



**North & Interior  
Winter 2025  
Technical Bulletin**

**HOSTED BY:**



**VENUE**

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

**POOL**

10 x 25m competition pool  
2 x 20m swim down area



# 2025 Winter Divisionals – North & Interior Technical Bulletin

## CONTACTS

<b>Meet Manager</b>	Kathleen van der Merwe	<a href="mailto:kisuswimmeet@gmail.com">kisuswimmeet@gmail.com</a>
<b>Meet Referee</b>	Ian Johnstone	<a href="mailto:ianj@telus.net">ianj@telus.net</a>
<b>Swim BC &amp; Entries Contact</b>	Melissa Webster	<a href="mailto:melissa.webster@swimbc.ca">melissa.webster@swimbc.ca</a>

## PRE-MEET TRAINING

There will be limited open training time available for all teams on:

**Thursday, February 20<sup>th</sup> – 5:30pm – 6:30pm or 6:40pm – 7:40pm**

*Entrance at 5:20pm | Pool Deck must be cleared by 7:55pm*

**3 Lanes SCM (Lanes 8, 9, 10) 20 max per lane**

Diving is only permitted if it is ONE WAY swimming – *coaches are to make sure to always follow this rule AND to make sure that their lane(s) are cleared when their WU is over.*

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**

Team Registration is required prior to access pre-meet training:

Please email [kisuswimmeet@gmail.com](mailto:kisuswimmeet@gmail.com) prior to Tuesday, February 18 to reserve your spot.

## 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. This is for Prelims *ONLY* – there will be no assigned warm up times for any Finals session.

Group 1		Group 2	
Team	#	Team	#
BVOSC	3	CSSSC	18
CKSC	6	CTSC	9
KAJ	82	KCS	30
KMSC	1	KISU	49
PGB	20	VKSC	29
PRASC	15	WLBF	14
SOSC	11	WRSC	8
TBSC	6		
WGB	19		
Total	158	Total	157

### GROUP 1 WARM UP TIMES

Friday Prelims	7:30 – 8:10am - sprint/pace 8:00am
Saturday Prelims	8:10 – 8:50am - sprint/pace 8:40am
Sunday Prelims	7:30 – 8:10am - sprint/pace 8:00am

### GROUP 2 WARM UP TIMES

Friday Prelims	8:10 – 8:50am - sprint/pace 8:40am
Saturday Prelims	7:30 – 8:10am - sprint/pace 8:00am
Sunday Prelims	8:10am – 8:50am - sprint/pace 8:40am

### FOR ALL WARMUPS – LANE DESIGNATIONS

Sprint Lanes	Lanes 0 & 9 (with ledges available)
Pace Lanes	Lane 1

### FINALS WARM UP TIMES

Friday Finals	3:30 – 4:20pm - sprint/pace 4:05pm
Saturday Finals	3:30 – 4:20pm - sprint/pace 4:05pm
Sunday Finals	3:30 – 4:20pm - sprint/pace 4:05pm

**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.**

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## SESSION TIMELINES

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	Friday	Saturday	Sunday
<b>Prelims Warm Up</b>	7:30am – 8:50am	7:30am – 8:50am	7:30am – 8:50am
<b>Prelims Start</b>	9:00am	9:00am	9:00am
<b>Finals Warm Up</b>	3:30pm – 4:20pm	3:30pm – 4:20pm	3:30pm – 4:20pm
<b>Finals Start</b>	4:30pm	4:30pm	4:30pm

## MEET FORMAT

### Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	12:08pm	6:46pm
Saturday	11:55am	6:59pm
Sunday	1:09pm	6:06pm

Prelims: Dive overs except for Backstroke Events

Finals: Pool will be cleared between races

### 400 Free:

Positive Check-In deadline is 9:00am on Friday.

The **Top 10** in each age group will be swum in a single heat in the Final Session.

All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders.

### 400 IM:

Positive Check-in deadline is 9:00am on Saturday.

The **Top 10** in each age group will swim in a single heat in the Final Session.

All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders.

### 800 Free:

Positive Check-in deadline is 9:00am on Sunday.

The **Top 10** in each age group will swim in a single heat in the Prelims Session.

All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders.

