NANAIMO EBBTIDES 45th ANNUAL MASTERS SWIM MEET
SATURDAY, NOVEMBER 21, 2026

Sanctioned by Swim BC: #69571

COMPETITION HOSTS: Nanaimo Ebbtides Swim Club

VENUE: Nanaimo Aquatic Center
714 Third Street, Nanaimo BC V9R 7B2

POOL: 8-lane 25 metre competition pool w/electronic timing and a 2-Lane 25M warm down lanes

MEET MANAGER: Christina Pendergast/Sean Pendergast
ebbtidesprez@gmail.com
OFFICIALS COORDINATOR: Karlene Clapham karleneclapham@shaw.ca
MEET REFEREE: Glenn Greig

WARM UP AND SESSION TIMES Saturday, November 21, 2026		
Session #1	Warm-up	10:30am - 11:15am
	Competition	11:30am - 5:30pm
Note: *Session completion time is approximate*		

LAND ACKNOWLEDGEMENT

NANAIMO EBBTIDES would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Snuneymuxw First Nation.

SAFE SPORT

1. 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.
2. Deck changes are explicitly prohibited.
3. Volunteers, coaches, and officials please use the washrooms in the lobby of the NAC. Swimmers, please use the washrooms on deck and in the change rooms.

ELIGIBILITY

1. All swimmers must be registered with a Swim BC, SNC, or other World Aquatics recognized club.
2. Proof of registration may be required for International Masters swimmers.
3. Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc. (five-year age groups increments)
4. Swimmer age is as of December 31st, 2026
5. The meet will be limited to 150 swimmers. Entries will be considered a first-come-first-serve basis.

ENTRIES/REGISTRATION

1. REGISTRATION IS DONE THROUGH SWIMMING CANADA REMS SYSTEM. INSTRUCTIONS FOR SUBMITTING ENTRIES THROUGH REMS IS FOUND HERE
2. Meet Fees are **$50.00** per swimmer and payable via ETRANSFER to ebbtidesmeet@gmail.com . Registration is not complete until meet fee is received.
3. Swimmers are limited to a maximum of FOUR individual entries plus relays.
4. Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
5. Entries may only be submitted for swimmers whose registration has been initiated by their club in the new REMS database.
6. All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) -this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

   Registration Opens: November 1, 2026 12:00PST
   Deadline: November 16, 2026, 17:00PST
7. **Late and/or deck entries will not be accepted**. **No refunds**.
8. Psych Sheets will be emailed to all registered swimmers shortly after the Entry Deadline.
9. Heat Sheets will be emailed to all registered swimmers by Friday Nov 20,2026. Please print out and bring your own copy.
10. Official Splits will be available for $10 per official split. Official Split requests must be submitted to the Admin Desk prior to the start of the session and swimmers must provide 1 timer (to report to the Chief Timer.)

GENERAL MEET RULES

1. This meet will observe the World Aquatics Technical Rules as outlined in the current World Aquatics Masters Rulebook as well as:
2. Starts shall be permitted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
3. Swim BC Competition Safety Warm Up Procedures will be in effect
4. 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.
5. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
   i. An external strobe light

   * Note that the support person must show a status of "Registered" as support staff in the Swimming Canada registration system. Clubs must contact Meet Management by the Entry Deadline of the need for accommodation.
6. 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.
7. All events will be swum as TIME FINALS.
8. Events will be swum slowest to fastest with all age groups and genders swimming together.
   i. In the results, swimmers will be separated into the different genders and age groups.
9. The 400 Free event will be limited to 5 heats (the first 40 swimmers) and the 400 IM event will be limited to 1 heat (first 8 swimmers)
   i. Clubs/Swimmers will be notified in advance and will have 24 hours to re-submit entries.
10. Meet management reserves the right to reduce the number of entries for all events if the meet timelines do not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed.

11. Coaches are asked to check in with the Meet Manager immediately upon arrival to pay outstanding entry fees, pick up Meet Info packages and receive information regarding any changes.
12. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
13. All participants are to respect the facility rules including: no deck changing and no outside shoes on pool deck.
14. 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.
15. Backstroke ledges will be available for the 50, 100 & 200m backstroke and relay events.

