



KELOWNA AQUAJETS SWIM CLUB
PERSIST OIL & GAS Invitational 2026

Sanctioned by Swim BC: 62880

- DATE:** May 8-10, 2026
- MEET ENTRIES:**
- Tina Pomponio, Meet Manager swimmeetskaj@gmail.com
- REFEREE:** Tara Walters tarawalters@shaw.ca
Wayne Williams wacky@telus.net
- LOCATION:** H2O Adventure & Fitness Centre 4075 Gordon Dr Kelowna BC V1W 5J2
- FEATURES:**
- 8 x 50m Competition Pool
 - Omega Quantum Timing System
 - Omega Electronic touch pads/plungers
 - Electronic relay take-over timing in effect
- ENTRIES:**
- Teams will be accepted, up to and including the Team entering the 500th swimmer
 - Individual entries are limited. Max per swimmer: 6 / Max per session: 3

WARM-UPS & START TIMES	
Friday, Saturday & Sunday** Mornings	
14&Over Warm-up	6:30 – 7:10am
Prelims*	7:15 – 10:50am
13&Under Warm-up	11:00 – 11:30am
Prelims*	11:40am – 2:30pm
FRIDAY, SATURDAY & SUNDAY FINALS	
Warm-up	4:30 – 5:20pm
Finals	5:30 – 8:00pm

Session lengths are approximate and are subject to change

LAND ACKNOWLEDGEMENT: We would like to acknowledge that we are gathered today on the traditional, ancestral territory of the SYILX/OKANAGAN people. For this we are grateful.

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. Separate ADULT washrooms are not possible due to facility constraints.

**Deck changes are EXPLICITLY PROHIBITED.*

**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.*

ELIGIBILITY

- Closed Invitational. Teams must be invited to participate
- All swimmers must be registered with Swim BC, Swimming Canada, USS or another World Aquatic recognized club
- All swimmers must have reached a 4:00 minute 200 IM to enter the meet

MEET RULES

1. Swim BC warm-up procedures will be in effect.
2. Swimming Canada rules will apply.
3. Ages are determined as of the first day of the meet: May 8th, 2026
4. All swim-offs are to be run during the preliminary sessions when feasible and at a time agreed upon by coaches and officials
5. During events only one (1) swimmer per lane is permitted.
6. **We are requesting visiting officials to participate; PLEASE fill out form: Click [HERE](#) for the link. Or any qualified officials can email to: officials@kelownaaquajets.com**
7. During the meet, spectators and non-accredited coaches are not permitted on the west and north side of the upper pool deck. (The outside wall of the H2O Aquatic Centre). Blue bleachers are for swimmers and coaches only.
8. Any act of theft, vandalism or similar action will result in the immediate disqualification from the meet and the loss of any points towards team standing by those involved.

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9. Pool Depth: Shallow End 1.52m, Deep End 3.9m. Starts will be conducted from Starting Platforms (blocks) as per WA FR 16.1.4 and SW 4.1. In water starts will be conducted as per Canadian Facility Rules 2.3.1 and CSW 4.1.2.
 10. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
An external strobe light
 11. 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.
 12. Coaches are reminded that once the 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.
 13. **PLEASE TAKE NOTICE THAT THE FOLLOWING SWIMMING CANADA RULE:**
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.*
 14. 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.
 15. In order to maintain reasonable session lengths, the Meet Manager reserves the right to:
 - **Limit the number of heats in the preliminary sessions.**
 - Entries of the 400/800 free and 400IM, will be limited.

OFFICIAL SPLITS

- Official Split request must be submitted to the admin desk 30 minutes prior to the start of the session that the event is being swum.
- There will be a \$20 charge for every official split request.
- Clubs may be requested to provide 2 timers for the Official Split. Those timers are to check in with the Admin desk 20 mins prior to the race.

ENTRY FEES

- \$15.00 per individual event
- No charge for Relays
- \$5.00 Swim BC Competition Surcharge per swimmer
- \$0.50 Okanagan Splash fee per swimmer
- Cheques payable to Kelowna Aquajets or etransfer to info@kelownaaquajets.com
- Question: What city is meet? Answer: Kelowna

ENTRY DEADLINES

- **Entry Deadline: FRI. APR. 24TH, 2026 @ 9:59pm**
- **Entries must be submitted through the Swimming Canada online system, as all entries must be submitted through REMS.** Entries may only be submitted for swimmers whose registration is ACTIVE in the new REMS database.
- All entry files must contain the complete and accurate information is required, this includes swimmer 9-digit ID #, name, correct date of birth, and gender.
- **Swim times noted as *NT* will *NOT* be accepted and swimmers will be scratched from such events.**
- Late initial entries (entries received or uploaded after Apr. 24th) may be accepted at the discretion of the Meet Manager; if accepted, the late entries may be surcharged a rate of 150% of entry fee to a max of \$500/club
- Preliminary Psych Sheets will be emailed within 72-hours of the entry deadline. It is each **club's responsibility** to review and select replacement events for their swimmers that ***DID NOT*** meet the criteria outlined in the meet package by the cut-off date.

