or camping chairs are permitted in the facility.

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

Parking:	Free parking (limited) in large parking area in front of the Community Centre. In addition, you may use the overflow parking to the other side of the building (beside the casino and South Okanagan Events Centre).
Wi-Fi:	Open Network
Washrooms:	<u>Swimmers:</u> Changerooms <u>Officials, Coaches & Spectators:</u> Near the gym on the main level
Food & Beverage:	Food Truck: Queen City Eats brings bold comfort food to Penticton with gourmet grilled cheese, house-made sauces and so much more. Our menu features locally sourced ingredients, big flavour, and lakeside vibes – making every bite fresh, unforgettable, and proudly Okanagan! Swim meet menu will include grilled cheese, burgers, soup, fries, smoothies and breakfast items. Owned & operated by a KISU family, come support local, enjoy a great meal and avoid losing your precious parking space!! (<i>Friday: 3:00pm – 6:00pm Saturday & Sunday 9:00am – 6:00pm</i>) Triple O's is a short walk from the pool. Multiple take away and dine in options are downtown, a 5-minute drive away. Tim Horton's and Denny's (Westminster Ave) are a 3-minute drive. Strip mall on the corner of Riverside, Westminster and Eckardt Street hosts A&W, Booster Juice, Starbucks, Edo Japan, Quesada Burritos, Quality Greens and more. The downtown eateries are also a short drive.
Tobacco / Cannabis:	Penticton Community Centre is a tobacco/cannabis-free facility.
Lost & Found:	<u>Location:</u> Meeting Room 4. <i>After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.</i>
Vendors:	<u>T-Shirt People (Esquire):</u> Located upstairs in MR 7 9:00am – 7:00pm (Friday & Saturday) 9:00am – 12:00pm (Sunday)

LIVE STREAMING

Access: [Swim BC YouTube Channel](#)

ASSISTANCE & EMERGENCY PROCEDURES

The Penticton Community 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 in FRONT (outside) of the Trade and Convention Center.



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Queen City Eats



Friday 3pm - 6pm
Saturday 9am - 6pm
Sunday 9am - 6pm



MAINS

- Fixed Burger
- Grilled Cheese of the Week
- Breakfast Sammy
- Loaded Tots

- Dill Pickle Pasta Salad
- Fries with housemade dips
- Poutine
- Soup
- Veggies and Dip Cups



SIDES



DRINKS

Protein Smoothies:
Verry Berry or Mocha

Assorted Cans and Bottles

*Gluten-free, Vegan and Vegetarian Options

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