



2026 KISU TRIPLE PENTATHLON

OCTOBER 16 - 18, 2026

2026 KISU TRIPLE PENTATHLON

Sanctioned by Swim BC: #65362

Hosted by: KISU Swim Club

KISU Swim Club would like to acknowledge that the land on which we gather, and the water we swim in, is the traditional, ancestral, and unceded territory of the Okanagan slyx people, who have been the stewards of this land for time immemorial.

SAFE SPORT

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment free of abuse, harassment, and discrimination. This involves promoting open and observable environments and making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete.

- All interactions between an athlete and an individual who is in a position of trust should normally be in an environment or space that is both 'open' and 'observable' to others.
- Deck changes are explicitly prohibited.
- Adult only washrooms (for volunteers, coaches, officials) are not available due to facility constraints.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures, including but not limited, to the Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.

VENUE

Penticton Community Centre
325 Power Street
Penticton, BC, V2A 7K9

POOL SETUP

Competition Pool: 25m x 10 lanes
Warm Up/Cool Down Pool: 20m x 2 lanes
Colorado Timing System

SESSION TIMELINES

Session # Day	Warm Up	Start	Finish
1 Friday PM	1:00 - 1:50 PM	2:00 PM	8:30 PM
2 Saturday AM	7:00 - 7:50 AM	8:00 AM	12:30 PM
3 Saturday PM	1:30 - 2:20 PM	2:30 PM	8:00 PM
4 Sunday AM	7:00 - 7:50 AM	8:00 AM	1:00 PM

ORGANIZING COMMITTEE

<u>Meet Manager:</u>	Erin Boone	meetmanagement@kisu.ca
<u>Meet Referee:</u>	Anne Benn	officials@kisu.ca
<u>Officials Coordinator:</u>	Josh Riep	volunteers@kisu.ca

ENTRY DEADLINE		SCRATCH DEADLINE	
Saturday, October 10, 2026 @ 6:00 PM PDT		Tuesday, October 13, 2026 @ 12:00 PM PDT	
ELIGIBILITY			
		Closed Invitational. Teams must be invited to participate.	
		All swimmers must be registered with Swim BC or other World Aquatics affiliated organizations.	
		Olympic program – sub 4-minute time standard for the 200IM is required.	
		Para Swimming program – swimmers must have a Level 2, 3, or international sport classification by the meet entry deadline: https://rankings.edey.org/ActiveRoster .	
MAXIMUM # PARTICIPANTS			
		The meet will be limited to 300 swimmers. The team entering the 300th swimmer will be accepted.	
ENTRY INFORMATION			
<u>Individual Entries:</u>	Swimmers may enter up to 5 events per day (maximum 15 events).		
<u>Entries Upload:</u>	Entry files must be uploaded and validated through REMS prior to the entry deadline. • Entry files may only be submitted for swimmers whose registration is active in REMS. • All entry files must contain the complete and accurate information as required by Swim BC. This includes: swimmer 9-digit ID #, name, correct date of birth and gender. • Para swimmers complete classifications *(S, SB, SM) must be included with athlete surnames in their entries.		
<u>Late Entries:</u>	Late entries will be accepted ONLY until October 15, 2026 at 5:00 PM, at the discretion of the Meet Manager.		
<u>Deck Entries:</u>	Deck entries will be allowed. All deck entries will be considered exhibition swims and are permitted ONLY at the discretion of the Referee. There will be no time trials. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in the SNC registration system, date of birth, and SNC registration number.		
ENTRY FEES			
<u>Individual Fees:</u>	\$10.50/event (max 5 events per day) Swim BC Competition Surcharge per swimmer: \$6.00 Late entries (received after October 10, 2026 at 6:00 PM) will be charged a \$20 penalty per event, per swimmer. Acceptance of late entries is at the discretion of the Meet Manager. Deck entries, (received after October 15, 2026 at 5:00 PM) will be charged \$30 per event and will be scored as exhibition. Acceptance of deck entries is at the discretion of the Referee.		
<u>Entry Deadline:</u>	Saturday, October 10, 2026 @ 6:00 PM PDT		
<u>Payment Methods:</u>	E-transfer: admin@kisu.ca (indicate 2026 Pentathlon and club) Cheques: Payable to KISU Swim Club. All entry fees MUST be paid to the Administration Desk prior to the start of warm up for Session 1 on Friday, October 16, 2026.		

