

**CTSC Proactive Safety Master's Trident Classic**  
**May 3, 2026**

Sanctioned by Swim BC: #63237

**COMPETITION HOSTS:** Cranbrook Triton Swim Club

**VENUE:** Western Financial Place Aquatic Centre

1777 2<sup>nd</sup> St. N, Cranbrook BC

Ample parking available in north, south, and east lots.

Paid lockers available in changerooms.

**POOL:** 8 lane 25m competition pool with Time Drops timekeeping system.

**MEET MANAGER:** Stephanie Baldwin, [ctscmeetmanager@gmail.com](mailto:ctscmeetmanager@gmail.com)

**MEET REFEREE:** Peter Borszcz

**OFFICIALS COORDINATOR:** Julia Oaks, [ctscofficials@gmail.com](mailto:ctscofficials@gmail.com)

WARM UP AND SESSION TIMES		
Date: Sunday May 3		
Session #1	Warm-up	07:30-08:00
	Competition	08:15-10:00
<b>Note:</b> Session completion time is approximate		

#### LAND ACKNOWLEDGEMENT

Cranbrook Triton Swim Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Ktunaxa Nation.

#### SAFE SPORT

1. 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.
2. Deck changes are explicitly prohibited.
3. Adults-only washrooms will not be available due to facility constraints.

#### ELIGIBILITY

4. All swimmers must be registered with a Swim BC, SNC, or other World Aquatics recognized club.
5. Proof of registration may be required for International Masters swimmers.
6. Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39, 40-45, etc in 5yr age increments.
7. Swimmer age is as of December 31<sup>st</sup>.
8. The meet will be limited to 30 swimmers. Entries will be considered a first-come-first-serve basis. A minimum of 8 swimmers is required to run the meet.

#### ENTRIES

1. Swimmers are limited to a max of **3** individual entries.
2. Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
3. Meet Fees are **\$45.00** per swimmer and can be paid by cheque CTSC or by e-transfer to [treasurerctsc@gmail.com](mailto:treasurerctsc@gmail.com).
4. Registration Methods:
  - a. **Online:** All entries must be sent through REMS either by Club entries or Masters Individual entries.
  - b. **Deadline:** April 21, 2026 by 9pm.
  - c. Instructions on how to register (Individual entries) are added to the end of this meet package.
5. All meet fees **MUST** accompany all entries and must be paid prior to warm-up.
6. **Late and/or deck entries will not be accepted. No refunds.**
7. **Scratches received before April 24<sup>th</sup> will not incur meet fees.**
8. Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.

9. Heat Sheets will not be emailed prior to but will be posted at the facility on the day of the meet.

#### GENERAL MEET RULES

1. This meet will observe the World Aquatics Technical Rules as outlined in the current World Aquatics Masters Rulebook as well as:
  2. Starts shall be permitted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
  3. Swim BC Competition Safety Warm Up Procedures will be in effect
  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. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
  - i. Non-verbal instruction provided by a \*support person
  - ii. Hand signals given by the starter/referee

\* Note that the support person must show a status of "Registered" as support staff in the Swimming Canada registration system. Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.
6. 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.
7. During events only one (1) swimmer per lane is permitted.
8. All events will be swum as TIME FINALS.
9. Events will be swum slowest to fastest with all age groups and genders swimming together.
  - i. In the results, swimmers will be separated into the different genders and age groups.
10. Meet management reserves the right to reduce this number of entries for all events if the meet time lines do not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed.
11. Coaches are asked to check in with the Meet Manager immediately upon arrival to pay outstanding entry fees, pick up Meet Info packages and receive information regarding any changes.
12. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
13. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.

#### SCORING & AWARDS

There will be no scoring. There will be no awards.

#### RECORD ATTEMPTS

1. Record attempt forms are attached to this meet package. It is the swimmer and/or coach's responsibility to fill out the form and submit to the Admin Desk prior to the start of the session.

### Schedule of Events

Event Number		Event Name	Event Number		Event Name
1	Mixed	100 IM			
2	Mixed	100 Breast			
3	Mixed	100 Fly			
4	Mixed	50 Free			
5	Mixed	50 Breast			
6	Mixed	50 Fly			
7	Mixed	50 Back			
8	Mixed	100 Back			
9	Mixed	100 Free			

## Masters Record Attempt Form

Submit to Meet Admin Desk as per Meet Information Package

Record Type: Canadian World

### Individual Event

Name: \_\_\_\_\_ Male: Female:

Swimmer ID #: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name of Club: \_\_\_\_\_ Club Code:

Event  
(Distance and Stroke) \_\_\_\_\_

### Relay Event

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Name of Club: \_\_\_\_\_ Club Code:

Event  
(Distance and Stroke) \_\_\_\_\_

Age Group: \_\_\_\_\_ Male: Female: Mixed:

#1 Name: DOB: Swimming Canada ID #:

#2 Name: DOB: Swimming Canada ID #:

#3 Name: DOB: Swimming Canada ID #:

#4 Name: DOB: Swimming Canada ID #:

**\*\* For a World Record Attempt Request, a copy of swimmer's Birth Certificate or Passport must be submitted with this completed form \*\***



# COMPETITION WARM-UP SAFETY PROCEDURES

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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.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- 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.

