

The Prince George Barracuda Mr. Lube Invitational

November 14-16, 2025



Sanctioned by Swim BC: #61050

Prince George Barracudas Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Lheidli T'enneh.

Location: Prince George Aquatic Center
1770 George Paul Lane

**** We are excited to announce the custom shirt/hoodie booth is back!****

Pool Set Up:

- 1 x 8 x 25 m Pool
- Quantum-Swiss Electronic Timing
- Warm-up area

Meet Manager: Curt Fowkes meetmanager@pgbsc.org cell 250-960-9283

Meet Referee: Marilyn King

Meet Format: Timed finals
Age groups are 10 & under, 11-12, 13-14, 15 & over
Relay age groups will Be: 10 & under, 11-12, 13-14, 15 & over

Session Times:

| | | |
|----------------------|----------|----------------------------|
| 1) Friday, Nov. 14 | Warm-ups | 4:30 - 5:30 pm |
| | Events | 5:40 – 7:30 pm |
| 2) Saturday, Nov. 15 | Warm-ups | 8:00 - 9:00 am |
| | Events | 9:10am - 3:00 pm (approx.) |
| 3) Sunday, Nov. 16 | Warm-ups | 8:00 – 9:00 am |
| | Events | 9:10am – 1:30 pm (approx.) |
| | Awards | 1:30 - 2:00 pm (approx.) |

Eligibility: All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations. All swimmers are required to be amateurs. Age groups are based on the age of the swimmer as of November 15th, 2024. Age groups will be classified as 10 & under, 11-12, 13-14, 15 & over. 11 and over will be seeded and swum together.

Max Number of Participants:

The meet will be limited to 350 swimmers; the team entering the 350th swimmer will be accepted.

Entries: Swimmers are limited to 8 events, excluding relays.
Cheques are made payable to the Prince George Barracudas Swim Club.
-Entry files must be sent directly to Swimming Canada REMS website. Entries may only be submitted for swimmers whose registration is ACTIVE in the REMS database.
-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.

Entry Deadline: Deadline for submission of entries following the entries guidelines above, is November 7th **by 9:00pm**. Payment can be made on Friday, November 15th prior to the start of the meet.

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Deck Entries: Deck entries will be allowed. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number. Deck entries will be accepted to fill any empty lanes as exhibition swims only.

Entry Fees: Each individual will be charged a flat entry fee of \$85. This includes up to 8 individual races and 4 relays per athlete. It also includes the \$5 per athlete swim BC surcharge. Additional deck entries will be \$12.

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.

Adult only washrooms will be made available at the facility, along with family change rooms and separate boys and girls change rooms.

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. Swimmers are limited to 8 events, excluding relays.
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. During events only one (1) swimmer per lane is permitted
6. All entry times must be valid entry times from swim meets and will be checked against the SNC results database; invalid entry times are not permitted and will be scratched.
7. 10 and Under swimmers must equal or exceed the qualifying time of 4:25.00 to swim 200 IM.
8. 11 and over swimmers must have a qualifying time for their age to swim 200 IM, 200 Fly, 200 Breast, 200 Back, 400 IM and 400 Free.
9. Heats will be swum as mixed gender (females swim with males). Any provincial (or national) records will not be ratified or recognized.
10. All 50m races will start in the shallow and end in the deep end. All other races will start and end in the deep end.
11. 25M start will be swum from the bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from the deep end only
12. A coaches meeting will be held at 5:15 pm on Friday.
13. All events will be seeded slowest to fastest.
14. All events will be swum as timed finals.
15. This will be a single ended meet.
16. There will be a 200 IM Eliminator after the relays on Saturday. One heat for each of the fastest 8 girls and 8 boys determined from Saturdays 11 & over IM results. The event will be swum as 4 heats with 2 swimmers eliminated after each heat. The first event will be determined by the person with the fastest time in the Saturday 200 IM results. Each subsequent event will be determined by the winner of each 50m race. Prizes for all participants will be awarded.
17. Starts will be conducted from the starting platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4
18. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing: Non-verbal instruction from a support person of swimmer's own club who is registered in REMS as 'support staff', Visual hand signals given by the starter/referee, or external strobe light. Clubs must contact Meet Manager prior to Entry Deadline if need for these accommodations.
19. The Meet Manager reserves the right to amend and make changes to the meet as required.
20. In order to minimize risk, all photographs and video taken, whether 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.

