



Sanctioned by Swim BC: #62904

The Elk Valley Dolphins Swim Club would like to acknowledge that Fernie is located within Quin ʔamakʔis, the unceded traditional territory of Yaqit ʔa·knuqii'it. We recognize that we live and work within their vast lands. ʔakanuxunikLare from Yaqit ʔa·knuqii'it and are members of the Ktunaxa (Kootenay) speaking peoples of British Columbia, Idaho and Montana.

- Location:** Fernie Aquatic Centre
250 Pine Avenue, Fernie, BC V0B 1M2
- Pool Set Up:** SCM
6 lanes, 25m pool
Time Drops
- Meet Manager:** Wendy Howse meetmanager@evdsc.com
- Meet Referee:** Norma Lachance mathdva@gmail.com
- Officials Contact:** Halina Wloka fernieofficials@evdsc.com
- Meet Format:** Timed finals
Age groups 10 & Under, 11-12, 13-14, 15 & Over
Relay age groups: 10 & Under, 11-12, 13-14, 15 & Over

Session Times:

Session #	Day	Timed Finals	Warm-Up	Start	Finish
1	Friday	All Ages	3:00 pm – 3:50 pm	4:00 pm	7:30 pm
2	Saturday	10 & Under	7:30 am – 8:20 am	8:30 am	12:30 pm
3	Saturday	11 & Over	2:00 pm – 2:50 pm	3:00 pm	7:30 pm
4	Sunday	10 & Under	7:30 am – 8:20 am	8:30 am	12:00 pm
5	Sunday	11 & Over	1:00 pm – 1: 50 pm	2:00 pm	6:00 pm

The 2026 Fernie Fox Invitational will be livestreamed www.youtube.com/@evdsc

Eligibility:

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

**Max Number
of Participants:**

The meet will be limited to 250 10 & Under swimmers and 250 11 & Over swimmers, the team entering the 250th swimmer will be accepted.

Entries:

Swimmers may enter 7 individual events

Swimmers may enter 1 individual event in session 1. Swimmers may enter 3 individual events in all other eligible sessions.

Entry Deadline:

Deadline for submission of entries is April 04, 2026, by 9:00pm

- Entries must be submitted through the Swimming Canada online system. Emailed entries will not be accepted
- Entries may only be submitted for swimmers whose registration is Active in the new REMS database.
- All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) - this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

Deck Entries:

Deck entries will be allowed only for swimmers already entered in the meet with prior approval from meet management. No new heats will be created.

Entry Fees:

Individual Entry Fees: \$15.00

Relay Entry Fees: \$17.00

Swim BC Competition Surcharge: \$5.00

Deck Entry Fees (if applicable): \$20.00 (payable by card or exact cash only)

E-transfers may be sent to payment@evdsc.com

Cheques made out to EVDSC may be mailed to PO Box 1996, Fernie, BC V0B 1M0

All entry fees must be received prior to the start of session 2.

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.

Adults are not permitted in swimmer changerooms and washrooms. Adult only washrooms will be provided.

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 World Aquatics II.4.1 and II.16.1.4.
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. 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 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. 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.
9. 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):
 - 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.
 - Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
 - 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.

Special Meet Rules:

1. Entries in the 800m Free may be limited to preserve session time. A minimum of 12 girls and 12 boys will be accepted (first swimmers entered have priority). An official split at 400m will be provided to all swimmers completing the 800.
2. Relay name changes must be submitted to the Administration Desk no later than 30 minutes after the start of the session.
3. Meet Management reserves the right to limit entries and/or make schedule changes for session timing,
4. The top 5 finishers in the 100IM for each age group/gender are eligible to participate in the fun Skins Race at the conclusion of Session 3. (full details below)
5. The top finisher in the 50 Free for each age group/gender is eligible to participate in the fun Skins Race at the conclusion of Session 3. (full details below)
6. NT Entries will not be accepted. Estimated times are accepted.

Scratches:

Scratches received prior April 11, 2026 at 9:00pm will not incur Meet Fees.

There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during time finals.

Scoring:

There will be no scoring.

Awards:

Individual Events: Ribbons will be awarded to the top 6 places in each age group/gender.

Relay Events: Ribbons will be awarded to the top 3 places in each age group/gender.

Personal Bests: Swimmers achieving a personal best time in sessions 1-4 will be given a chip to enter a draw at the prize table. Prizes will be drawn at the conclusion of Session 4.

