

Re/Max Elk Valley Fall Blast

Nov. 7-9, 2025

Sanctioned by Swim BC: #59355

We acknowledge that the land on which we gather is located within Qukin?amak?is, the unceded traditional territory of Ya qit ?a-knuqhi'it.

About the Meet

We are excited to invite you to the 5th annual Fall Blast, dedicated to delivering an unforgettable experience for all swimmers. Join us for five sessions of swimming, with a special highlight on Saturday night featuring the Bounty Final. Whether you're returning or joining us for the first time, get ready for an exceptional meet that does not disappoint!

Events are professionally livestreamed, making it the perfect first travel meet!

<https://www.youtube.com/@evdsc/streams>

Location: Fernie Aquatic Centre, 250 Pine Ave, FERNIE, BC

Pool Set Up:

- SCM
- 6 lanes, 25m pool
- CTS Dolphin Wireless Timing System
- 6 lane display board
- Backstroke ledges available

Meet Manager: Aysha Haines & Emily Coates meetmanager@evdsc.com

Meet Referee: Norma Lachance mathdva@gmail.com

Meet Format:

- Timed finals Session 1 (all events)
- Timed finals Session 2 (the exhibition 8 x 50 free relay)
- All other events not listed above will be heats/finals format with A and B finals.
- B finals only for events with over 20 swimmers entered as of the October 31st. For events with A and B finals, the A final will be swum first.
- Age groups M & F 12 & under; 13-14; 15 & over
- Relay age groups will be the same age groups

Session #	Day	Prelims / Finals	Warm Up	Start	Finish
1	Friday	Timed Finals	3:00pm – 3:50pm	4:00pm	7:30pm
2	Saturday	Prelims	7:30am – 8:20am	8:30am	1:00pm
3	Saturday	Finals	3:00pm – 3:50pm	4:00pm	7:00pm
4	Sunday	Prelims	7:30am – 8:20am	8:30am	1:00pm
5	Sunday	Finals	2:30pm – 3:20pm	3:30pm	5:00pm

Eligibility: All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.

Max Number of Participants: A maximum of 250 swimmers will be accepted in the event; the team entering the 250th swimmer will be accepted.

Entries: Swimmers are limited to a maximum of 2 individual events on Friday (Session 1) and are limited to a maximum of 8 individual events total (no more than 3 events in a single session).



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Entry Deadline:	Deadline for emailed entries is Oct. 24th, 2025 , by midnight. Entries must be submitted through the Swimming Canada online system.	
Entry Fees:	Timed Finals:	\$14
	Heats/Finals:	\$16
	Relay Entry Fees:	\$16
	Swim BC Competition Surcharge:	\$5
	Deck Entry Fees:	\$20
	• Deck entries will only be accepted to fill empty lanes in existing heats, no new heats will be created. • 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.	
	E-transfers may be sent to payment@evdsc.com Cheques may be made out to EVDSC mail to PO Box 1996, FERNIE, BC, V0B 1M0	
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 are available on site with signage and swimmer only bathrooms are available on site with signage.	
Meet Rules:	1. This meet will be conducted under Swimming Canada rules and regulations. 2. Starts will be conducted from Starting Platforms (blocks) as per SW 4.1. 3. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals. 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. 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): a. 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. b. Deliberate kicking or striking of the starting platform, including the back plate prior to the start. c. 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. 6. This competition can provide the following accommodations for swimmers who are D/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 <u>Entry Deadline</u> of the need for accommodations.	

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7. 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.
8. During events only one (1) swimmer per lane is permitted.
9. 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.

Special Meet Rules: The 12 & under, 13-14 and 15 & over A Finals in the 50 Freestyle event will also be the Beat the Bounty race. Beat the Bounty time and win a share of \$500 for your club. (if multiple swimmers beat the Bounty time their club(s) will split the bounty equally. If no swimmer beats a bounty time the 2026 prize pool will increase to \$1000.

Beat the Bounty

	Male	Female
12 & under	28.41	29.01
13 – 14	25.62	27.36
15 & over	24.37	26.85

Scratches:

Scratches received prior to Oct. 31st will not incur Meet Fees.

1. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or timed finals.
2. The following rules apply for all finalists plus alternates as listed on the official posting of prelims results.
 - a. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding timed final events). Email scratches for finals will not be accepted.
 - b. 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.

Relay Name Changes:

Relay name changes must be submitted no later than 30 minutes after the start of the session in which they are swum.

Scoring:

There will be no scoring.

Awards:

Individual Events: Medals will be awarded for the top 3 places for each age group
Sanctioned Relay Events: Medals will be awarded for the top 3 places.
Fun 8 x 50m free relay: TBD

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Event List

Female Event Number	Description	Male Event Number
Session #1 FRIDAY Timed Finals		
1	400 IM	2
3	400 Freestyle	4
5	200 Breaststroke	6
7	200 Backstroke	8
9	200 Butterfly	10
11	4 x 50 Medley Relay	12
Session #2 SATURDAY Prelims		
13	200 Freestyle	14
15	50 Butterfly	16
17	100 Backstroke	18
19	50 Freestyle	20
21	100 Breaststroke	22
exhibition	8 x 50 Freestyle Relay	exhibition
Session #3 SATURDAY PM Finals		
13	200 Freestyle	14
15	50 Butterfly	16
17	100 Backstroke	18
21	100 Breaststroke	22
19	50 Freestyle (BOUNTY)	20
Session #4 SUNDAY AM Prelims		
23	200 IM	24
25	50 Backstroke	26
27	100 Freestyle	28
29	50 Breaststroke	30
31	100 Butterfly	32
Session #5 SUNDAY PM Finals		
23	200 IM	24
25	50 Backstroke	26
27	100 Freestyle	28
29	50 Breaststroke	30
31	100 Butterfly	32

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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 on 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.

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.
- 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.
- 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 not be in place during the competition in warm-up/warm-down pools.

EQUIPMENT:

- 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 Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.

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SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest;
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- Actively monitor all scheduled warm-up periods;
- 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.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA SWIMMER NOTIFICATION:

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

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."