RELAYS

1. Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty-year increments as high as necessary)
2. Women's, Men's and Mixed relays events will be combined. Swimmers may only swim either on the men's, women's or mixed team in the relay events.
    a. The Relay events will be separated out in the results.
3. Mixed relay teams **MUST** have 2 females and 2 males per team.
4. Team Relay Entry Forms must be emailed directly to Christina Pendergast at **Ebbtidesprez@gmail.com**
5. Deadline for relay name/order changes is **THURS. NOV 19, 2026, 17:00 PST.**
    a. The Relay card form is attached to this meet package. Clubs are responsible for bringing their own copies to the meet and submitting them to the Admin Desk/office.

SCORING

1. Individual scoring: 20-17-16-15-14-13-12-11
   Relay scoring: 40-34-32-30-28-26-24-22

RECORD ATTEMPTS

1. National and World Record attempt forms are attached to this meet package. It is the swimmer and/or coach's responsibility to fill out the form and submit to the Admin Desk/office prior to the start of the session. **Please contact Meet Management 1 week prior if there will be a World Record attempt so there is time to collect the required information.**

NANAIMO EBBTIDES CHILI SOCIAL WILL BE SERVED AFTER THE MEET. EVERYONE IS WELCOME TO ENJOY THIS IN THE JACK LITTLE ROOM.

Schedule of Events

Event Number		Event Name		Event Number		Event Name
1	Mixed	400 Free		13	Mixed	200 IM
2	Mixed	400 IM		14	Mixed	50 Breaststroke
3	Women	200 Medley Relay		15	Mixed	200 Backstroke
4	Men	200 Medley Relay		16	Mixed	100 Butterfly
5	Mixed	200 Medley Relay		17	Mixed	200 Freestyle Relay
6	Mixed	50 Backstroke		18	Women	200 Freestyle Relay
7	Mixed	100 Breaststroke		19	Men	200 Freestyle Relay
8	Mixed	25 Butterfly		20	Mixed	200 Freestyle
9	Mixed	25 Backstroke		21	Mixed	100 Backstroke
10	Mixed	25 Breaststroke		22	Mixed	200 Breaststroke
11	Mixed	25 Freestyle		23	Mixed	50 Butterfly
12	Mixed	100 Freestyle		24	Mixed	100 IM
				25	Mixed	50 Freestyle

MID MEET BREAK WILL BE AT THE DISCRETION OF THE MEET MANAGER.

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 o=er 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."

Masters Relay Entry Forms

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:

Club:		Club Code:					
Swimmer		Age			Swimmer		Age
1.				3.			
2.				4.			
Total Age:							

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:

Club:		Club Code:					
Swimmer		Age			Swimmer		Age
1.				3.			
2.				4.			
Total Age:							

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:

Club:		Club Code:					
Swimmer		Age			Swimmer		Age
1.				3.			
2.				4.			
Total Age:							

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:

Club:		Club Code:					
Swimmer		Age			Swimmer		Age
1.				3.			
2.				4.			
Total Age:							

Masters Record Attempt Form

Submit to Meet Admin Desk as per Meet Information Package

Record Type: Canadian ☐ World ☐

Individual Event

Name: _____ Male: ☐ Female: ☐

Swimmer ID #: _____

Date of Birth: _____

Name of Club _____ Club Code:

Event
(Distance and Stroke) _____

Relay Event

Name of Club: _____ Club Code:

Event
(Distance and Stroke) _____

Age Group: _____ Male: ☐ Female: ☐ Mixed:

#1	Name:	DOB:	Swimming Canada ID #:
#2	Name:	DOB:	Swimming Canada ID #:
#3	Name:	DOB:	Swimming Canada ID #:
#4	Name:	DOB:	Swimming Canada ID #:

*** For a World Record Attempt Request, a copy of swimmer's Birth Certificate or Passport must be submitted with this completed form ***

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