



Salt Spring Stingrays Invitational Swim Meet
July 11 and 12
2026

Location: 262 Rainbow Road, Salt Spring Island, BC
"Rainbow Road Pool"

Meet Manager: Shelly Johnson
Meet Referee: Jim Walsh

- Swim Meet Course:** 25 meters, 6 lanes, starting blocks, Dolphin timing system
- Rules:** British Columbia Summer Swim Association (BCSSA) rules and regulations will apply.
- Entries:** Club entries must be received by **10 PM, Monday July 6, 2026**. Please e-mail club entries and database to registrar@saltspringstingrays.com and include a club roster list for deck entries.
- Please DO NOT enter Novice swimmers in Hytek. Include your expected number of novice swimmers in the body of your email when you send your entries.
- PLEASE NOTE: All entries received after 10PM on Monday July 6, 2026 will be considered deck entries and clubs will be charged accordingly.

INSTRUCTIONS FOR MEET ENTRIES

1. All swimmers must be registered with BCSSA.

Swimmers with a disability: Coaches should communicate with the host club prior to the start of the meet about any swimmer(s) with disabilities who require accommodation(s). Details via email are appreciated. Swimmers with a disability must attempt to swim the proper stroke.

2. **Entry Times:** Please enter swimmers in correct division and category. Swimmers are to be entered with their current fastest official BCSSA times. Swimmers will be seeded according to time. If a swimmer has not swum the event before, they must be entered as NT (no time).

3. **TIMED FINALS - Swimmers may enter** a maximum of 6 individual events (Div 5+ may enter 7 events) and 2 relays.
4. Attempts will be made to combine events (S and/or O-Cat) to ensure swimmers do not race alone. Results will be separated based on division/category.
5. **Novice:** A novice is defined as a swimmer who takes 30 seconds or more to complete 25 meters of the pool in the specified stroke. Please note that Novice/25m events will be at the beginning of each day's events--free and fly on Saturday, back and breast on Sunday. Please send a list of novice swimmers. DO NOT enter novices in HyTek.
6. **Relays:** Relay teams will be seeded in their appropriate Division. Relay entries can be included with your team's entry file or emailed any time before the meet. Changes or additional relay entries must be submitted to the Meet Clerk via relay entry cards **no later than 10:00am on the day of the event.**

NOTE: Saturday relays will be regular Medley relays; Sunday relays will be regular Freestyle relays.

7. **Parent Medley Relay** will be held at the end of day on Saturday. Parents must be registered parents of swimmers to participate. \$20 per team. Please fill out the form in the morning at the information desk located in the front foyer.
8. **Marshalling:**
 - Div 1-3 and O-Cat 1 individual events will be marshalled
 - Div 4-8 and O-Cat 2 individual event swimmers will be responsible for signing in at Marshalling and reporting behind the block in time for their race. **Please remind** swimmers to check in with lane timers prior to race in event of last minute changes
 - Full marshalling for relays – ALL Divisions.

SCRATCHES and DECK ENTRIES

- Must be submitted to the Meet Clerk by **9:00 AM Saturday** and **9:00 AM Sunday**. No refunds for missed or scratched events. Athlete's BCSSA # and birth date must be provided if you do not send a club roster with your entries.
- **Deck entries** must be entered manually on the pool deck using deck entry forms. Deck entries will be accepted at the discretion of the Meet Clerk to fill empty lanes only. No new heats will be created. Please note the higher fees for deck entries listed above.

