



**21st ANNUAL WAVEMAKER LCM
INVITATIONAL SWIM MEET**

**Friday, April 17, 2026 to
Sunday, April 19, 2026**
Sanctioned by Swim BC: #63223

Date	Morning			Afternoon		
	Warm-Ups	Preliminaries	Estimated Timeout	Warm Ups	Finals	Estimated Timeout
Friday April 17, 2026	8:00 am	9:00 am	2:00 pm	4:00 pm	5:00 pm	8:00 pm
Saturday April 18, 2026	8:00 am	9:00 am	2:00 pm	4:00 pm	5:00 pm	8:00 pm
Sunday April 19, 2026	7:30 am	8:30 am	1:30 pm	3:30 pm	4:30 pm	7:00 pm

Land Acknowledgement: Pacific Coast Swimming that the District of Saanich lies within the territories of the lək'wəŋən peoples represented by the Songhees and Esquimalt Nations and the W̱SÁNEĆ peoples represented by the W̱ JOŁEŁP (Tsartlip), BOKÉĆEN (Pauquachin), S̱ÁUTW̱ (Tsawout), SIKEM (Tseycum) and MÁLEXEŁ (Malahat) Nations.

Safe Sport: 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.
Swimmer only washrooms are available.

Meet Manager: David Fairhurst meets@pacificcoastswimming.com
Meet Referee: Mac MacDonald
Location: Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria, BC, V8Z 5M1

Pool Set Up: 8-lane 50m competition pool
Quantum-Omega Timing System, touchpads, plungers
4-lane 25m warm-up/warm-down.

Eligibility: All swimmers are required to be registered with Swim BC, Swimming Canada, or other World Aquatics affiliated organizations.
Age group is determined by age of swimmers on April 17, 2026.

Max # of Participants The meet is limited to 400 swimmers. If the meet exceeds capacity, entries will be accepted on a first-come, first-served basis based on the date and time of receipt of a club’s complete entry file. Partial team acceptance may occur.
Entries received after the deadline may be accepted at the discretion of Meet Management and will be treated as deck entries.

- Entries:**
1. Wavemaker is an open-Invitational meet.
 2. Entries must be submitted through the Swimming Canada online system.
 3. Individual entries are limited to 8 events per swimmer.
 4. To assist with building accurate timeouts, NT entries will not be accepted. Estimated times are permitted only for swimmers without a validated time and:
 - a. must meet any published event time minimums; and



**21st ANNUAL WAVEMAKER LCM
INVITATIONAL SWIM MEET**

**Friday, April 17, 2026 to
Sunday, April 19, 2026**

Sanctioned by Swim BC: #63223

b. must reasonably reflect current ability.

Meet Management reserves the right to reject or adjust clearly non-representative estimated times, including those entered solely to satisfy time minimum requirements.

Deck Entries

1. Deck entries will be accepted only to fill existing empty lanes. No new heats will be created as a result of deck entries. Deck entries are subject to lane availability and may be limited or closed at the discretion of the Meet Manager.
2. 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.

Entry Fees:

\$13.50 per individual event

\$16.50 per relay event

\$5.00 Swim BC Competition surcharge per swimmer

\$25.00 per deck entry

Entry fees are payable to **Pacific Coast Swimmers' and Parents' Association (PCSPA)** or via e-transfer to payments@pacificcoastswimming.com

All fees must be e-transferred or paid to the Meet Administration desk prior to the start of the meet.

Entry Deadline:

Friday April 10th at 11:59 PM

Meet Format:

Individual Events

1. Age groups for individual events are: 10& Under, 11–12, 13–14, and 15 & Over.
2. Events 200m and shorter will be swum as heats and finals only for age groups for which finals are offered, as defined below
3. Finals Available are as follows:
 - a. 10&U - Timed Finals Only and will be swum during prelim sessions
 - b. 11-12 A Finals only
 - c. 13-14 - A Finals +B Finals
 - d. 15&O - A Finals +B Finals
4. Meet Management reserves the right to apply time minimums and/or entry caps to selected events to ensure reasonable session lengths.
5. Para swimmers are welcome to
6. compete and classification numbers must accompany entries. This is not a para sanctioned meet. A para warm up lane will be made available if requested.

400m Events

1. These events are timed finals.
2. The top-8 entries for each gender in age groups 11-12, 13-14, and 15 & Over will swim during Finals.
3. Positive check-in is required for top-8 entries for 400m event Finals and will close at 9:00am on the day the event is swum, regardless of session.

