

Signing Up for Meets

Approximately three weeks prior to a meet, each swimmer who is eligible for the meet will receive an electronic invitation via our website. Families will be able to sign their swimmers up for all or part of a meet, and that information will then be collected electronically by the coaches, who will enter your child in the appropriate events. Please ensure you are logged in so that you can declare your swimmer for the meet. You will receive a bill for the meet fees on the following month's invoice.

New to meets?

- Please review the meet package attached to the event. You will find information about the location, warm up times etc.
- Once your swimmer is registered, your swimmers coach will enter them in events that they deem appropriate based on the swimmers competency. Typically your swimmer should plan to be there for the duration of the meet unless you have advised the coach otherwise.
- Please plan to arrive 15 mins prior to warm up to check in with your coach and stretch before you hop into the water.
- Your swimmer should check in with their coach before and after each swim event.
- For many meets there is marshalling available to ensure younger swimmers in particular get to the blocks. Parents should not be on deck with their swimmers.

What to bring:

- water
- swimsuit
- goggles
- 2 towels
- something warm to wear between races
- healthy snacks
- sharpie and highlighter
- money for a heat sheet - you won't pay for meet fees until you are invoiced

Types of Swim Meets - in order of progression

MINI Meets (for Grassroots 1-2)

Your child will usually start out competing at our club Mini Meets. These meets are a great opportunity to introduce competitive swimming to the novice swimmer in a fun, friendly, relaxed atmosphere. Mini Meets take place at the rec centre pool in Vernon on the last day of grassroots sessions (Wed or Thurs 5-6:30pm) on your child's regular swim day. These are non-sanctioned meets (no upgrade in insurance/registration). However, you MUST register your child online so they get entered in the meet.

Jamborees (Tiers 4-6, working towards a sub 4min 200IM)

Jamborees are the next level of swim meet after a mini meet. These meets are open to swimmers who are in Tiers 4-6, and are working towards a sub 4:00min 200 IM time. Jamborees are not within the scope of the grassroots program, therefore grassroots swimmers do not attend this level of meet. These meets are within a reasonably short drive from Vernon (Kelowna, Penticton, Salmon Arm and Kamloops). Vernon hosts our own jamboree meets - traditionally in November and April. VKSC swimmers should attend. Jamborees are a bigger time commitment than the Mini Meets - usually a full morning or full afternoon for the Jamboree event. Jamborees are an excellent way of preparing swimmers for the next level of competition.

Regional Swim Meets (Tiers 1-4, qualifying sub 4min 200IM)

Regional meets are attended by swimmers who have accomplished a sub 4:00 minute 200IM time. In the swimming world, this is a big benchmark! Regional meets are also typically within a reasonably short drive from Vernon (Kelowna, Penticton, Kamloops, Salmon Arm). We also host a regional meet - traditionally in November and April. All VKSC swimmers should attend. Again, these meets are a step up in terms of time commitment as they are 2-3 full days for the Main Meet swimmers. The Main Meet is sanctioned through Swim BC, so swimmers and their times will be recorded as official.

Your swimmer will be invited to meets based on their level. If you have questions, please contact your swimmers coach.

Team Travel Meets

The VKSC has typically organized one 'Team Travel' meet per season. Parents chaperone, and the club stays together in a hotel. We rent a large bus and travel together. It is a great meet for team bonding, making new friends and swimming against different swimmers from outside of our region.

Qualifying Meets

All information subject to change for the 2017.18 season:

Previously AA's and AAA's (now Tier 1 and Tier 2 for 2017-18 season) - some of you may have seen the Swim BC Time standards that are posted on the Swim BC website. These are the times swimmers must achieve in order to attend Provincial level swim meets. There used to be three levels. 'A', 'AA' and 'AAA'. This has now been changed to T1 and T2 time standards based on age. These are championship level meets for qualifiers. The top swimmers in BC (based on age) can attend the BC Provincial Tier 1 or Tier 2 Championship Meet. These meets are in a Heats and Finals format (all swimmers will race in the Heats to compete for a spot to swim among the fastest 8 in that event in the Finals). This introduces our swimmers to the challenge of swimming under pressure. These meets are often held at the premier pools in the Province. Please talk to your coach if you need help understanding these new standards.

Westerns and National Level Swim Meets

Again, these are qualifying meets for which swimmers must have achieved certain time standards in order to attend. For National level meets, the time standards are set by SNC (Swimming/Natation Canada). These standards apply to swimmers across the entire country. There are new standards for 2018 for both Westerns and Nationals including a restriction to qualify in a Long Course Pool. See the SNC website.