MEET FEES	
All fees payable by cheque to “ SS Aquatic Society ”. Cheques to be submitted to the Meet Clerk by end of the meet day Sunday July 12, 2026 .	
Fees may also be sent via e-transfer to treasurer@saltspringstingrays.com within 1 week of completion of the meet	
Novices	No charge for 25m events
Individual Events	\$ 9.00
Deck Entries:	\$16.00
Relays	\$13.00/team
Parent Relays	\$20.00/team

<u>SATURDAY, JULY 11, 2026</u>		<u>SUNDAY, JULY 12, 2026</u>	
8:30-8:50AM	GROUP A WARM UP	8:30-8:50AM	GROUP C WARM UP
8:50-9:10AM	GROUP B WARM UP	8:50-9:10AM	GROUP B WARM UP
9AM	DECK ENTRIES AND SCRATCHES DUE	9AM	DECK ENTRIES AND SCRATCHES DUE
9:10-9:30AM	GROUP C WARM UP	9:10-9:30AM	GROUP A WARM UP
9:15-9:30AM	OFFICIALS' MEETING	9:15-9:30	OFFICIALS' MEETING
9:30-9:45	COACHES' MEETING	9:30-9:45AM	COACHES' MEETING
10:00AM	NATIONAL ANTHEM AND START HEATS	10:00 AM	START HEATS

All clubs will be notified of their warm up group and lane assignments via e-mail by Thursday July 9th, based on the number of swimmers registered from each club.

SATURDAY EVENTS	SUNDAY EVENTS
25 - Novice Free	25 Novice Back
25 - Novice Fly	25 Novice Breast
100 IM (Div 1-3/O-Cat 1) 200 IM (Div 4-8/O-Cat 2)	50 Fly (Div 5-8, O-Cat 2)
50 Free (Div 1-8, O-Cat 1 & 2)	50 Back (Div 1-3, O-Cat 1) 100 Back (Div 4-8, O-Cat 2)
50 Fly (Div 1-4) 100 Fly (Div 5-8, O-Cat 2)	50 Breast (Div 1-3, O-Cat 1) 100 Breast (Div 4-8, O-Cat 2)
200 Medley Relay (Div 1-8, O-Cat 1 & 2)	100 Free (Div 1-8, O-Cat 1 & 2)
Parent Medley Relay	200 Free Relay (Div 1-8, O-Cat 1&2)

AWARDS

Individual Events - 1st through 6th place Ribbons
 Relay Events – Individual Ribbons: 1st, 2nd and 3rd
 Novice Events - Participation Ribbons and treats

HEAT SHEETS and RESULTS

1. Heat Sheets will be distributed to VI Region team presidents.
2. Results will be uploaded to Meet Mobile and paper copies will be posted outside the pool front doors as they become available.
3. Ribbons may be available for pick-up by Team representative at the Information desk in the front foyer after 3:00pm on Sunday. If not ready by this time, ribbons will be brought to the next swim meet (Piranhas) for distribution to clubs.
4. Meet Results will be sent by email and posted to the VI Region & BCSSA websites.

TIMERS and OFFICIALS

Each participating club is responsible for supplying timers for the meet. Club lane assignments will be posted at the pool each morning. All timers must be a minimum 16 years of age. We also greatly appreciate all officials who can participate on deck: we are a small team and need your help for a successful meet :) We will provide you with yummy deck food!

DISQUALIFICATIONS

Disqualifications will be administered as per BCSSA rules. Please remember that officials make every effort to inform coaches as quickly as possible of any disqualifications, preferably

no longer than 15 minutes. However, at times there may be circumstances where it will take a bit longer – please be patient and respectful with officials.

Novice swimmers will not be disqualified

THE WORKING DECK

The deck surrounding the sides and entrance end of 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.

DECK FOOD

Deck food will be served to coaches and volunteers. Deck food will be peanut free to limit risk of an airborne peanut allergy. Please do not bring peanut containing food on the pool deck.

OTHER INFORMATION

PARKING/DROP-OFF: Please follow guidance of Parking Marshalls. Limited space available at the pool.

You may drop off your swimmer(s) and gear at/near the main entrance to pool, then park at Gulf Islands Secondary School, 262 Rainbow Road (one block away). Roadside parking is **strongly discouraged** to avoid traffic congestion on our busy and narrow roads.