800/1500m Events

1. The 800m and 1500m freestyle events will be swum as timed finals.



**21st ANNUAL WAVEMAKER LCM
INVITATIONAL SWIM MEET**

**Friday, April 17, 2026 to
Sunday, April 19, 2026**

Sanctioned by Swim BC: #63223

2. The fastest entered heat for girls and boys will be swum separately and designated as Finals heats, swum during the scheduled Finals session.
3. All remaining heats will be swum as mixed-gender heats, fastest to slowest, during the designated preliminary session.
4. Swimmers may enter either the 800m or the 1500m freestyle, but not both.
5. Entries for the 800m and 1500m freestyle events will be capped at 24 swimmers per event. If more than 24 eligible entries are received by the entry deadline, accepted entries will be determined by random draw (lottery) conducted by Meet Management. The results of the lottery are final.
6. Swimmers are required to provide their own timers for the 800m and 1500m freestyle events.

Relay Events

1. Relays are timed finals.
2. Relay age groups are 10& Under, 12& Under, 14& Under and Open.
3. Clubs are limited to 3 relay teams per age-group/gender.
4. Swimmers may swim up in age for relay events, but cannot swim on more than one relay team per age group.
5. Relay entries and relay name changes must be submitted 45 minutes prior to the start of the session in which the relay is swum.

Time Minimums:

1. Time minimums are applied to limit the number of heats per event and to ensure reasonable session lengths.

Event	Time Minimum	Event	Time Minimum
200 IM	3:30.00	400 IM	7:00.00
200 Fly	3:35.00	400 Freestyle	6:20.00
200 Back	3:20.00	800 Freestyle	13:00.00
200 Breast	3:45.00	1500 Freestyle	22:30.00

2. Meet Management reserves the right to apply additional entry limits or adjustments where required to maintain session timelines

Scratches:

1. Final scratch deadline without penalty is **Tuesday, April 14, at 12:00 PM**. All scratches must be emailed to the meet manager at meets@pacificcoastswimming.com.
2. The scratch deadline for Preliminary sessions is 30 minutes prior to the start of the session in which the event is scheduled.
3. The scratch deadline for Finals is 30 minutes following the conclusion of the applicable Preliminary session. The specific deadline time will be announced on deck.



**21st ANNUAL WAVEMAKER LCM
INVITATIONAL SWIM MEET**

**Friday, April 17, 2026 to
Sunday, April 19, 2026**

Sanctioned by Swim BC: #63223

4. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of prelims results.
 - a. For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered “late scratches” and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
 - c. For finals, email scratches will not be accepted.

Meet Rules:

1. This meet will be conducted under Swimming Canada rules and regulations.
2. Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
3. 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 a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
4. 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 Meet Management by the Entry Deadline of the need for accommodations.
5. 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. Note: The full details on the Swim BC Event Photography and Video Policy can be found here.
6. During events only one (1) swimmer per lane is permitted.
7. 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.
8. 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.



**21st ANNUAL WAVEMAKER LCM
INVITATIONAL SWIM MEET**

**Friday, April 17, 2026 to
Sunday, April 19, 2026**

Sanctioned by Swim BC: #63223

- 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.

Diving Rules

1. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 (from both ends or from deep end only)

Scoring/Awards:

1. 400 IM winners receive a large Hawaiian pizza
2. Floret ribbons will be awarded to 1st through 3rd place finishers in each age group for individual events and relays.
3. Ribbons will be awarded to 4th through 8th place finishers in each age group for individual events
4. There is no team scoring for this meet.



**21st ANNUAL WAVEMAKER LCM
INVITATIONAL SWIM MEET**

Friday, April 17, 2026 to

Sunday, April 19, 2026

Sanctioned by Swim BC: #63223

Event List		
Friday, April 19, 2026		
Girls Event Number	Event	Boys Event Number
1	11-12 4x50 Free Relay *	2
3	13-14 4x50 Free Relay *	4
5	15&O 4x50 Free Relay *	6
7	200 IM	8
9	10&U 50 Breast	10
11	50 Breast	12
13	200 Back	14
15	10&U 100 Free	16
17	100 Free	18
19	10&U 4x50 Free Relay	20
Saturday April 20, 2026		
Girls Event Number	Event	Boys Event Number
21	200 Fly	22
23	10&U 50 Back	24
25	50 Back	26
27	400 IM	28
29	10&U 100 Breast	30
31	100 Breast	32
33	10&U 50 Fly	34
35	50 Fly	36
37	200 Free	38
39	10&U 4x50 Medley Relay	40
41	11-12 4x50 Medley Relay	42
43	13-14 4x50 Medley Relay	44
45	15&O 4x50 Medley Relay	46
Sunday, April 21, 2026		
Girls Event Number	Event	Boys Event Number
47	400 Free	48
49	200 Breast	50
51	10&U 50 Free	52
53	50 Free	54
55	10&U 100 Back	56
57	100 Back	58
59	10&U 100 Fly	60
61	100 Fly	62
63	800 Free	64
65	1500 Free	66

*4x50 Free Relay to be swum at the start of Friday 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.



21st ANNUAL WAVEMAKER LCM INVITATIONAL SWIM MEET

Friday, April 17, 2026 to
Sunday, April 19, 2026

Sanctioned by Swim BC: #63223

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.”