



TECHNICAL BULLETIN

2026 BC Winter Provincial Championships

March 5-8, 2026

Hosted By: Swim BC & Pacific Coast Swimming

VENUE

Saanich Commonwealth Place
4636 Elk Lake Dr.
Victoria, BC. V8Z 5M1

POOL

Competition Pool: 25m X 8 Lanes (2 pools)
Warm-up/Cool Down: Prelims: 25m X 6 lanes
Finals: 25m X 8 lanes

ORGANIZING COMMITTEE

Meet Director	Melissa Webster	melissa.webster@swimbc.ca
Meet Manager(s)	Kuy Neable & Mike Sanborn	meets@pacificcoastswimming.com
Meet Referee(s)	Glenn Greig Mhiran Faraday	glgreig@gmail.com mdfaraday@gmail.com
Paralympic Tech Advisor	Marilyn King	loveswimming2023@gmail.com
Officials Coordinator	Jamie Hilbert & Anna Hunt	volunteerPCS@gmail.com
Entries Coordinator	Melissa Webster	melissa.webster@swimbc.ca

PRE-MEET TRAINING

Wednesday, March 4, 2026	9:15am – 10:30am (limited availability) 10:30am – 1:00pm (limited availability) 1:00pm – 2:00pm (limited availability) 5:00pm – 6:00pm (limited availability)	To Book, Please contact Bree (bree.dobler@saanich.ca)
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TECHNICAL / COACH MEETING

Wednesday, March 4, 2026	4:30pm – 5:00pm	Online (Join Here)
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SESSION TIMELINES

	Preliminaries		Finals	
	Warm-Up	Competition	Warm-Up	Competition
Thursday	7:30am – 8:50am	9:00am – 12:10pm	4:30pm – 5:20pm	5:30pm – 8:11pm
Friday	7:30am – 8:50am	9:00am – 12:00pm	4:30pm – 5:20pm	5:30pm – 8:26pm
Saturday	7:30am – 8:50am	9:00am – 12:29pm	4:30pm – 5:20pm	5:30pm – 8:37pm
Sunday	8:00am – 9:20am	9:30am – 12:12pm	3:30pm – 4:20pm	4:30pm – 7:22pm

* Please check your exact warm up time for prelims in the following 'Warm-Up Procedures' section.

IMPORTANT - Reminder of Daylight Savings Time for Sunday morning (Spring forward one hour).



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MEET FORMAT

- Prelims:** Dive overs except for Backstroke Events.
Pool will be cleared between races for para events.
- | | Males | Females |
|-------------------------|--------------|----------------|
| Thursday Prelims | East Pool | West Pool |
| Friday Prelims | West Pool | East Pool |
| Saturday Prelims | East Pool | West Pool |
| Sunday Prelims | West Pool | East Pool |
- Finals:** Pool will be cleared between races.
Finals will be run in a single pool.
- Exiting the Pool:** Swimmers must clear the pool to the sides, rather than by climbing over the touchpads.
- Alternates for Finals:** Alternates should stand near the starter's podium and check in with one of the referees prior to their event.

DISTANCE EVENTS

800 FREESTYLE

- Positive Check In:** Thursday @ 8:30am
- Seeding:** Top 4 per age group per gender: swim in a single heat in Finals.
Remaining swimmers: senior-seeded, fastest-to-slowest, alternating genders

1500 FREESTYLE (14 & UNDER)

- Positive Check In:** Friday @ 8:30am
- Seeding:** Top 4 per age group per gender: swim in a single heat in Finals.
Remaining swimmers: senior-seeded, fastest-to-slowest, alternating genders

1500 FREESTYLE (15 & OVER)

- Positive Check In:** Saturday @ 8:30am
- Seeding:** Top 4 per age group per gender: swim in a single heat.
Remaining swimmers: senior-seeded, fastest-to-slowest, alternating genders

RELAY NAME CHANGE DEADLINES

DEADLINES

Thursday AM	8:30am	Thursday PM	5:00pm
Friday AM	8:30am	Friday PM	5:00pm
Saturday AM	8:30am	Saturday PM	5:00pm
Sunday AM	9:00am	Sunday PM	4:00pm

Names submitted for Relays through the entry process will be considered final UNLESS a change is requested. Relay name changes are to be submitted to the Admin Desk on forms provided 30 minutes prior to the session in which they are swum (see deadlines above).

PARALYMPIC PROGRAM

- Prelims:** All Male and Female events will be integrated into Olympic Program prelim events and seeded based on time.
- Finals:** Based on Para Points the Top 8 will swim in the Para-specific event in Finals.



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SCRATCHES

No changes to events (outside of scratches) will be permitted.

SCRATCHES

All scratches must be submitted through the corresponding online form.

Use the QR code to the right to link to the event page on the Swim BC website for provincials. There is a separate link for each session (8 in total). Once the scratch deadline has passed, there will be no access to the link. Penalties for late withdrawals may be waived for medical reasons.

It is the responsibility of the coach to ensure that the correct online scratch form is completed.



