



Rapids Distance LMR

Sunday, November 2, 2025

Sanctioned by Swim BC: #59116

GENERAL INFORMATION

- This meet will be run under the most current SNC rules.
- Richmond Rapids would like to acknowledge that we are gathering and competing today on the beautiful unceded Coast Salish traditional territory and give thanks to the Musqueam, Squamish and Tsleil-Waututh Nations.
- Swim BC Competition Warm Up Safety Procedures will be in effect and will be monitored by safety marshals.

SAFE SPORT STATEMENT

- 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.
- There is to be no 'deck changing' on the pool deck, all changing must be done in the appropriate changeroom
- Swimmers are encouraged to only use the facility changerooms, while the officials and coaches to use the restrooms in the lobby
- 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.

SWIMWEAR

- All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.

EVENTS & SCHEDULE

- Warm Up: 8:00am - 8:45 am
- Meet Start: 9:00 am
 - Event 1: 400m Freestyle
 - Event 2: 800m Freestyle
 - Event 3: 1500m Freestyle
 - Event 4: 400m Individual Medley
- Projected Meet End: 1:00 pm
- *Schedule may change based on entries.*

FORMAT

- All events will be swum as Timed Finals.
- No provincial or national records will be recognized.
- During events only one (1) swimmer per lane is permitted.
- 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.

- 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
 3. Facility or Swimming Canada provided strobe light: An external strobe light is available at this competitionClubs must contact Meet Management by the Entry Deadline of the need for accommodations.
- All age groups and genders will be swum together, seeded fastest to slowest by entry time.

ELIGIBILITY

- All swimmers must be registered with Swim BC or other swimming organization recognized by World Aquatics.
- Swimmers must meet the posted Qualifying Time to enter each event.
- Swimmer may swim a MAXIMUM 2 Events

ENTRIES

- Entries will be limited to 350 swimmers. All entries submitted after this limit may not be entered, at the discretion of Meet Management.
- All entries must be uploaded to the SNC Meet listings website. No emailed entries will be accepted.
- NT entries will NOT be accepted.
- Individual entries will be \$25.00 per event.
- Swim BC Competition Surcharge is \$5.00
- Deck Entries may be permitted at the discretion of Meet Management. Deck Entries will only be used to fill empty lanes. A fee of \$40.00 will be charged for each deck entry,



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and the swimmer will swim as Exhibition only. All 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 SNC registration number.

Meet Manager

Darryl Rudolf

(darryl@richmondrapids.com)

Entries Coordinator

Darryl Rudolf

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Meet Referee

James Li

Head Coach

Rob Pettifer

(rpettifer@richmondrapids.com)

DEADLINES

- The entry deadline will be Monday, October 27, 11:59pm
- The scratch deadline will be Wednesday, October 29, at 12:00 pm (noon). There will be no refunds for scratches after the scratch deadline.

QUALIFYING STANDARDS

- To enter the 400m Free: Swimmers must be faster than 2:50 in the 200m Freestyle
- To enter the 400m IM: Swimmers must be faster than 3:00 in the 200m IM.
- To enter the 800m or 1500m Freestyle: Swimmers must meet the following 400m Free qualifying standards.

	Girls 400 Freestyle		Boys 400 Freestyle	
	SCM	LCM	SCM	LCM
11&U	6:23.23	6:31.05	6:29.09	6:37.03
12-13	5:51.56	5:58.73	5:54.52	6:01.76
14-15	5:26.93	5:58.73	5:10.07	5:16.40
16&O	5:21.31	5:27.86	5:00.19	5:06.32

LOCATION

Watermania

14300 Entertainment Blvd.

Richmond, BC, V6W 1K3

FACILITIES

- 8 Lane, 25m Competition Pool
- Omega Electronic Timing System
- Starts will be conducted from Starting Platforms (blocks) as per WA II.4.1 and II.16.1.4., from the deep end only. Pool Depth: Shallow End 2.84m, Deep End 4.2m.

ORGANIZING COMMITTEE



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent upon coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

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.”