SCRATCHES

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

Scratches received prior to Sunday, Tuesday, October 13, 2026 @ 12:00 PM PDT will not incur Meet Fees.

Day 2 Deadline: Friday October 16, 2026 @ 2:00 PM

Day 3 Deadline: One hour after the start of Session 3 (Sat PM)

Heats for the following day will be reseeded after the scratch deadlines on Friday and Saturday.

Refunds for scratches submitted after the initial scratch deadline (**Tuesday, October 13, 2026 @ 12:00 PM**) will be approved at the discretion of the Meet Manager. Verification of injury or illness by the Head Coach or Most Senior Coach will be requested prior to refunds being issued. Refunds will be approved solely for withdrawal from the entirety of the meet or remaining sessions and not for individual events.

MEET FORMAT

This meet is an integrated meet with both Olympic and Para events swum in mixed gender and mixed age heats.

Timed Finals: All events will be swum mixed ages and genders, with results separated as indicated under Awards.

Age is determined as of the first day of competition (October 16, 2026)

- Age Groups: 11&U | 12-13 | 14-15 | 16&O

Olympic & Para Program Events are listed on Page 6 of the Meet Package.

Olympic Program swimmers are encouraged to enter all 5 events each day as scoring will be based on cumulative time across all 5 events for each day's Pentathlon.

In order to accommodate reasonable session lengths, Meet Management reserves the right to:

- Limit entries of 200 Free
- Limit entries of 400 IM
- Adjust warm up and session start times

Head coaches will be informed of any changes by **Sunday, October 11 at 6:00 PM PDT**.

Records:

Coaches with swimmers who have the intention of setting an Olympic or Para provincial or national record must be submitted to meet management by **Sunday, October 11, 2026 at 6:00PM PDT**. Depending on the timing of the meet this may or may not be accepted.

Para Swimming

Any para swimmer requiring accommodations must inform the meet manager at the time of entry.

KISU has one strobe for athletes with visual impairment, if more than one swimmer requires the strobe during any heat, KISU meet management may adjust the seeding or speak with the coach for additional accommodations.

Technical/Coach Meeting:

Friday, October 16, 2026 (Time TBD)

MEET RULES

This meet will be conducted under Swimming Canada rules and regulations as outlined in the current Swimming Canada Rulebook.

Code of Conduct:

Violations of the Swim BC Code of Conduct and Ethics policy may result in immediate disqualification from the meet.

Warm-up Procedures:

Swim BC Warm-Up Safety Procedures will be in effect and will be monitored by safety marshals.

During events only one (1) swimmer per lane is permitted.

Swimwear:

All swimmers are permitted to race with the swimwear of their choosing at 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.

Accommodations:

This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:

1. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'.
2. Visual hand signals given by the starter/referee.
3. Facility-provided strobe light: An external strobe light is available at this competition.

KISU has one strobe for athletes with visual impairment, if more than one swimmer requires the strobe during any heat, KISU meet management may adjust the seeding or speak with the coach for additional accommodations.

Clubs must inform Meet Management of the need for accommodations at the time of entry.

Photography/Videography:

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. KISU has defined this area for no photography as anything between the 5m flags at the start end to anything beyond the starting blocks.

Coach Conduct:

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. KISU has defined this as anything beyond the 5m flags (with the exception of where the coach tables have been stationed).

KISU requests that the Head Coach/Most Senior Coach check in with the Administration desk immediately upon arrival to pay entry fees, pick up Meet Package and receive any information regarding changes.

Misconduct:

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.2.5.2.1):

- 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.

DIVING RULES**Pool Depth:**

Deep End: 3.71m

Shallow End: 0.75m

Dive Rules:

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from the deep end only.

An In-water start may be conducted as per Canadian Facility Rule II.C4.1.1 and IIC16.14.1 from the deep end.

Backstroke Ledges:

Backstroke Ledges will be available.

SPECIAL MEET RULES**Seeding:**

All events are swum as Timed Finals and will be seeded **fastest to slowest**, mixed gender events.

Distance Events:**Positive check-in for 400IM:**

- **Prior to the start of Saturday session for your age group (AM younger/PM older)**

Splits:

No official splits offered.