SCRATCH DEADLINES

Session	Deadline
Session 1 – Thursday Prelims	Wednesday, March 4 @ 5:00pm
Session 2 – Thursday Finals	Thursday, March 5 @ 11:25am (approx.)*
Session 3 – Friday Prelims	Thursday, March 5 @ 6:30pm
Session 4 – Friday Finals	Friday, March 6 @ 11:25am (approx.)*
Session 5 – Saturday Prelims	Friday, March 6 @ 6:30pm
Session 6 – Saturday Finals	Saturday, March 7 @ 11:45am (approx.)*
Session 7 – Sunday Prelims	Saturday, March 7 @ 6:30pm
Session 8 – Sunday Finals	Sunday, March 8 @ 12:25pm (approx.)*

* Scratch deadlines for Finals sessions are approx. and times will be announced.

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)

Darryl Rudolf	RAPID
Shane Downey	KCS
Anchie Xu	GATOR

TAPING

Taping Review Forms:	Available Online (PDF) or at the Admin Desk
Taping Review Timeline:	Taping Review Forms must be submitted to the Meet Director (or Meet Referee / Admin Desk) one hour prior to prelims and one hour prior to finals.
Taping Review:	Coaches must ensure that taping is reviewed by the committee before the first session in which the athlete will swim with taping. If the athlete will wear identical taping for multiple sessions, it is not necessary to have the taping reviewed by the committee more than once. The Taping Committee’s decision will stand for the duration of the meet for that presented swimmer. Any swimmer who races with taping not approved by a Taping Review Committee will be disqualified.



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Paralympic Athletes:	Any Paralympic swimmer with taping must have their tape examined before every session. For internationally classified para swimmers, the Para Technical Advisor will be consulted, and their recommendation will be followed to comply with World Para Swimming Rules and Regulations.
Medical Devices:	Medical Devices (i.e. electronic insulin pumps) are not required to check in prior to swimming.
Taping Committee:	Marilyn King Dave Beinder Allison Mailey Vanessa White

AWARDS & SCHEDULE

MEDALS

Podium Location:	West 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:	Paralympic Events – presented as quickly as possible after each event. If there is a delay in the race being listed as official, Meet Management will announce when that event's awards will be presented.

RIBBONS

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

INDIVIDUAL AGGREGATES

Presentations:	Presentations at the end of Sunday Finals.
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TEAM AWARDS

Presentations:	Presentations at the end of Sunday Finals.
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PROVINCIAL RECORDS

Provincial Records will be listed in the prelim and final heat sheets. Because the Provincial Meet age groups do not match the Provincial Records, there is a discrepancy in the labeling of records in the heat sheets:

- 11-12 records – labeled correctly.
- 13-14 records – labeled correctly.
- 15-17 records – labeled as 15-16
- Open (18 & O) records – labeled as 17 & O.

Records set by 17-year-old will be recognized as a 15-17 record, even if they are achieved in different event number.



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POOL DECK, ACCESS & SPECTATORS

GENERAL

All athletes, coaches, officials, volunteers, and spectators are to respect the directions of Saanich Commonwealth Place 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 Saanich Commonwealth Place 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

Thursday	7:00am
Friday	7:00am
Saturday	7:00am
Sunday	7:30am

- Facility Amenities:** Hot tub, sauna, and steam room are closed to swimmers.
The diving dryland area is strictly off limits.

SPECTATORS

- Seating:** All Spectator seating is in the bleachers on the upper mezzanine.
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:** Free parking on the North and East side of the facility.
Overflow parking is open by Greek church.
- Wi-Fi:** Open WiFi
- Washrooms:** Swimmers: Team Change Rooms (East End), Public Changerooms, or West End Stairway
Officials & Coaches: West End Stairway or Upstairs Lobby
Spectators: Upstairs in the main lobby ONLY. No Spectators downstairs.
**** Team Changerooms (East End) are for ATHLETES ONLY**



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- Food & Beverage:** Food service at SCP: Kattie's Kitchen Cafe: <https://www.kattiasKitchen.net/>
Food nearby: various restaurants across the highway at Broadmead Village Shopping Centre <https://www.broadmeadvillage.ca/>
Royal Oak Shopping Centre, 4440 West Saanich Road (1.5km) including Subway, Tim's, McDonalds, and various local restaurants.
- Tobacco / Cannabis:** Saanich Commonwealth Place is a tobacco/cannabis-free facility.
- Lost & Found:** Location: Lifeguard Station
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): Thursday to Saturday | 8:00am – 5:00pm
Team Aquatics: Saturday, March 7 | 9:00am – 4:00pm (Greek Community Hall)

PHOTOGRAPHY

Swim BC is excited to welcome **Beyond Lens Photography** as the official photographers for the 2026 BC Winter Provincial Championships!

Beyond Lens specializes in high-performance swimming coverage, capturing every moment from the starting blocks to the final touch, and beyond.

Photos will be available for sale on site, so be sure to check beyondlens.ca for more details and follow their Instagram [@beyondlens.ca](https://www.instagram.com/beyondlens.ca).

