



2026 Hyack May Long Course Closed Invitational

May 15/16/17, 2026
City Centre Aquatic Complex
1210 Pinetree Way, Coquitlam, BC
604-927-6999
Sanctioned by Swim BC # 63488



TEAM
AQUATIC SUPPLIES



Date	Preliminaries			Finals		
	Warm-ups	Heats	Finish	Warm-ups	Racing	Finish
Friday May 15	7:30-8:50 am	9:00 am	12:00 pm	3:30-4:20	4:30 pm	7:00 pm approx
Friday May 15 Distance				12:00-12:30 (estimate)	12:45 pm	3:00 pm
Saturday May 16	7:30-8:50 am	9:00 am	1:15 pm	3:30-4:20	4:30 pm	7:00 pm approx
Sunday May 17	7:30-8:50 am	9:00 am	1:15 pm	3:30-4:20	4:30 pm	7:00 pm approx

Pool and Facilities

Hyack would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Kwikwetlem First Nation. One eight lane, 50 metre competition pool with Colorado timing system interfaced with Hy-tek Meet Manager, and 8-lane scoreboard. There **may be** a very limited number of spectators that will be allowed as there is little deck space beyond the swimmers in the meet. Notice of this will be made closer to the meet.

Eligibility

This is a closed invitational swim meet for invited teams only. If your team would like to join the meet and did not receive an invitation, you can contact the Hyack Director of Swimming.

Meet Entry Requirement:

Swimmers must have a minimum of 2 Vancouver/Fraser Divisional QT to enter the meet, and then may have up to 2 bonus swims per day to a maximum of 3 events per day. For the 800 or

1500 swimmers must have the Vancouver/Fraser Divisional standard to swim.

Swimmers must be registered with Swim BC or other World Aquatic affiliate. **NT entries will not be accepted.** Meet management reserves the right to challenge any entry time prior to or during the competition. It is the responsibility of the club to prove any entry times if requested. Para-swimmers are welcome. IPC athletes' classification must be designated with entries. Age group is based on swimmers age on 1st day of meet. Age groups for this meet will be 12&U, 13-14 and 15&O.

General Information

All SNC, Swim BC and LMR rules and sanctions apply. Swim BC warm-up procedures will be in effect. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 (from deep end only). In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 (from the deep end).

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The “misconduct” shall include but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others. Deck changes are explicitly prohibited. Due to the pool being partially open to public, the washrooms/change rooms at the pool cannot be designated separately for swimmers and adults. However, all adult volunteers, coaches and officials will be asked to use the lobby washrooms during the meet.

This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:

1. Non-verbal instruction provided by a support person from the swimmer’s own club, who is registered in the REMS as ‘support staff’

2. Visual hand signals given by the starter/referee

Clubs must contact the Meet Manager by the Entry Deadline of the need for accommodations.

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.

Coaches are reminded that once competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting blocks or at the turn end but are welcome to coach and encourage their swimmers from the sides of the pool.

Entry Limit: Maximum number of participants will be 350. Swimmers may enter a maximum of 3 events per day. Max. 2 bonus swims (not meeting Van/Fraser Divisional QT) per day will be accepted. A limited number of Hyack swimmers may enter the meet below qualifying standards.

Distance Session: The 800/1500 free will have its own session, with a 30-minute warm up following the prelim session on Friday. The top 4 seeds for each of the 12&U and 13-14 category will swim in the first heat followed by the top 8 seeds for the 15&O category. The first 2 heats as described for the girls will be swum followed by the first 2 heats as described for the boys. After that, all remaining swims will be swum in overflow heats senior seeded swam fastest to slowest alternating heats girls then boys.

The number of heats must fit into the session provided and will be swum as timed finals. Meet Management reserves the right to limit the number of heats in the 400 Free/400 IM and 800/1500. Swimmers not making the cut will be notified.

During events only one (1) swimmer per lane is permitted.

Finals: A finals in all prelims/finals events. B finals will be offered to all age categories in any event that has more than 24 entries at the time of the early scratch deadline.

The scratch deadline for finals in all events (except the 400 events) each evening will be **30 minutes after the completion of those morning preliminary heats** (i.e. after the 50 Back completion on Friday, the 50 Fly completion on Saturday and 50 Free completion on Sunday). The scratch deadline for the 400 events will be 30 minutes after the completion of those events on Saturday and Sunday.

For all finals sessions, no-shows, step downs and unexcused incomplete swims will be subject to a \$20 late scratch penalty. **This penalty will be required to be paid prior to that swimmer being able to participate in any other finals.**

Positive Check Ins

800/1500 Free: Thursday May 14 **by 8 PM** via email to meet manager.

400 Free: Friday May 15 beginning of finals for Saturday May 16.

400 IM: Saturday, May 16 beginning of finals for Sunday, May 17.

Relays: Relay entry forms must be received by 12:00 pm the same day of the relay events.

Age Groups for Preliminary sessions: the meet is senior seeded no age groups. Slowest to fastest except as otherwise noted.

Entry Info

Entries will be limited to 350 swimmers to preserve reasonable session lengths. Teams will be notified if entries cannot be accepted. All relays will be swum as timed finals during the finals sessions, and will be the first event during finals. There are is a limit of 3 entries per day a single swimmer can enter.

All times must be entered in SCM.

Entries must be submitted through the Swimming Canada online system. Emailed entry files will not be accepted.

All meet payments must be received no later than start of preliminaries on May 15, 2026. Please make cheques payable to: Hyack Swim Club.