Para Swimmers:

No sport classification will be provided at this meet.

This event is governed by the current WPS technical rules. Competition Rules or procedures contained in this Meet Information Package supersede those found within the 2023 World Para Swimming Technical Rules & Regulations.

SCORING**Team Scoring:**

Points will be awarded to the top 10 finishers in each event as follows: 11-9-8-7-6-5-4-3-2-1.

Individual Scoring:

Olympic Program swimmers are encouraged to enter all 5 events each day as scoring will be based on cumulative time across all 5 events for each day's Pentathlon competition.

Swimmers who are disqualified will receive a custom result equivalent to 1:15/50m. They will not be eligible for points or individual results in the disqualified race but their custom result will be included in their overall Pentathlon result for the session, which will still be eligible for Pentathlon awards. Swimmers who are not entered in all 5 events each session will receive official results. However, they will not be eligible for Pentathlon awards.

Para Scoring:

Para events will be scored using the British Para-Swimming Points Calculator:
<https://www.swimtools.uk/online-swimming-tools/disability/>.

AWARDS**Session Awards:**

1st, 2nd, & 3rd place Pentathlon stickers (cumulative time across all events in session) will be awarded for each day's Pentathlon results for each gender as follows: 11&U | 12-13 | 14-15 | 16&O.

These will be presented at the beginning of the session on the following day. Sunday session awards will be given to coaches at the end of the meet.

Overall Awards:

Triple Pentathlon stickers will be awarded for 1st, 2nd, & 3rd place overall for each gender in the following age groups: 11&U | 12-13 | 14-15 | 16&O. These will be given to coaches at the end of the meet.

Ribbons will be awarded for 1st through 10th place in individual events for each gender in the following age groups: 13&U.

An overall Pentathlon award will be presented to the Para swimmers with the top cumulative score for the meet for each gender.

EVENT LIST

Event # Session 1 | Friday | All Ages | 2:00 PM Start

- 1 Mixed 100m Backstroke | Olympic & Para
- 2 Mixed 100m Breaststroke | Olympic & Para
- 3 Mixed 100m Butterfly | Olympic & Para
- 4 Mixed 100m Freestyle | Olympic & Para
- 5 Mixed 200m IM | Olympic & 200/150m IM Para

Event # Session 2 | Saturday | 13&U | 8:00 AM Start

- 6 Mixed 200m Backstroke | Olympic
- 7 Mixed 200m Breaststroke | Olympic
- 8 Mixed 200m Butterfly | Olympic
- 9 Mixed 200m Freestyle | Olympic & Para
- 10 Mixed 400m IM | Olympic

Event # Session 3 | Saturday | 14&O | 2:30 PM Start

- 11 Mixed 200m Backstroke | Olympic
- 12 Mixed 200m Breaststroke | Olympic
- 13 Mixed 200m Butterfly | Olympic
- 14 Mixed 200m Freestyle | Olympic & Para
- 15 Mixed 400m IM | Olympic

Event # Session 4 | Sunday | All Ages | 8:00 AM Start

- 16 Mixed 50m Backstroke | Olympic & Para
- 17 Mixed 50m Breaststroke | Olympic & Para
- 18 Mixed 50m Butterfly | Olympic & Para
- 19 Mixed 50m Freestyle | Olympic & Para
- 20 Mixed 100m IM | Olympic & 100/75m IM Para

OFFICIALS

We welcome and appreciate the support of Visiting Officials in running a smooth and successful meet. If you are interested in officiating, please e-mail our Officials Coordinators at volunteers@kisu.ca.

Senior Officials (Referee, Starter and Judge of Stroke must be qualified) should e-mail the Meet Referee at officials@kisu.ca.

ACCOMMODATION

Penticton Lakeside Resort & Conference Center

21 Lakeshore Drive W
Penticton, BC V2A 7M5
1-800-663-9400, ext 1
www.pentictonlakesideresort.com

Please mention that you are attending the 2026 KISU Triple Pentathlon to receive the group rate.

Room rates range from \$130 to \$150 per night plus taxes (single/double occupancy; additional adults are \$20/night, 17&U stay free with an adult if using existing bedding).



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.

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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."**

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