



2026 Ice Breaker



HOSTED BY
COWICHAN VALLEY
BREAKERS

MAY
30TH + 31ST

COWICHAN AQUATIC CENTRE, 2653 James Street, Duncan BC V9L 2X5

DISCLAIMER: Statements made in this meet package shall not override any BCSSA or VI Region rule or policy.

APPAREL

Pre-orders available until **May 18th**. Orders placed between May 19th and May 31st will be delivered to team tents at the Comox Blue Devils meet on June 13th and 14th.



\$45

BUY NOW



\$25

BUY NOW

EVENT DAYS AND START TIMES

NOTE: Warm-up groups and lane assignments will be emailed on Thursday, May 28th

Saturday May 30 th	
8:45 AM	Stand Up Regional Meeting
9:15 AM	Coaches may access the deck
9:30 AM	All Deck Entries and Scratches into the Clerk of the Course
9:45 AM	Group A Warm-up
10:05 AM	Group B Warm-up
10:25 AM	Group C Warm-up
10:05 AM	Officials Meeting
10:30 AM	Coaches Meeting
11:00 AM	National Anthem and Competition Start

Sunday May 31 st	
8:30 AM	Coaches may access the deck
8:45 AM	All Deck Entries and Scratches into the Clerk of the Course
9:00 AM	Group C Warm-up
9:20 AM	Group B Warm-up
9:40 AM	Group A Warm-up
9:20 AM	Officials Meeting
9:45 AM	Coaches Meeting
10:15 AM	Competition Start

Please note that coaches and swimmers CANNOT access the deck before 9:15 AM on Saturday, May 30th and 8:30 AM on Sunday, May 31st. There can be **NO PARENTS** on

deck before the end of warm-ups. This must be **STRICTLY OBSERVED** as it is part of our contract with the pool.

MEET INFORMATION

RACE SCHEDULE

Saturday May 30th	Sunday May 31st
25 Freestyle (Novice)	25 Back (Novice)
25 Fly (Novice)	25 Breast (Novice)
100 IM (Div 1-3 and OCAT 1)	50 Fly (Div 5-7, OCAT 2 and O8)
200 IM (Div 4-7, OCAT 2 and O8)	50 Back (Div 1-3 and OCAT 1)
50 Free (All divisions)	100 Back (Div 4-7, OCAT 2 and O8)
50 Fly (Div 1-4 and OCAT 1)	50 Breast (Div 1-3 and OCAT 1)
100 Fly (Div 5-7, OCAT 2 and O8)	100 Breast (Div 4-7, OCAT 2 and O8)
200 Free Relay	100 Free (All divisions)
Arctic Dash: Ice Transfer Relay - Mixed club relay	200 Mixed Medley Relay

ENTRY COST

Novice Events (25m) - No Cost

Individual Event - \$9.00 per race

Relay Events - \$13.00 Relays

Deck Entries - \$20.00 (excluding Novice events)

Please make cheques payable to Cowichan Valley Breakers or e-transfer
treasurer@cvsbreakers.ca

DECK ENTRIES AND SCRATCHES

Entries must be submitted through the Swimming Canada online system (Hy-Tek) and via email to icebreaker@cvbreakers.ca

Please include: your entry file, your team roster file, estimated numbers for novice races, notes about swimmers with disabilities or newer but older swimmers racing as exhibition swimmers.

All deck entries and scratches must be to the clerk of the course by 9:15 AM on Saturday and 8:45 AM on Sunday.

COURSE

25 metres, 8 lanes, starting blocks, Electronic Timing, Dolphin system, stopwatch backup. This will NOT be a carded meet; Div 1-3 and OCAT 1 will be marshalled. All other divisions will be self-marshalling. All relays will be marshalled.

AWARDS

All Individual Events - 1st through 8th place ribbons

All Relay Events - 1st through 3rd place ribbons

Novice Events - Participation ribbons

ELIGIBILITY AND ENTRIES

- All swimmers must be currently registered with the Vancouver Island Region of the BCSSA.
- All levels of swimmers are eligible to compete.
- The purpose of this meet is to allow swimmers to develop their skills within their divisions and time standards.

Entry Guidelines

New Swimmers: If a swimmer has never swum or achieved a valid time in a specific stroke, they must be entered with a "NT" (No Time).

