

# The Williams Lake Blue Fins Frost Fest

## January 30 – February 1, 2026



Sanctioned by Swim BC: 62316

The Williams Lake Blue Fins Swim Club acknowledges that we live, work, and play on the traditional unceded territories of Secwepemc' peoples.

**Location:** Cariboo Memorial Complex, West Fraser Aquatic Centre  
525 Proctor St, Williams Lake, BC V2G 4J1

**Pool Set Up:**

- 25-metre, 6 lanes
- Colorado System Electronic Timing
- Colorado touch pads, plunger back-up timing
- Pacific starting platforms, 4" disc anti-wave racing lane ropes

**Meet Referee:** Fred Blewitt

**Meet Manager:** Taryn Aumond [meetmanager@wlbluefins.ca](mailto:meetmanager@wlbluefins.ca) 250-305-7954

### **Schedule:**

Session #	Day	Activity	Warm Up	Start	Finish
1	Friday, Jan 30	Events	4:00-5:00 pm	5:15 pm	8:30 pm
2	Saturday, Jan 31	Events	10:30-11:30 am	11:45 am	5:00 pm
3	Sunday, Feb 1	Events	8:45-9:30 am	9:45 am	1:00 pm
	Sunday, Feb 1	Awards		1:30 pm	2:00 pm

### **Eligibility:**

- All youth swimmers must be registered with Swim BC, Swimming Canada, or other World Aquatics affiliated organizations.
- Age groups are based on the age of the swimmer on January 30, 2026.
- Age groups for all events will be 10&under, 11-12, 13-14, and 15&over.
- All races will be seeded and swam together, except for the relays, which are swum by gender.

### **Participants:**

The swim meet will be limited to 150 swimmers. The team entering the 150<sup>th</sup> swimmer will be accepted.

### **Entries:**

- Swimmers are limited to a maximum of 8 individual events, not including the 50 Kick which is a bonus non-scored event, plus 2 relays.
- Cheques are made payable to the Williams Lake Blue Fins Swim Club. An e-transfer is also acceptable and can be made to [accounts@wlbluefins.ca](mailto:accounts@wlbluefins.ca)
- 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.

## The Williams Lake Blue Fins Frost Fest

### January 30 – February 1, 2026



- 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 D #, name, correct date of birth and gender.
- The Meet Manager will close the entries after receiving the entries from the swim team with the 150<sup>th</sup> swimmer.

#### **Entry Deadline:**

The deadline for submissions of entries following the guidelines listed above is January 25, 2026, at 9:00 pm. Payment can be made on Friday, January 30<sup>th</sup>, prior to the start of the swim meet.

#### **Scratches:**

All pre-meet scratches or replacement events must be received by Monday, January 26<sup>th</sup> at 6 pm. Scratches received by the cut-off date and time will be eligible for a refund. After this time, late scratches will only be considered if accompanied by a medical note.

There is no scratch penalty for no-shows, step-downs and unexcused and/or incomplete swims during prelims/finals.

#### **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.

<b><u>Entry Fees:</u></b>	Individual Entry Fee	\$10.00
	Relay Entry Fee	\$15.00
	Swim BC Competition Surcharge	\$5.00
	Deck Entry Fee	\$12.00

#### **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.

Universal changing rooms, along with separate male and female, change rooms will be available. There are also adult washrooms available near the entrance to the Complex.

Deck changes are explicitly prohibited.

# The Williams Lake Blue Fins Frost Fest

## January 30 – February 1, 2026



### **Meet Rules:**

1. This meet will be conducted according to Swimming Canada (SNC) rules and regulations.
2. Starts will be conducted from the deep end of the pool only (depth of 2.1 metres) from Starting Platforms (blocks) as per World Aquatics regulations II.4.1 and II.16.1.4
3. 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.

