



**2025 Summer
North & Interior**

TECHNICAL BULLETIN

June 27-29, 2025

HOSTED BY:



VENUE

H2O Adventure & Fitness Centre
4075 Gordon Dr.
Kelowna, BC. V1W 5J2

POOL

8 - lane 25m competition pool
5 - Lanes 25m warm down area

IMPORTANT:

Coaches that are found to have incorrectly entered swimmers – by not using the swimmers best Short Course or Long Course time in order 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 as such could be subject to sanction under the Swim BC Discipline and Complaints Policy.

2025 Summer Divisionals – North & Interior

Technical Bulletin

CONTACTS

Meet Managers	Tina Pomponio	swimmeetskaj@gmail.com
Meet Referee	Ian Johnstone	ianj@telus.net
Swim BC & Entries Contact	Melissa Webster	melissa.webster@swimbc.ca

PRE-MEET TRAINING

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

Thursday, June 26 – 5:00 pm – 7:00pm

4 Lanes SCM

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.*

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

Please email Tina Pomponio at swimmeetskaj@gmail.com

SESSION TIMELINES

	Friday	Saturday	Sunday
Prelims Warm Up	7:30am – 8:50am	7:30am – 8:50am	7:00am – 8:20am
Prelims Start	9:00am	9:00am	8:30am
Prelims Finish (estimated)	1:03pm	12:51pm	1:58pm
Finals Warm Up	3:30pm – 4:20pm	3:30pm – 4:20pm	3:30pm – 4:20pm
Finals Start	4:30pm	4:30pm	4:30pm
Finals Finish (estimated)	6:48pm	7:04pm	6:03pm

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	#
CKSC	7	BVOSC	3
CONNU	10	KCS	28
CSSSC	19	KISU	53
CTSC	10	KMSC	1
EVDSC	4	PRASC	14
KAJ	88	TBSC	9
PGB	15	VKSC	23
SOSC	12	WGB	17
		WLBF	11
		WRSC	6

Total 165 Total 165

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	7:00 – 7:40am - sprint/pace 7:30am

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	7:40 – 8:20am - sprint/pace 8:10am

FOR ALL WARMUPS – LANE DESIGNATIONS

Sprint Lanes	Lanes 2 & 8 (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.

2025 Summer Divisionals – North & Interior

Technical Bulletin

MEET FORMAT

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 8 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 8 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.

1500 Free:

Positive Check-in deadline is 8:30am on Sunday.

The Top 8 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.

Finals Scratch Deadline:

For Friday will be 30 minutes after end of prelims	1:45pm
For Saturday will be 30 minutes after the end of prelims:	1:25pm
For Sunday scratch deadline will be 30 minutes after the start of 1500:	12:00pm

Prelims Scratch Deadline:

For Saturday Prelims scratch deadline will be Friday at:	1:25pm
For Sunday Prelims scratch deadline will be Saturday at:	1:45pm

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.

OFFICIALS SPLIT REQUEST

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

Your coach selections for this meet are:

John Douglas	KAJ
Tina Hoeben	KISU
Niallan Collier	CKSC

2025 Summer Divisionals – North & Interior

Technical Bulletin

TAPING

No records can be set from taped athletes.

AWARDS & SCHEDULE

Medal Presentations:

Presentations for Finals will occur once the results have been made official. **Top 3 swimmers are asked to report to the podium immediately.**

Medal Podium Location: By the Start end, North East corner of the pool.

Exceptions:

1. **400 Free and 400 IM Medals:** Will occur at the end of that day's final session (after relays)
2. **1500 Free Awards:** 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

General:

All athletes, coaches, officials, volunteers, and spectators are to respect the directions of H2O Adventure & Fitness 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 H2O Adventure & Fitness 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.

Athletes:

Outside footwear is not permitted on the pool deck or shower areas.

A single extended horn blast will be used to clearly communicated 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	6:30 am entry

Access to the change rooms and pool deck is 30 mins prior to the start of warm up for each session.

Friday	7:00 am entry
Saturday	7:00 am entry
Sunday	6:30 am entry

Reminder to bring ID, athletes will enter the pool at front and sign in get band and go through Jugo Juice doors.

Athletes are to set up on the West side of pool in the blue bleachers with their teams.

Coaches will have a table on the pool deck.

2025 Summer Divisionals – North & Interior Technical Bulletin

Spectators:

Seating on the East side with some bleachers. Lawn chairs are permitted but cannot stay on deck overnight.

Please leave your space clean and clear between sessions.

Please be courteous when taking pictures and videotaping from the spectator areas.

LIVE STREAMING

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](#)

FACILITY

TEAMS – IT IS SUPPOSED TO BE A WARM WEEKEND...SO BIG TENTS MAY BE PUT UP OUTSIDE IN THE REAR OF BUILDING ALONG FENCE, DOWN THE SIDE IN BETWEEN THE POOL & SOCCER BUBBLE, AS WELL AS THE FRONT GRASSY AREA (SEE PHOTO BELOW). **At the end of each night tents will need to be taken down and they will be stored in a locked area.** We will also be able to use the entrance under the waterslides to access the back area of the pool.



Parking:

Parking in the general parking of H2O and in MNP parking lot

Wifi:

Public Guest Wifi.

Washrooms:

Swimmers: Please use the changerooms

Officials & Coaches: Please use the universal washroom

Food & Beverage:

Jugo Juice is located in lobby of pool.

Tobacco/Cannabis-Free Facility:

H2O Adventure & Fitness Centre is a tobacco/cannabis-free facility.

2025 Summer Divisionals – North & Interior Technical Bulletin

Lost and Found:

Lost and found items will be located by the hot tub on the main pool deck. 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 shallow end of the pool

Team Aquatics: Will be located at the shallow end of the pool

VOLUNTEERS

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 classroom at the bottom of the waterslides when they arrive.

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**).

Contacts:

Officials / Volunteer Coordinator Kristie Bjorgan

officials@kelownaaquajets.com

Senior Officials

Ian Johnstone

ianj@telus.net

WHAT IF I NEED ASSISTANCE?

The H2O Adventure & Fitness 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 near MNP Parking.