Returning Swimmers: Swimmers who have valid times must be entered using those times for their events.

If a swimmer is entering an event they have not previously competed in (e.g., moving from Div 3 50m Backstroke to Div 4 100m Backstroke), they must be entered with "NT" for that event.

Novice Swimmers

- Novice swimmers are beginners who are unable to swim a 25m event in under 30 seconds and are still developing stroke-specific skills.
- Once a swimmer has completed a 50m event (including relays) at a BCSSA meet, they are no longer considered a novice in that stroke, regardless of the time achieved. Please take this into account when forming relay teams.
- Novice times will not be posted, and novice events do not need to be entered into Swim Manager.
- Novice swimmers should report directly to the marshalling section of the bleachers at the start of racing.

Event Limits

- Divisions 1–4 and O1: May swim up to 6 individual events and 2 relay events.
- Divisions 5–7, O2, and O8: May swim up to 7 individual events and 2 relay events.

ENTRIES DEADLINE

Please email your club entries to icebreaker@cvbreakers.ca by Monday, May 25th, 2026, by 10:00 PM. Novice swimmers' list can be submitted to the Clerk of the course by 9:30 AM Saturday and 8:45 AM Sunday.

HEAT SHEETS, RESULTS, AND DISQUALIFICATIONS

Heat Sheets

- Heat sheets will be emailed to club presidents for distribution to their members and to head coaches by Friday evening before the meet.

Results

- Results will be posted as they become available throughout the meet and uploaded to Meet Mobile.
- Final Hy-Tek results will be emailed to clubs and posted on the VI Region and BCSSA websites.

Ribbons

- Ribbons will be available for pickup at the end of the meet.
- Coaches or a designated team representative should collect them from the Computer/Ribbon Room (Party Room located off the Lobby and Rec Pool).
- If your club cannot pick up ribbons at the end of the meet, please inform the Meet Manager in advance, icebreaker@cvbreakers.ca

DISQUALIFICATIONS

- Disqualifications (DQs) will be handled according to BCSSA rules.
- Officials will make every effort to notify coaches of DQs within 15 minutes whenever possible. However, delays may occur; we ask for your patience and respect toward all officials.

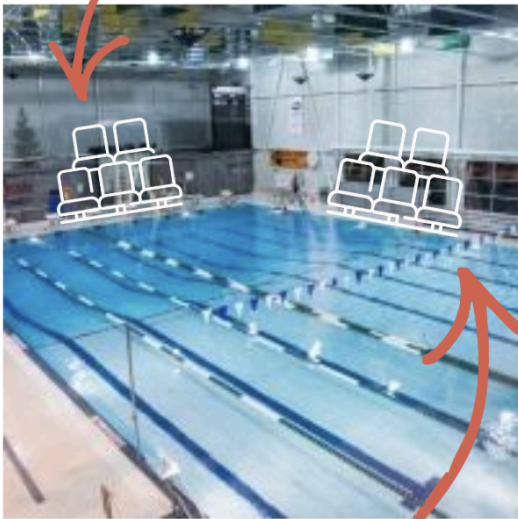
Please note: Novice swimmers will not be disqualified.

MEET CONDUCT

- The 1.8m zone of exclusion will be used around the pool edge. Coaching from this area is not permitted or tolerated. Anyone breaking this rule could be ejected from the pool deck.
- Change rooms and gym/exercise rooms will be open to the public. The racing pool and wave pool will be used for the swim meet only. Change rooms and bleachers are being used for the meet, and are open for use by swim club members. Sauna, steam room, waterslides and hot tub may be closed during the meet, and they will not be open to the public.

SPECTATOR VIEWING INFORMATION

Enter: Side door
by marshalling



Enter: Front door -
first door on left

Limited space is available for spectator viewing.

- Small Bleachers: Access via the main entrance and the first door on the left. Follow the low wall beside the wave pool and cross the deck near the changerooms. *Note: Street-side doors will not be open for use.*
- Large Bleachers: Access through the left walkway from the back door (swimmers will use the right walkway).

Guidelines

- Only stay during your swimmer's races.
- Respect officials, coaches, and swimmers' space.