Entries must be received by **Tuesday May 5, 2026**. Early scratch deadline is **Sunday May 10, 2026**. Refunds will not be issued after the early scratch deadline without a medical certificate.

10 &U swimmers are limited to 4 hours of competition time per session.

Entry Fee: \$120.00 which includes the \$5.00 Swim BC Competition Surcharge. For swimmers entering one day only entry fee is \$55. Relays are at no cost.

Deck Entry: will be permitted to fill empty lanes; no new heats to be created. Deck entry fee of \$20.00 per swim must be paid at entry, exhibition only. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in the SNC registration system, date of birth and the 9-digit SNC registration number.

Scoring and Awards: Scoring will be awarded points for top 8 places 10,8,6,5,4,3,2,1. Cash prizes (\$80, \$50, \$20) for each age group and gender will be awarded based on the cumulative total of the swimmers' five highest point events. Cheques will be mailed to teams after the meet.

Officials: All LMR clubs may be asked to provide timers for the 800 Free and 1500 free events. Distance Swimmers without two timers will not receive a time.

Contacts

Meet Manager: Scott Tancon

hyackmeetmanager@gmail.com

Entries Coordinator: Scott Tancon

hyackmeetmanager@gmail.com

Director of Swimming: Andrew Lennstrom, 604-506-6729, lennstrom@hyack.com

Meet Referee: Bob Janowicz

bob@janowicz.ca

Director of Officials: Wayne Tamagi

wtamagi@gmail.com

It is the visiting club's and/or parents' responsibility to ensure that their swimmers are supervised during all breaks between sections.

Friday May 15 Preliminaries

Girls		Boys
1	200 IM	2
3	100 Breast	4
5	50 Back	6

Friday May 15 Distance Events (30 min after Prelims)

Girls		Boys
7	800 Free (top seeds)	
	1500 Free (top seeds)	8
107 (alternate with 108)	800 Free Overflow Heats (fastest to slowest)	
	1500 Free Overflow Heats (fastest to slowest)	108 (alternate with 107)

Friday May 15 Finals

Girls		Boys
201	12&U 400 Free Relay	202
301	13-14 400 Free Relay	302
401	15&O 400 Free Relay	402
1	12&U 200 IM 13-14 200 IM 15&O 200 IM	2
3	12&U 100 Breast 13-14 100 Breast 15&O 100 Breast	4
5	12&U 50 Back 13-14 50 Back 15&O 50 Back	6

Saturday May 16 Preliminaries

Girls		Boys
9	200 Fly	10
11	100 Back	12
	10 minute warm down	
13	100 Free	14
15	200 Breaststroke	16
17	50 Fly	18
	10 minute warm down	
19	400 Free fastest to slowest alternating genders	20

Saturday May 16 Finals

Women		Men
9	12&U 200 Fly 13-14 200 Fly 15&O 200 Fly	10
11	12&U 100 Back 13-14 100 Back 15&O 100 Back	12
	10 minute warm down	
13	12&U 100 Free 13-14 100 Free 15&O 100 Free	14
15	12 &U 200 Breast 13-14 200 Breast 15&O 200 Breast	16
17	12&U 50 Fly 13-14 50 Fly 15&O 50 Fly	18
	10 minute warm down	
19	12&U 400 Free 13-14 400 Free 15&O 400 Free	20

Sunday May 17 Preliminaries

Girls		Boys
21	200 Free	22
23	50 Breast	24
	10 minute warm down	
25	100 Fly	26
27	200 Back	28
29	50 Free	30
	10 minute warm down	
31	400 IM fastest to slowest alternating genders	32

Sunday May 17 Finals

Girls		Boys
21	12&U 200 Free 13-14 200 Free 15&O 200 Free	22
23	12&U 50 Breast 13-14 50 Breast 15&O 50 Breast	24
	10 minute warm down	
25	12&U 100 Fly 13-14 100 Fly 15&O 100 Fly	26
27	12&U 200 Back 13-14 200 Back 15&O 200 Back	28
29	12&U 50 Free 13-14 50 Free 15&O 50 Free	30
	10 minute warm down	
31	12&U 400 IM 13-14 400 IM 15&O 400 IM	32



COMPETITION WARM-UP SAFETY PROCEDURES

For all Swim BC sanctioned competitions, Meet Management must ensure the following warm-up safety procedures are implemented. Coaches, swimmers, and officials share responsibility for adhering to these guidelines during all scheduled warm-up periods. Coaches are encouraged to support Safety Marshals in promoting a safe environment.

GENERAL WARM-UP

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Swimmers shall always be aware of their surroundings and keep the end walls clear.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Swimmers exiting sprint lanes must exercise caution and remain aware of their surroundings. When crossing into other lanes, they shall ensure they do not interfere with ongoing sprint activities, pace work, or lanes designated for Para swimmers.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety marshals will only be placed in the competition pool when warm-ups take place.

EQUIPMENT

- Only Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at Meet Management's discretion and recommended only for national events or senior competitions.
- At Meet Management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

VIOLATIONS

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer shall be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

SAFETY MARSHALS

The Safety Marshal is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official, whenever possible.

Safety Marshals shall:

- Be visible by safety vest.
- Be briefed thoroughly on the warm-up procedures
- Be situated at each end of the competition pool. Actively monitor all scheduled warm-up periods during competition days;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role in helping work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

PARA-SWIMMER NOTIFICATION

- Coaches are requested to notify Meet Management of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.
- Where a para lane is designated, only classified swimmers may use it. Violations may lead to disciplinary action.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:
“SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”