



Oak Bay Orcas Invitational Swim Meet Join us for the Pool Party!

Saturday June 20th & Sunday June 21st, 2026
Saanich Commonwealth Pool, 4636 Elk Lake Dr., Saanich, BC

Heats and Finals
Medals for Individual 1st, 2nd and 3rd!



Live Streaming at <https://www.youtube.com/@OakBayOrcas>

- Course:** 25 metre, 8 lanes, starting blocks, Omega Quantum Timing System - touchpads, Scoreboard and plunger backup. Heats and Finals Meet¹
- Rules:** BCSSA rules apply. Statements made in this meet package shall not override any BCSSA or VI Region rule or policy.
- Entries:** Club entries must be received before 11:59 pm Monday June 15th, 2026. Please email Hy-Tek entries to the Clerk of the Course at clerkofcourse@oakbayorcas.ca
Entries must include a club roster list.

Meet Manager: Jon Lawlor 778-230-0305

meet@oakbayorcas.ca

Meet Referee: TBD

Meet Format

- Seeded Heats based on Entry times
- Div 1-3 heats run together - Div 4-8 heats run together
- IM events swum by Division
- Novice Events will be run with Fly and Free on Saturday and Back and Breast on Sunday.
- **Note:** Relays will be run after the morning session break and before finals on both days to allow for teams and families to start their journeys home.
- We welcome feedback on any aspect of our meet. Please send feedback to meet@oakbayorcas.ca

Entries:

- Novice events are scheduled on **Saturday and Sunday**. A swimmer is to be entered as a "Novice" in a particular event only if they are unable to swim a 25 metre stroke in less than 30 seconds and are still developing stroke specific skills. Once a swimmer has competed in a 50 metre event (including relays) at a BCSSA swim meet, they are no longer considered novices in that stroke, regardless of time achieved, so please be careful when forming relay teams. Times swum in Novice events will not be posted. Novice Swimmers are to report to the marshalling section of the on deck bleachers.
- All swimmers must be registered with the BCSSA.
- No swim-ups will be allowed
- Early entries are absolutely appreciated!
- Late entries will be treated as deck entries and billed accordingly
- Swimmers must be entered with an official BCSSA time.
- New swimmers who have never swum or achieved a valid time in a specific stroke must be entered with a "NT".
- Returning swimmers who have a valid time for their events must be entered with these into the appropriate division. However, if they have not swum a particular event before (e.g., Division 3 50 back, now in Division 4 swimming 100 back), must be entered with a "NT".

¹ Individual Medley and Relay events will be run as Timed Finals

Fees:

- \$5.00 per swimmer (including Novices) for Saanich Commonwealth Pool fee
- \$12.50 per individual event (Novice events are \$0.00)
- \$20.00 per relay.
- \$20.00 per individual swimmer deck entry in each race.
- \$40.00 Relays entered after the entry deadline (due to time constraints we need to know the total number of relays entered. Swimmers may be changed at no extra cost until the relay card deadline each day at no extra cost).
- No refunds for missed or scratched events.
- Meet fees will be payable in the week following the meet via e-transfer to treasurer@oakbayorcas.ca, or other arrangements can be made with the treasurer.

Officials:

- All officials from all clubs are needed on deck to help run our meet.

Deck Entries & Scratches:

- All deck entries and scratches must be submitted to the Clerk of the Course by 12:30 pm on Saturday and 8:30 am on Sunday. These deadlines are strict and will be enforced.
- Deck entries will be allowed at the discretion of the Clerk of the Course on the day of the meet. Athlete BCSSA # and birthdate must be provided if you do not send a club roster with your entries. Deck entry swimmers may NOT be seeded and could be fit into events where available, if accepted by the Clerk of the Course.

Relays:

- Relay teams will be seeded in their appropriate Division regardless of the number of "O" swimmers on the team. If one or more "O" swimmers are on a relay team, that relay will be treated as an "O" Cat relay in the final results. Relay entry cards must be handed in to the Clerk of the Course by 3:00 pm Saturday and 10:00 am Sunday. All relay teams must have 4 swimmers.

Heat Sheets & Results:

- Psych sheets will be emailed to clubs mid week prior.
- Events will be updated to Meet Mobile and posted on the walls around the pool.
- All Hy-Tek results will be sent by email and posted to the VI Region & BCSSA websites.
- Medals and Ribbons should be available at the end of the meet. Your Coach or Team representative are responsible for picking these up. Please let the Meet Manager know if this is not possible.

Marshalling:

- Swimmers will report to marshalling on the pool deck when their event number is posted. Divisions 1 - 3 and OCat 1 will be marshalled. All others must check in for their event at the marshalling table but then are responsible to be behind the blocks in time for their races.
- All Finals will be marshalled.
- All Relays will be marshalled.

- Please be advised that announcements made over the public address system are courtesy calls only. The onus is on swimmers and coaches to ensure that they are present for any races or marshalling for their races.

Event Seeding:

- Swimmers with no times will be seeded in the slower heats.

Swimmers with a Disability:

- Coaches must notify the Meet Manager at the beginning of the meet of any swimmers with a disability. Swimmers with a disability must attempt to swim the proper stroke.