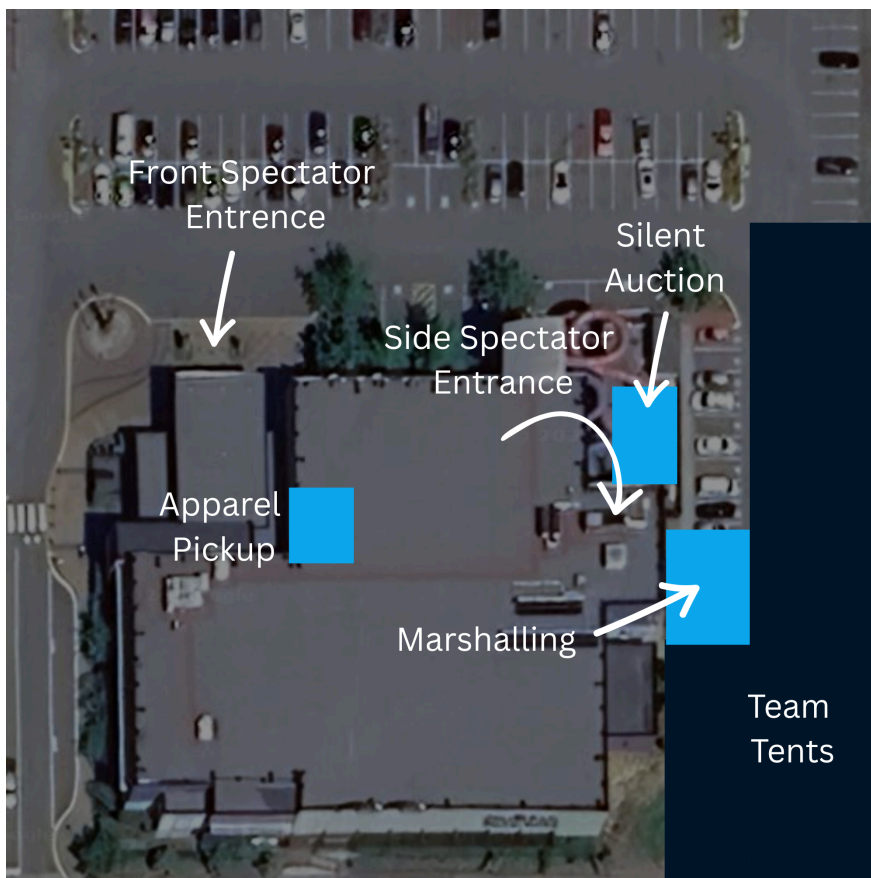
- Swimmers not racing or marshalling must follow spectator rules.
- No glass containers or food are allowed on the bleachers or pool deck.
- Limit movement during races and follow volunteer directions.
- Teams and swimmers may not "camp out" or leave belongings on the bleachers.

Spectator areas include the large bleachers at the deep end and the small bleachers along the street-side window (see above)..

Thank you for your cooperation!

TEAM TENT AREA INFORMATION

Team tents may be set up in the parking lot at the east end of the facility.



- Each club is responsible for monitoring and maintaining the cleanliness of their assigned area. Please ensure that garbage and personal belongings are properly managed throughout the event.
- Any additional cleaning or damage charges incurred by the facility may be passed back to the responsible club by the Pool or Regional body. We ask for everyone's cooperation to avoid this.
- For the safety and security of personal belongings, clubs must ensure that a representative remains present in their team area at all times.
- Please be aware that the tent area experiences a high volume of pedestrian traffic. CVB and CAC cannot guarantee the security of any personal or team items left unattended.

OFFICIALS AND VOLUNTEER REQUIREMENTS

Each club is responsible for providing deck officials, timers, and recorders throughout the meet.

- Clubs must have volunteers ready at the posted start times.
- VI Region has implemented 2-hour shifts for timers. Your club is accountable for ensuring all assigned shifts are filled to help the meet run smoothly and on schedule.
- If all club entries are submitted on time, lane assignments will be distributed to clubs on Thursday or Friday before the meet.

Thank you for your support and cooperation – it is greatly appreciated and essential to the success of the meet!