## 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.

## 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 in helping 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 Management 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:

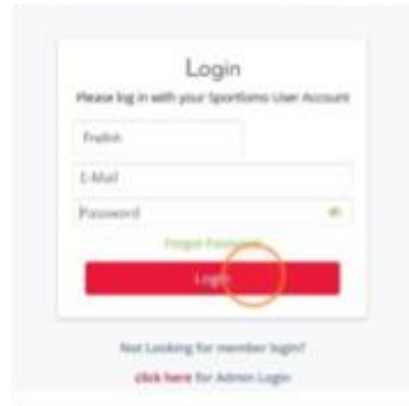
**"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**

## Masters Individual Meet Entries - Training Guide

### Find a Meet to Enter

1. Login to REMS member account.

<https://swimming.canada.sportsmanager.ie/sportlomo/users/login>



**You must have an Active registration status for the Masters registration category to proceed with meet entries.**

Please contact your club if you have questions about your registration status.

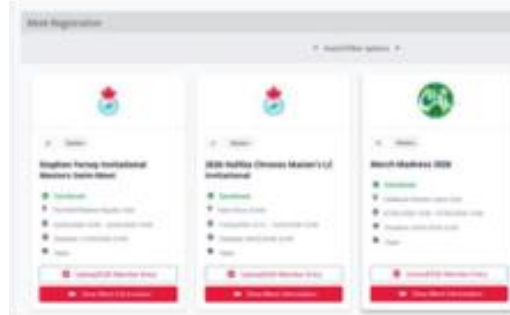
- a. If your status is **Needs More Info**, click the Update Information button on your member card to complete your registration.
- b. If your status is **Expired**, you will need to register for the season. Contact your club for more information



2. To search for Meets, click the **Add** button under Meets. This will list all sanctioned Masters meets that allow individual entries.

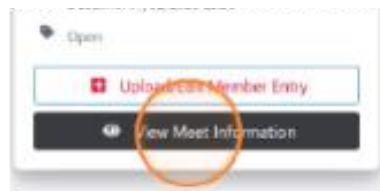


### 3. Meet list for meets allowing Masters Individual Entries



#### View Meet Information (Meet Packages)

1. Find the meet that you want to enter. Click **View Meet Information** to see meet details.



2. Click **Back** to go to the previous screen.

#### Add/Edit Meet Entries

1. Click **Upload/Edit Member Entry** to add or edit your entries for this meet.



2. Click **Please Select...** for the **Select member to register** field and choose the Masters swimmer to register to the meet. *This list will only show Masters swimmers that have an Active Masters Registration status.*



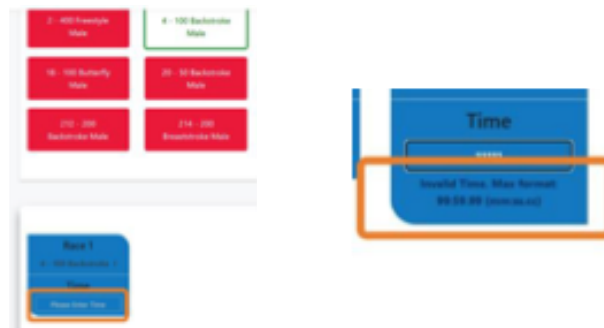
3. Choose the swimmer to register.



4. Click on the red boxes to select your events. You can only select up to the maximum number of events permitted by the meet.
  - a. If you try to select more events than are permitted, you will receive an error message at the top of the event list.



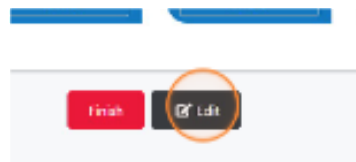
5. When you select an event, a blue box will appear below. Events that have been selected will be highlighted in green. To de-select an event, click on the green highlighted box. Click the "Please Enter Time" field. Enter your entry time using the format MM:SS.00 (e.g. 2:03.34, 50.45, 12:45.99)
  - a. If you enter the time in an incorrect format, you will receive an error message.



6. When you are done selecting your events, click **Continue**.



7. If you are finished with your meet entries, click the **Finish** button.
  - a. If you want to make changes to your entries, click **Edit**.
    - i. Click on any of the times to make updates.
    - ii. To de-select an event, click on the green highlighted box. Select a new event by clicking any red box.
    - iii. If you make changes, click the Save button.



## Edit Submitted Meet Entries

1. If you need to go back later and edit your entries, find the meet that you entered and click **Upload/Edit Member Entry**
  - a. When you click the **Update/Edit button**, you will not see your entries; you must go to the Meet Log Section and click **Edit** Icon.



The screenshot shows a table titled "Meet Entry Logs". The table has two columns: "Valid Entry" and "Created At". The first row contains the text "Masters TestSwimmer" under "Valid Entry" and "27/01/2026 15:21" under "Created At". To the right of the "Created At" cell, there is a small icon of a pencil inside a square, which is highlighted with an orange box. An orange arrow points from the top right towards this icon.

Valid Entry	Created At	Actions
Masters TestSwimmer	27/01/2026 15:21	

- b. To remove an event, click the green highlighted box.
  - i. The blue box with the time will be removed.
- c. Select a new event by clicking on red box
  - i. Add the time for the new event
- d. When you are finished making changes, click **Save**.
  - i. If you did not make any changes, do not click the Save button.

Clicking the Save or Finish buttons creates the meet entry file for the Meet Manager. You will not receive any email notifications when you submit your entries. All communications will come the meet entries coordinator.