4. Swim BC Competition Warm Up Safety Procedures are in effect at this meet and will be monitored by Safety Marshals.
5. All swimmers may race with the swimwear of their choosing at any competition sanctioned by Swim BC. Swimmers are not required to declare their 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.
6. To minimize risk, all photographs and video taken at Swimming Canada/Swim BC sanctioned competitions, 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, bathroom, or any other dressing area.
7. During events, only one (1) swimmer per lane is permitted.
8. 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.
9. This competition can provide the following accommodations for swimmers who are Deaf or Hard of Hearing:
  - Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as "support staff"
  - Visual hand signals given by the starter/referee
  - Clubs must contact Meet Management by the Entry Deadline of the need for accommodations

# The Williams Lake Blue Fins Frost Fest

## January 30 – February 1, 2026



### **Special Meet Rules:**

1. All heats will be swum as open mixed gender (female and male) events unless specified and seeded slowest to fastest.
  - As events are "mixed", Provincial and National records will not be ratified from performances at this meet.
2. All events will be swum as timed finals.
3. There will be a coaches' meeting at the completion of warm-ups each day, as needed.
4. The Meet Manager reserves the right to cancel relays and limit heats in events if there are time constraints.

**Scoring:** Individual Scoring: yes

### **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, and 15&over.

### **Awards:**

1. Meet Management reserves the right to alter the awarding of ribbons and medals based on availability due to shipping delays.
2. Ribbons will be awarded 1<sup>st</sup> to 6<sup>th</sup> place in individual events for all swimmers.
3. Best time ribbons will be awarded to all swimmers 14 and under.
4. Best time tickets for prizes for all age groups will be awarded daily.
5. Ribbons will be awarded for 1<sup>st</sup> to 6<sup>th</sup> place for all relays.
6. Medals will be awarded for 1<sup>st</sup> to 3<sup>rd</sup> for the 8&under and 9-10 age categories in the 100 IM.
7. Medals will be awarded for 1<sup>st</sup> to 3<sup>rd</sup> for the 10&under, age category in the 400 Freestyle, 400 IM, and 200 IM.
8. Aggregate Awards for the top 3 in the 11-12, 13-14, and 15&over, age groups with combined scores.
9. The **Subway Showdown:** the top 6 times from Saturday's 200IM for each age category (10&under, 11-12, 13-14, and 15&over) and gender advance to the final 100 IM Showdown on Sunday. Prizes for all participants.
10. Ribbons will be handed to the team coaching staff following the completion of the awards ceremony.

### **Officials:**

Any parent wishing to work sessions and/or to be signed off for a deck officiating position can contact Taryn Aumont at [meetmanager@wlbluefins.ca](mailto:meetmanager@wlbluefins.ca) or 250-305-7954.

**The Williams Lake Blue Fins Frost Fest**  
**January 30 – February 1, 2026**



**EVENT LIST**

<b>Session #1</b>		
<b>Warm Up: 4:00 pm      Start Time: 5:15 pm</b>		
<b>Event Number</b>	<b>Description</b>	<b>Qualifying Time</b>
1	800 Free	15:00
2	400 IM	8:30
3	1500 Free	25:00

<b>Session #2</b>		
<b>Warm Up: 10:30 am      Start Time: 11:45 am</b>		
<b>Event Number</b>	<b>Description</b>	<b>Qualifying Time</b>
4	200 IM	
5	50 Backstroke	
6	100 Butterfly	
7	100 Freestyle	
8	50 Butterfly	
9	50 Kick (entered as 50 IM)	
10	200 Breaststroke	
11	100 Backstroke	
12	200 Freestyle	
<b>10-minute break</b>		
13 (F) / 14 (M)	10&under 200 Freestyle Relay	
15 (F) / 16 (M)	11&over 200 Freestyle Relay	

<b>Session #3</b>		
<b>Warm Up: 8:45 am      Start Time: 9:45 am</b>		
<b>Event Number</b>	<b>Description</b>	<b>Qualifying Time</b>
17	200 Backstroke	
18	50 Breaststroke	
19	10&under 100 IM	
20	100 Breaststroke	
21	200 Butterfly	
22	50 Freestyle	
23	400 Freestyle	7:00
24 (F) / 25 (M)	10&under 200 Medley Relay	
26 (F) / 27 (M)	11&over 200 Medley Relay	
<b>10-minute break</b>		
<b>100 IM SUBWAY SHOWDOWN</b> (10&under/11-12/13-14/15&over)		

\*F=female/M=male

# The Williams Lake Blue Fins Frost Fest

## January 30 – February 1, 2026



### 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.
- 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. pools.

#### 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.

# The Williams Lake Blue Fins Frost Fest

## January 30 – February 1, 2026



### 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 to help 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 Manager 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.”**