OTHER EVENT INFORMATION

Food Services

Coaches and Volunteers: Snack food will be available throughout the weekend for all volunteers, including club volunteers, officials, and timers. Swimmers and Spectators:

There will be no concessions at this meet, however, there are several restaurants and grocery stores located nearby.

Hotels + Camping

CVRD Accommodations Link

Camping Link

50/50 FUNDRAISER

A digital 50/50 draw will run during the meet.

Details on how to purchase tickets will be provided closer to the event and posted in the team tent and spectator areas.

Thank you for your support – proceeds help support future events and programs!

CONTACT INFORMATION

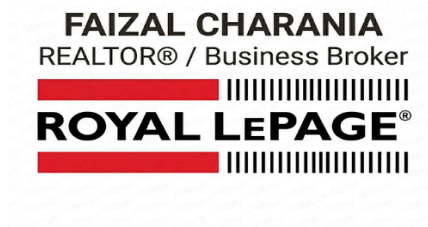
Meet Manager(s): Candace Bates – icebreaker@cvbreakers.ca

THANK YOU TO OUR SUPPORTERS

The Cowichan Valley Breakers would like to thank the Cowichan Valley Regional District, The Cowichan Aquatic Centre, and North Cowichan for their generous support in the staging of this meet.



And, to Realtor and Business Broker Faizal Charania and The Cowichan Valley Tee Box for their continued support of The Cowichan Valley Breakers



Thank you, and we will see you on deck soon!
2026 Cowichan Valley Breakers Executive, Coaches,
Swimmers and Families



ICEBREAKER MEET - REGISTRATION CHECKLIST

Pre-Registration Tasks:

1. Confirm Eligibility:
 - Ensure all swimmers are registered with the Vancouver Island Region of BCSSA.

2. Review Event Limits:
 - Div 1-4 and O1: Maximum 6 individual events + 2 relays.
 - Div 5-7, O2, and O8: Maximum 7 individual events + 2 relays.

3. Novice Swimmers:
 - Confirm if the swimmer is considered Novice (unable to swim 25m in under 30s).
 - Prepare and submit a list of novice swimmers to the Clerk of the Course by:
 - 9:30 AM on Saturday, May 30th
 - 8:45 AM on Sunday, May 31st

4. Confirm Entry Times:
 - For new swimmers entering an event for the first time, enter "NT" (No Time).
 - For returning swimmers, enter valid times.
 - If a swimmer is racing a new event they haven't previously swum, enter "NT" for that event.

Registration Submission

5. Individual Entries:

- Entries must be submitted through the Swimming Canada online system (Hy-Tek) and via email to icebreaker@cvbreakers.ca Please include: your entry file, your team roster file, estimated numbers for novice races, notes about swimmers with disabilities or newer but older swimmers racing as exhibition swimmers.**
- Submit entries by **Monday, May 25th, 2026, by 10:00 PM** to: icebreaker@cvbreakers.ca

6. Verify Relay Teams:

- Ensure all relay teams are correctly formed, ensuring no novice swimmers are included in relays.

Meet Day Preparations

7. Deck Entries and Scratches:

- Submit any deck entries and scratches by:
 - 9:30 AM on Saturday, May 30th
 - 8:45 AM on Sunday, May 31st

8. Payment:

- Ensure all fees are submitted:
 - Individual events: \$9.00 each.
 - Relay events: \$13.00 per relay.
 - Deck entries: \$20.00 (for individual events, excluding novice).
 - Payment options: Cheques (payable to Cowichan Valley Breakers) or e-transfer to treasurer@cvbreakers.ca

On-Site Tasking

9. Warm-Up Groups:

- Ensure swimmers are aware of their warm-up groups and lane assignments, which will be emailed by May 28th.

10. Deck Access:

- Coaches can access the deck starting:
 - 9:15 AM on Saturday, May 30th
 - 8:20 AM on Sunday, May 31st
- Ensure swimmers and parents are aware of the deck access restrictions

11. Official's Meeting:

- Ensure officials attend their meeting at 10:05 AM on Saturday and 9:20 AM on Sunday.

12. Coaches Meeting:

- Ensure coaches attend their meeting at 10:30 AM on Saturday and 9:45 AM on Sunday.

13. Team Tent Setup:

- Set up your team tent in the designated parking lot area.
- Ensure your area is clean and all belongings are secured.

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