LIVE STREAMING

Access: [Swim BC YouTube Channel](#)

ASSISTANCE & EMERGENCY PROCEDURES

The Saanich Commonwealth Place 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 - Outside the West Pool on the back field.

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:** Table Set-up On Deck at East End of the Pool
- 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

- Officials Coordinator:** Jamie Hilbert volunteerPCS@gmail.com
- Senior Officials:** Glenn Greig glgreig@gmail.com



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Saanich Commonwealth Place (SCP) Aquatic Event Facility Host Requirements

Saanich Commonwealth Place is proud to host High Performance, Community and School Aquatic Events. Our goal is to continue the legacy of the 1994 Commonwealth Games where competitive and high performance athletes can combine with recreational users in a common athletic facility and strive to meet their personal best. We hope that while you visit our world class facility your coaches, athletes, officials, and volunteers take pride in being a part of this legacy and help us in creating a safe, diverse, and inclusive environment by respecting the following standards:

Coaches and officials are asked to model and encourage facility standards throughout the duration of the event.

- Observing the Visitor Code of Conduct while in Saanich Recreation Facilities
 - Participants, coaches, and officials are expected to always treat the facility and staff with respect. If you would like to be provided with a copy of this policy, please reach out your event booking contact.
- Removing street/outdoor shoes prior to going onto the pool deck: This includes athletes, coaches, officials, and volunteers. Clean nonslip deck shoes can be worn.
- Food is not permitted on the pool deck. Garbage, recycling, and compost centres are available for use in many areas of the building.
- Per Swim BC Warm-Up Safety Procedures, Athletes must enter the pool feet first in a cautious manner and exit the pool via the side lanes to ensure safety and protect the integrity of the equipment.
- Athletes are required to swim under the lane ropes (not over) to protect the integrity of the equipment.
- Glass bottles are not permitted on the pool deck or in changerooms.
- The CRD Parks Bylaw prohibits smoking (including e-cigarettes/vapes/cannabis),
- Alcohol is not permitted without appropriate permits and licenses.
- Athletes need to dry off and wear proper footwear while in lobby areas and café.
- Any significant facility concerns including major code of conduct violations, environmental, and structural need to be reported to the Facility Manager or Assistant Facility Manager as soon as possible.
- Saanich staff are available to support with technical, custodial, medical, and facility related needs and information. Saanich staff are solely responsible for, moving and maintaining technical equipment. Unless discussed prior to event.
- In the event of an emergency, event organizers and volunteers are asked to follow the directions of staff and assist with these procedures.
- Swimming Canada and SCP would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available.
- Visiting Clubs who wish to request practice time prior to an event must do so in advance. Any available water will be assigned on a first come first serve basis unless otherwise arranged by event host. Proof of insurance with "The Corporation of the District of Saanich, its officers, officials, employees and volunteers" added as Additional Insured is required. **Athletes and coaches attending public lane times is not permitted.** Contact the Assistant Manager who oversees High-Performance events at hpc@saanich.ca to request time.



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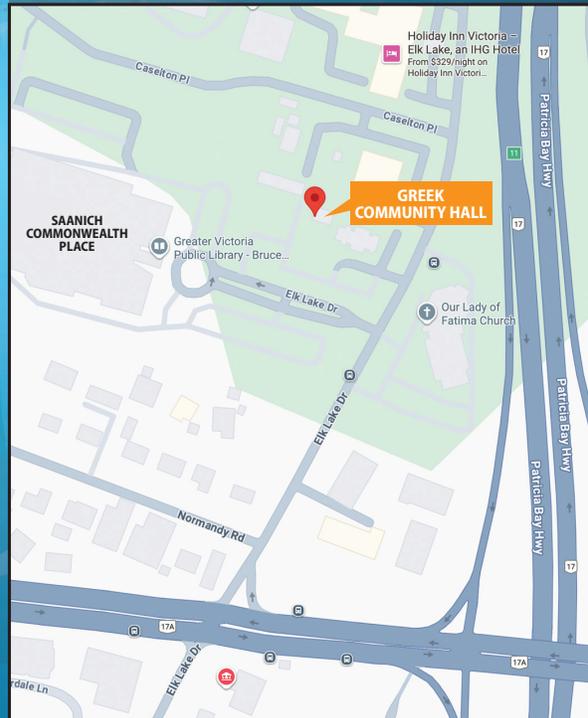
VICTORIA

SATURDAY | MARCH 7 | 9AM-4PM



LOCATION:

Greek Community Hall
4648 Elk Lake Dr. Victoria, BC
(next to the Saanich Commonwealth Pool)



**training, race suits,
goggles & equipment
all available!**

NOTE: If you are looking for a specific item please call ahead and we will pack it specifically for you

Visit us on-line at: www.team-aquatic.com

NORTH VANCOUVER

Northwoods Village

107-2120 Dollarton Hwy, North Vancouver, BC V7H 0B5

Tel: 604-770-3641 • Toll-free: 1-800-234-4833 • nvretail@team-aquatic.com