Event List

Session #1

Warm Up: 3:00pm Start: 4:00pm

Female Event Number	Description	Male Event Number
1	800 Freestyle	2
	20 MIN WARM UP	
3	Medley Relay	4
5	200 IM	6
7	200 Fly	8
9	200 Backstroke	10
11	200 Breaststroke	12

Session #2

Warm Up: 7:30am Start: 8:40am

Female Event Number	Description	Male Event Number
13	100 IM	14
15	50 Freestyle	16
17	100 Backstroke	18
19	50 Breaststroke	20
21	200 Freestyle	22

Session #3

Warm Up: 2:00pm Start: 3:10pm

Female Event Number	Description	Male Event Number
23	100 IM	24
25	50 Freestyle	26
27	100 Backstroke	28
29	50 Breaststroke	30
31	4 X 50 Freestyle Relay	32

Mystery Skins Races

Session #4

Warm Up: 7:30am Start: 8:40am

Female Event Number	Description	Male Event Number
33	100 Breaststroke	34
35	50 Backstroke	36
37	100 Freestyle	38
39	50 Butterfly	40
41	4 x 50 Freestyle Relay	42

Session #5

Warm Up: 1:00pm Start: 2:10pm

Female Event Number	Description	Male Event Number
43	100 Breaststroke	44
45	50 Backstroke	46
47	100 Freestyle	48
49	50 Butterfly	50
51	200 Freestyle	52

Mystery SKINS**WHAT IS THE SKINS EVENT?**

A high-energy, elimination-style showdown where swimmers race head-to-head in a "Mystery Medley" format! After each round (25 metre), the last-place swimmer is eliminated until only one champion remains. The winner earns a \$200 voucher for their team.

SELECTION PROCESS

6 swimmers per age/gender group will compete in the SKINS event. Here's how they're chosen:

1. TOP 5 FROM THE 100 IM
 - o The top 5 finishers in the 100 Individual Medley (IM) for each age/gender group automatically qualify. Maximum of two per team can be selected for the skins
2. WILD CARD: TOP 50 FREE SWIMMER
 - o The #1 qualifier from the 50 Freestyle is added to the SKINS lineup.
 - o *If that swimmer is already in the 100 IM top 5, the spot goes to the next fastest 50 Free swimmer not already qualified.*

JUDGING

- 5 judges from different teams will oversee each race.
- If judges cannot agree on a swimmer to eliminate, the heat will be RESWUM immediately.
- Decisions are final—no protests allowed!

EVENT FORMAT: MYSTERY MEDLEY MADNESS

- Round 1: 6 swimmers will be told a surprise stroke/distance (revealed just before the heat!). Each swim is 25m then the remaining swimmers walk back. 1x Fly 1xBk 1x Brs 2xFr
- Elimination: The last-place finisher is cut. Repeat until only 1 SWIMMER REMAINS.

PRIZES

- The winner's team receives a \$200 voucher .
- Bragging rights for life as the SKINS CHAMPION!

AGE GROUPS

- Male & Female: 10&U, 11-12, 13-14, 15+
- Separate events for each age/gender group.

STAY & CHEER!

This is the MOST EXCITING EVENT of the meet!

Swimmers: Stick around to race or support your teammates.

Parents: Bring the noise—your cheers could be the difference!

Official Sponsor of the Fernie Fox Invitational

The 2026 Fernie Fox Invitational will be livestreamed www.youtube.com/@evdsc

25% DISCOUNT!

Your voucher code is “**Dolphins**” which can be booked on our website www.ferniefoxhotel.com or by calling direct 1-877-447-6788.

The code is active and there are no restrictions so no deadlines

. This code can be used anytime of the year for any reason as long as the guests are affiliated (parents, athletes, officials) with the Dolphins.



FERNIE FOX HOTEL

CONTACT US

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stay@ferniefoxhotel.com

www.ferniefoxhotel.com

2021 3 Hwy S, Fernie, British Columbia V0B 1M1, Canada

The Fernie Fox way

The Fernie Fox Hotel's vision is to become the most sustainable hotel in British Columbia, while delivering a true Fernie experience.

The hotel is working to achieve this through improving the sustainability of business activities and reducing its environmental footprint.



COMPETITION WARM-UP SAFETY PROCEDURES

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.”