21. 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

22. 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.

Scratches:

Scratches must be submitted to the clerk of course by the start of the warm-ups for each session. There will be no refund of entry fees for scratches received after Nov 12, 2025, unless accompanied by a medical note. Swim BC Scratch rules will be followed

Results: Available at <http://www.pgbsc.org/MeetResults/> or on the Meet Mobile App.

Relays: 1. Relay teams may have up to 2 swimmers in the event from a younger age group
2. Age groups are 10 & under, 11-12, 13-14, 15 & over.

Awards:

1. Ribbons will be awarded for 1st to 8th place in individual events for the 10 & under swimmers only.
2. Best time ribbons will be awarded for 10 & under swimmers only.
3. Ribbons will be awarded for 1st to 3rd place in individual events for 11 & over and all relays.
4. Medals will be awarded for 1st to 3rd place for the 10 & under 200 Free & 200 IM.
5. Medals for individual age group aggregates will be awarded for 1st to 3rd place for 11 & over.
6. Age groups for individual events are 10 & under, 11-12, 13-14, 15 & over.
7. Ribbons can be picked up at the timer room at the end of the meet.

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Event List

Session #1
Warm Up: 4:30-5:30pm

| Event Number | Description | Qualifying Time |
|---------------------|-------------------------------|------------------------|
| 1 | 100 IM 11 & Over | |
| 2 | 200 Fly 11-12/13-14/15 & Over | 3:55/3:25/2:55 |
| 3 | 200 Free 10 & Under | |
| 4 | 200 Free 11 & Over | |

Session #2
Warm Up: 8:00 - 9:00am

| Event Number | Description | Qualifying Time |
|---------------------|--------------------------------|------------------------|
| 5 | 25 Fly 10 & Under | |
| 6 | 50 Fly 10 & Under | |
| 7 | 50 Fly 11 & Over | |
| 8 | 50 Back 10 & Under | |
| 9 | 50 Back 11 & Over | |
| 10 | 100 BR 10 & Under | |
| 11 | 100 BR 11 & Over | |
| 12 | 200 BK 11-12/13-14/15 & Over | 3:30/3:05/2:45 |
| 13 | 200 IM 10 & Under | 4:25 |
| 14 | 200 IM 11-12/13-14/15 & Over | 3:25/3:05/2:55 |
| 15 | 100 Free 10 & Under | |
| 16 | 100 Free 11 & Over | |
| 17 | 400 Free 11-12/13-14/15 & Over | 6:30/5:55/5:30 |
| 18/19 | 4 x 50 MR 10 & Under | |
| 20/21 | 4 x 50 MR 11-12 | |
| 22/23 | 4 x 50 MR 13-14 | |
| 24/25 | 4 x 50 MR 15 & Over | |

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| | 12 and Under Eliminator | |
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| Session #3 Warm Up: 8:00 am Start: 9:00 am | | |
|---|-------------------------------|------------------------|
| Event Number | Description | Qualifying Time |
| 26 | 50 BR 10 & Under | |
| 27 | 50 BR 11 & Over | |
| 28 | 50 Free 10 & Under | |
| 29 | 50 Free 11 & Over | |
| 30 | 100 Fly 11 & Over | |
| 31 | 100 Back 10 & Under | |
| 32 | 100 Back 11 & Over | |
| 33 | 100 IM 10 & Under | |
| 34 | 200 BR 11-12/13-14/15 & Over | 3:55/3:35/3:10 |
| 35 | 400 IM 11-12/13-14/15 & Over | 7:25/6:45/5:55 |
| | <u>10 Minute Break</u> | |
| 36/37 | 4 x 50 Free Relay 10 & Under | |
| 38/39 | 4 x 50 Free Relay 11-12 | |
| 40/41 | 4 x 50 Relay 13-14 | |
| 42/43 | 4 x 50 Relay 15 & Over | |

| | | |
|--|---------------|--|
| | Awards | |
|--|---------------|--|



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.”