DECK ENTRIES

- *NO DECK ENTRIES WILL BE ACCEPTED AT THIS MEET.*

FORMAT

- **PRELIMINARIES:** Sessions are divided by 14&O, 13&U within each session. Events are senior seeded, top 3 heats will be circle seeded.
- **FINALS: 11&Under A FINAL ONLY, 12&Over A&B FINAL for ALL 50's with 36 swimmers or more after final psych sheets and 24 swimmers or more in 100's after final psych sheets, A FINAL ONLY FOR ALL 200's**
- ALL finalist must report to their required lane at the appropriate time. Alternates to report to admin desk.

1. DISTANCE EVENT (OPEN AGE)

- 800 FR will be *swum as timed finals*
- 800 FR will be limited to the top 24 swimmers per gender. All heats will be swum single laned, in session 4.
- May be limited at the discretion of the meet manager
- **Positive Check-ins will be required by 8:00am the morning in which the event is to be swum**
- 400 Freestyle and 400 IM (14&OVER)
- 14&OVER ONLY Top 24 Swimmers per gender
- The Fastest 8 swimmers per gender (14&OVER) will swim with the Finals.
- The remaining heats will be swum in prelims.
- **Positive Check-ins will be required by 8:00am the morning in which the event is to be swum.**

RELAYS

A maximum of two relay teams per club, per age group, per gender will be accepted. The fastest eight teams (one heat) in each age group and gender will swim. Times to be validated. Relays will be swum at the start of Finals by age group, as outlined in the meet package.

SCRATCH RULES

1. Cut-off date for all **pre-meet scratches or replacement events** must be received via email by SAT, May 2ND @ 9:59pm. Scratches received by the cut-off date and time will be eligible for a refund. After this time, late scratches will only be considered.
2. **For Finals**, all scratches must be submitted to admin desk on forms provided and will be accepted 30 minutes after the following events of that day.
Session 1 after event 10 Session 2 after event 110
Session 4 after event 26 Session 5 after event 126
Session 7 after event 48 Session 8 after event 148
 - a. After that time, scratches will be subject to a late scratch penalty of \$20. This levy must be paid before any other members of that swimmer's team can compete.
 - b. Coaches of late scratch swimmers are requested to inform the coach of the affected swimmer.
 - c. No-shows, step-downs and unexcused incomplete swims will be considered a late scratch in finals and thus subject to penalty (including 400 events).
3. There shall be no penalty for a late scratch in prelims.

SCORING

- No scoring

AWARDS

- Medals for the top three (3) finishers per gender per age for events swam in finals.
- Age groups are as follows: 11&U, 12-13, 14-15 and 16&O



GIRLS	EVENT	AGE	BOYS
SESSION 1: FRIDAY MORNING 14&OVER			
1	200 FLY	14&OVER	2
3	50 BRST	14&OVER	4
5	50 FR	14&OVER	6
7	100 BK	14&OVER	8
9	200 IM	14&OVER	10
11	*800 FR	Open	12
SESSION 2: 13&UNDER			
101	200 FLY	13&UNDER	102
103	50 BRST	13&UNDER	104
105	50 FR	13&UNDER	106
107	100 BK	13&UNDER	108
109	200 IM	13&UNDER	110
SESSION 3: FRIDAY AFTERNOON FINALS			
200	12&UNDER 4X50 FR RELAY	12&UNDER	201
1/101	200 FLY Finals		2/102
3/103	50 BRST Finals		4/104
5/105	50 FR Finals		6/106
7/107	100 BK Finals		8/108
9/109	200 IM Finals		10/110
SESSION 4: SATURDAY MORNING			
19	200 FR	14&OVER	20
21	50 FLY	14&OVER	22
23	50 BK	14&OVER	24
25	100 BRST	14&OVER	26
27	*400 IM**	14&OVER	28
SESSION 5: 13&UNDER			
119	200 FR	13&UNDER	120
121	50 FLY	13&UNDER	122
123	50 BK	13&UNDER	124
125	100 BRST	13&UNDER	126
SESSION 6: SATURDAY AFTERNOON FINALS			
202	13-14 4X50 FR RELAY	13-14	203
19/119	200 FR Finals		20/120
21/121	50 FLY Finals		22/122
23/123	50 BK Finals		24/124
25/125	100 BRST Finals		26/126
27	*400 IM**	14&OVER	28
SESSION 7: SUNDAY MORNING			
41	200 BK	14&OVER	42
43	100 FR	14&OVER	44
45	200 BRST	14&OVER	46
47	100 FL	14&OVER	48
49	*400 FR**	14&OVER	50
SESSION 8: 13&UNDER			
141	200 BK	13&UNDER	142
143	100 FR	13&UNDER	144
145	200 BRST	13&UNDER	146
147	100 FLY	13&UNDER	148
SESSION 9: SUNDAY AFTERNOON FINALS			
204	15-17 4X50 FR RELAY	15-17	205
41/141	200 BK Finals		42/142
43/143	100 FR Finals		44/144
45/145	200 BRST Finals		46/146
47/147	100 FLY Finals		48/148
49	*400 FR**	14&OVER	50

*Timed finals **Fastest 8 swimmers per gender 14&O will swim in finals

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.