



**2025 Summer
Vancouver & Fraser**

TECHNICAL BULLETIN

June 27-29, 2025

HOSTED BY:



**OLYMPIANS
SWIMMING**

VENUE

Central Park Outdoor Pool
6110 Boundary Rd.
Burnaby, BC. V5S 3R1

POOL

8-lane 25m competition pool
8 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.

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CONTACTS

Meet Managers	Miranda McNamara	miranda.mcnamara@gmail.com
Meet Referee	Khay See	khaysee1@gmail.com
Swim BC & Entries Contact	Melissa Webster	melissa.webster@swimbc.ca

SESSION TIMELINES

	Friday	Saturday	Sunday
Prelims Warm Up	7:00am – 8:20am	7:00am – 8:20am	6:30am – 7:50am
Prelims Start	8:30am	8:30am	8:00am
Time Out (estimate)	2:21pm	2:01pm	3:36pm
Finals Warm Up	3:30pm – 4:20pm	3:30pm – 4:20pm	4:00pm – 4:50pm
Finals Start	4:30pm	4:30pm	5:00pm
Time Out (estimate)	7:02pm	7:20pm	6:42pm

Coaches Meeting:

Friday	8:00am
Saturday	8:00am
Sunday	7:30am

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	#
DELTA	18	GATOR	29
HYACK	55	ISC	21
OS	91	PSW	69
SPART	28	RAPID	52
UVPCS	25	RIDGE	20
WSC	38	SKSC	56
		WDSC	9

GROUP 1 WARM UP TIMES

Friday Prelims	7:00 – 7:40am - sprint/pace 7:30am
Saturday Prelims	7:40 – 8:20am - sprint/pace 8:10am
Sunday Prelims	6:30 – 7:10am - sprint/pace 7:00am

GROUP 2 WARM UP TIMES

Friday Prelims	7:40 – 8:20am - sprint/pace 8:10am
Saturday Prelims	7:00 – 7:40am - sprint/pace 7:30am
Sunday Prelims	7:10 – 7:50am - sprint/pace 7:40am

FOR ALL WARMUPS – LANE DESIGNATIONS

Sprint Lanes	Lanes 1 & 8
Pace Lanes	Lane 2

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	4:00 – 4:50pm - sprint/pace 4:35pm

Total 255 Total 256

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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MEET FORMAT

Prelims: Dive overs except for Backstroke Events

Finals: Pool will be cleared between races

400 Free:

Positive Check-In deadline is 8:30am 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 8:30am 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 8:00am 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.

Prelims Scratch Deadline:

Saturday Prelims: 5:00pm Friday

Sunday Prelims: 5:00pm Saturday

Relay Name Change Deadline:

Friday Relays: 4:00pm

Saturday Relays: 4:00pm

Sunday Relays: 4:30pm

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:

Hattie Sun	OS
Reese Blunden	PSW
Chloe Good	RIDGE

TAPING

No records can be set from taped athletes.

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AWARDS & SCHEDULE

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 in the North-East corner of the pool.

Exceptions:

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

General:

All athletes, coaches, officials, volunteers, and spectators are to respect the directions of Central Park Outdoor Pool 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 Central Park Outdoor Pool 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.

Families, swimmers, coaches and volunteers are advised to bring portable chairs. Can also set up canopies or tents around the park. There is enough grass area in the park to set up canopies or tents. **No setting up tents or canopies on concrete area.**

Clubs are strongly advised to set up their own canopies or tents for their own swimmers. Unless swimmers are racing, they are not allowed to be on deck and no chairs on deck for swimmers. Parents and families are not permitted to bring chairs on deck. Chairs must stay in the tents outside of the pool. All tents, canopies and chairs on the grass area must be removed at the end of each day.

The configuration of the pool is a west-east setting. During warm up and racing, swimmers will be swimming the west-east configuration. Racing will be on the same configuration on the competition pool.

However, when the meet starts, the warm down pool configuration will change to north-south settings. There are no lane ropes in the warm down pool. Swimmers must be vigilant and aware of other swimmers in the pool as they are warming down.

There will be soft marshalling for this meet. There will be marshalling areas on the north and south sides of the deck. Swimmers swimming in lane 1-4 must enter from the south side of the pool. Swimmers swimming in lanes 5-8 must enter from the north side of the pool.

No glass bottles/containers permitted on the pool deck

Athletes:

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 communicated that all swimmers must exit the water.

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Facility:

Access to the facility, change rooms, and pool deck is as follows:

Friday	6:45am entry
Saturday	6:45am entry
Sunday	6:15 am entry

Swimmers should bring their own tents and chairs.

Swimmers are not permitted to remain on deck unless racing or preparing to race.

Clubs are encouraged to bring tents/canopies and chairs for their swimmers.

The City of Burnaby allows tents and canopies to be set up on grass areas only.

Tents and canopies are not permitted on concrete surfaces. Please plan accordingly.

There will be limited space on the deck for coaches – limit of 3 coaches per club.

Spectators:

There are limited bleachers on deck. Spectators must vacate the deck area after your swimmers have swum their races to make room for other parents. Parents and swimmers are not allowed to stay on the bleachers all day.

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](#)

Please be courteous of others and the swimmers when taking pictures and videotaping from the spectator areas during the meet.

FACILITY

Parking:

The parking lot is at the south side of the pool and also at Swangard Stadium. There is also residential parking but please be aware of the 2 hour parking limitation.

Wifi:

Public Wifi

Washrooms:

There will be 2 porta potties located on the north-west corner of the pool and public washrooms on the east side of the pool.

Food & Beverage:

There will be food trucks. Starbucks is a 10-minute walk from the pool. Plenty of restaurants on Kingsway. Safeway is about a 10 minute drive from the pool.

Tobacco/Cannabis-Free Facility:

Central Park Outdoor Pool is a tobacco/cannabis-free facility.

Lost and Found:

Lost and found items will be located at the lifeguard room. After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.

Vendors:

Esquire will be in attendance on Friday and Saturday. Located on the north side of the pool, just outside of the pool.

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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 admin desk 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:

Meet Referee

Khay See

khaysee1@gmail.com

WHAT IF I NEED ASSISTANCE?

The Central Park Outdoor Pool 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 on the west side of the pool.

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