The Working Deck:

- The deck surrounding the sides and entrance end of the pool will be the “working deck” and is out of bounds for all but working officials during the meet. As per BCSSA rules, unauthorized intrusion into such areas by athletes, coaches, or any other persons may warrant, at the discretion of the Meet Referee, disqualification from all remaining events in the meet or expulsion from the pool for the remainder of the meet.

Meet Merch:

This year we will be offering "meet merch".

<https://badfrog.ca/oak-bay-ormas/>

Order ahead and guarantee pickup on the first day of the meet!

Event Days and Start and End Times:

Saturday June 20 th	Sunday June 21 st
12:00 pm Group Warmups	8:00 am Group Warmups
12:15 pm Officials Meeting	8:15 am Officials Meeting
12:30 pm Coaches Meeting	8:30 am Coaches Meeting
12:30 pm All Deck Entries and Scratches in to the Clerk of the Course	8:30 am All Deck Entries and Scratches in to the Clerk of the Course
1:00 pm Competition starts	9:00 am Competition starts
8:00 pm Meet Ends	4:00 pm Meet Ends

NOTE: All clubs will be notified of their group and lane assignments by email on Thursday June 18, 2026. This will be based on the number of clubs and swimmers registered.

Events:

The IM and all Relays will be swum as Timed Finals.

Saturday June 20th	Sunday June 21st
100 IM (Div 1 - 3 and OCAT 1)	50 Fly (Div 5 - 8, OCAT 2 and O8)
200 IM (Div 4 - 8, OCAT 2 and O8)	50 Back (Div 1 - 3 and OCAT 1)
50 Fly (Div 1 - 4 and OCAT 1)	100 Back (Div 4 - 8, OCAT 2 and O8)
100 Fly (Div 5 - 8, OCAT 2 and O8)	50 Breast (Div 1 - 3 and OCAT 1)
50 Free (Div 1 - 8)	100 Breast (Div 4 - 8, OCAT 2 and O8)
	100 Free (Div 1 - 8)
Novice Events Fly & Free	Novice Events Back & Breast
Break	Break
200 Medley Relays	200 Free Relay
50 Fly Finals (Div 1-4 and OCAT 1)	50 Fly Finals (Div 5 - 8, OCAT 2 and O8)
100 Fly Finals (Div 5 - 8, OCAT 2 and O8)	50 Back Finals (Div 1 - 3 and OCAT 1)
50 Free Finals (Div 1 - 8)	100 Back Finals (Div 4 - 8, OCAT 2 and O8)
	50 Breast Finals (Div 1 - 3 and OCAT 1)
	100 Breast Finals (Div 4 - 8, OCAT 2 and O8)
	100 Free Finals (Div 1 - 8)
Expected end time: 7:45pm	Expected end time: 4:00pm

Awards:

- All Individual Events 1st to 3rd place medals, 4th to 8th place ribbons
 - A podium will be on deck and medals will be self marshalled
- All Relays 1st to 8th place ribbons
- Novice Events Participation goodies

Deck Food & Beverages:

- **No food may be consumed on deck.**
- **No beverages other than water are permitted on the deck.**
- Food will be available for Officials and Timers in the food services room on deck.

Club Duties:

Each club is expected to provide deck officials and timers throughout the meet and must be ready at the listed start times. Timer shifts will be 2 hours long. Your club is accountable for all of your shifts, so please ensure the shifts are filled in advance so that the meet runs smoothly

and efficiently. If ALL club entries are received on time, our lane assignments will be sent out to all clubs on the Thursday or Friday before the meet. Thank you, volunteers!

Disqualifications - Special Rules:

Disqualifications will be administered for rule infractions, for all divisions. **Coaches will administer disqualifications as in previous years' BCSSA VI Region meets, so please prepare your swimmers.**

The following process will be used for disqualifications:

1. Deck official writes up infraction and turns in the DQ form to the Meet Referee.
2. Meet Referee provides the DQ slip to the DQ Official, who informs a Coach from the Swimmer's Club of the infraction.
3. Coach discusses the infraction with the swimmer.

Additional Information:

- **A schedule of Club timing shifts/responsibilities will be posted on the north wall above the bleachers.**
- Access to the recreational areas of the complex is prohibited, unless through paid admission.
- Parking is available free of charge in the SCP parking lot.
- No camping or overnight parking in the parking lot.
- Club tents are permitted on the grass field to the west of the pool. **In accordance with our Permit of Use, no loudspeakers or loud music is permitted outside** of the SCP facility. The Oak Bay Orcas and the SCP cannot guarantee the safety of items in the club tents.
- Parking is prohibited in loading, fire or reserved areas.
- **Please keep your area inside and outside the facility clean, litter pick-up is your Club's responsibility. Additional charges could be levied back to offending clubs.**

All deck entries and scratches **must** be submitted to the Clerk of the Course by **12:30 pm** on **Saturday** and **8:30 am** on **Sunday**.

Please Note: These Deadlines are strict and will be enforced.

Please use the sheets below or those provided at the Clerk of Course table.

Oak Bay Orcas Meet <u>DECK ENTRY</u> Form				
Coach: _____		Club Name: _____		
Swimmer	BCSSA #	Birthdate	Event # & Div	Time