GENERAL INFO

- Keep all pathways clear of debris and congestion.
- No camping or overnight parking permitted at pool.
- Porta potties will be available for use outside the pool building near the Heron's Nest building (back of on-site parking lot) to accommodate water restrictions.
- Do not leave personal belongings unattended in change rooms or other public areas.
- Club tents permitted on grass at front and back of pool. The exterior West wall area of the pool (behind diving blocks) must be left clear at all times.
- Please do not hang anything or climb on trees.
- There is a FIRE BAN and SEVERE WATER RESTRICTIONS are in place.
- Please keep your area clean using the garbage and recycling bags provided - litter pick-up and recycling is your responsibility.
- Overnight: Any items left on site overnight are not the responsibility of the SSI Stingrays Swim Team. Any belongings left on site are left at your own risk.
- Any pets must be on leash and supervised at all times.
- There is a pond on site. Please supervise children near the pond.
- There are security cameras present in the pool building (not in the bathrooms or change-rooms)

CONCESSION/FOOD SERVICES

- A variety of options (including some gluten free & vegetarian) will be available at the club concession & of course the ever-famous **Fruitsicles!** **Please Bring Cash!**
- Please reduce recycling by bringing your refillable water bottle (with your name on it): we will have a water fill-up station available

SPECIAL RAFFLE

Parking spots and Seating in the race viewing area are both VERY limited at the Salt Spring pool.

With our visiting families in mind, we are having a raffle to help out!

[Buy raffle tickets online](#)

VIP Seating Raffle Tickets!

View the races right beside the pool on a cushioned comfy bench!

5 people can comfortably sit here, and the seats will always be waiting for you. Or go by yourself and stretch out on the pillows!

VIP Parking Raffle Tickets!

This parking spot right in front of the entrance is reserved for our winners all day long!

Going back to the car to get something is suddenly so easy! Come and go as you wish without losing your spot.

Buy raffle tickets for just the VIP parking, or just the VIP Seating. Only Saturday, or only Sunday.

Or think big and buy our weekend bundles of tickets for everything! Small, Large and Gigantic packages available for easy one click raffle ticket buying. Winners will be notified by email just before the meet.

Buy online now.

<https://saltspringmeet.square.site/>

Support the Salt Spring team and enjoy the meet in luxury at the same time!

CAMPING AND ACCOMMODATIONS

NOTE: Due to the possibility of ferry sailings being cancelled (staff shortages etc), it is strongly recommended that accommodations be arranged for Friday evening. Travelling Saturday or Sunday morning to the island will be risky.

CAMPING – Contact: lrithaler@telus.net via email, using subject line “SSI SWIM MEET CAMPING”.

Accommodations are in high demand and can be pricey. The Rithaler family has once again offered to host swim families to camp on their farm. The cost is \$40/night per family, using one vehicle. Self-contained units (RV, Camper, Trailer) are welcome.

This opportunity is available for individual families, or for groups who wish to camp together. Suitable sites will be assigned by the camp hosts. There is plenty of room. Porta potties and fresh water are available on site, as well as dishwashing and handwashing stations.

Gazebo with tables and seating available for use by all.

Positively no fires, smoking, open flames or campfires permitted due to extreme fire hazards.

Please appreciate this is a private family home, not a year-round public campsite. As such, the space is to be shared and cared for by all who attend (ie. use garbage and recycling receptacles provided or carry out own waste). Kindly follow direction of the camp hosts.

Please contact Loretta and Mark at lrithaler@telus.net as indicated above or by phone if needed at 250-537-7503.

OTHER ACCOMMODATION INFO

www.saltspringtourism.com

<https://saltspringaccommodation.ca>

FERRY INFO

www.bcf ferries.com

*****NOTE:** BC Ferry services on weekends often have overloads. **Plan to arrive Early.**

Salt Spring Island Stingrays Swim Club reserves the right to cancel events if the meet runs overtime or if the weather turns inclement.
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