### Prelims Scratch Deadline:

Saturday Prelims: 5:30pm Friday

Sunday Prelims: 5:30pm Saturday

### Relay Name Change Deadline:

Friday Relays: 4:00pm

Saturday Relays: 4:00pm

Sunday Relays: 4:00pm

**It is the coach's responsibility to ensure that a Provincial qualified swimmer is NOT entered to swim a leg of the relay that they have a Provincial qualifying time. Relay swimmer times will be verified by the admin desk after submitted. The relay team will be removed from the relay event if they are found to have a Provincial qualified swimmer entered to swim when they should not.**

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## OFFICIALS SPLIT REQUEST

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

**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.

## JURY OF APPEAL

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Your coach selections for this meet are:

Amanda Nemeth	WLBF
Niallan Collier	CKSC
Linda LaLone	KAJ
Chris Street	PRASC

## TAPING

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No records can be set from taped athletes.

## AWARDS & SCHEDULE

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Awards 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.**

Medal podium is located on the EAST SIDE OF POOL at the start end.

### Exceptions:

1. 400 Free and 400 IM Awards Presentations will occur at the end of that day's final session (after relays)
2. 800 Free Awards Presentations will occur 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 packages before they leave.

## POOL DECK & SPECTATOR AREA

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### **General:**

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

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 and the host club are not responsible for lost or stolen items.

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.

Please respect all signs and directions within the facility and from pool staff.

### **Athletes:**

Swimmers are to set up in the gymnasium with their team.

No swimmers setting up deck chairs or leaving belongings on pool deck during the meet.

Leisure pool deck area to remain clear.

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Outside footwear is not permitted on the pool deck or shower areas. All participants must shower before entering the water.

A single extended horn blast will be used to clearly communicate that all swimmers must exit the water.

### Facility:

You may enter the facility and have access to the facility 30 mins prior to warm-up times.

Friday	7:00 am entry
Saturday	7:00 am entry
Sunday	7:00 am entry

Access to the change rooms and pool deck is 15 mins prior to the start of warm up for each session.

Friday	7:15 am entry
Saturday	7:15 am entry
Sunday	7:15 am entry

Coaches will have a table on the pool deck.

The hot tub, sauna, and steam room are not open to swimmers.

Leisure pool warm up/cool down lanes are available ONLY during session times. Leisure lanes will not be open during scheduled warmup times.

### Spectators:

KISU Swim Club and The Penticton Community Centre have been working hard with the local Fire Marshall to ensure we provide enough seating that will be safe for everyone using the community centre facilities.

Please note that NO outside chairs will be allowed on deck OR in window viewing areas.

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

### Seating Options:

1-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

2-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

Please leave your space clean and clear between sessions

### LIVE STREAMING

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Swim BC is working with [Sports Canada TV](#), Canada's premier online amateur sport network, to provide live streaming for all Divisionals and the Provincial Champs.

Access to the Livestreaming: [Swim BC YouTube Channel](#)

**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

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### **Parking:**

Free parking 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).

PLEASE NOTE: You may want to allow for a little extra time arriving at the facility due to a convention being held.

### **Wifi:**

Open Network

### **Washrooms:**

Washrooms for swimmers, coaches and spectators are available near the gym on the main level.

No spectators in the pool changing rooms. These are for swimmers only.

### **Food & Beverage:**

There are no food and beverage vendors on site.

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-Free Facility:**

Penticton Community Centre is a tobacco/cannabis-free facility.

### **Lost and Found:**

Lost and found items will be located in Meeting Room 4. After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.

### **Vendors:**

Esquire: Will be located upstairs in Meeting Room 7 for your Divisionals' merchandise.

## VOLUNTEERS

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We are grateful to those local and visiting officials and volunteers that have already stepped forward to commit their time to making this meet a success. If anyone else is still interested in volunteering, please have them fill in the following form:

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

All officials and volunteers should check in at the volunteer desk in meeting room 4 when they arrive with their swimmers for warmup.

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**). If you do not have one, they will be handed out prior to your session.

All officials to please wear black pants/shorts/skirts and clean black deck shoes.

It would be appreciated if volunteers could bring their own reusable water bottle (no glass).

All Officials will be notified by email ahead of time of check in times.

Please direct all questions to [kisuswimmeet@gmail.com](mailto:kisuswimmeet@gmail.com).

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### OWHAT IF I NEED ASSISTANCE?

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The Penticton Community Centre lifeguards and front desk 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.

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.