24th Annual PCS Christmas Cracker
December 4th - 6th, 2026
Sanctioned by Swim BC: 69554

Pacific Coast Swimming would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the lək̓ wəŋən peoples and W̱SÁNEĆ peoples.

Host: Pacific Coast Swimming
Meet Manager(s): Mike Sanborn, Kuyler Neable
meets@pacificcoastswimming.com
Meet Referee: Mac Macdonald
Volunteer Coordinators: Jamie Hilbert (volunteerPCS@gmail.com)
Venue: Saanich Commonwealth Place (SCP), 4636 Elk Lake Drive, Victoria, BC, V8Z 5M1

Pool & Facilities:
- Two 8 x 25m competition pools separated by a bulkhead
- 4 x 25m lanes in dive tank for warm up & warm down
- Quantum-Omega electronic timing, touch pads & scoreboard
- Coffee shop available on site.

Format:
- Heats and Finals

1. Eligibility

a) All swimmers must be registered with Swim BC, Swimming Canada, or other World Aquatics recognized club.
b) Age groups for this meet are 12&Under, 13-14, and 15&Over.
c) Swimmer age is based on the first day of competition.

2. Safe-Sport

a) Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.
b) Swim BC is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means 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, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.
c) Swimmer only washrooms are designated for the team change rooms at the East Pool start end. All other washrooms in Saanich Commonwealth Place are designated for public use including for volunteers, coaches, officials. Public washrooms are located on the pool deck at the West Pool start end, SCP lobby, café, and library.
d) 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.
e) Deck changes are explicitly prohibited.
f) Washrooms in the facility are not to be used for changing. Athletes are required to use the team changeroom or primary changerooms for changing to maintain access to washroom facilities.

Table 1: Warm-Up and Session Times

Friday December 4th, 2026		
Prelims.	Warm-Up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-Up	4:00 pm - 4:50 pm
	Start	5:00 pm - 8:30 pm
Saturday December 5th, 2026		
Prelims.	Warm-Up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-Up	4:00 pm - 4:50 pm
	Start	5:00 pm - 8:30 pm
Sunday December 6th, 2026		
Prelims.	Warm-Up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-Up	3:30 pm - 4:20 pm
	Start	4:30 pm - 7:30pm

Table 2: Key Dates and Deadlines

Trigger	Deadline
Entries	Tuesday, November 24th, 2026
No-Charge Scratch	Saturday, November 28th, 2026
Fee Payment	9:00 am Friday December 4th, 2026
Positive Check-in (800 & 1500 Free)	9:00 am the day the event is swum
Finals Scratch	30 min. following the completion of the day's preliminary events (not including times finals).
Relay Names	60 min prior to the start of the session in which the relay is to be swum.

3. General information

a) Preliminaries will swim in two pools, senior seeded slowest to fastest, for all age groups combined.
b) To preserve timeouts, Meet Management may swim Finals Events in two pools broken out by gender.
c) Para swimmers are welcome to compete, and classification numbers must accompany entries. This is not a para sanctioned meet.
d) Meet Management reserves the right to limit/alter the meet to fit timelines such as limit entries, move preliminary swims between pools for load balancing, and/or reschedule slower heats to the end of the

session on the day the event is swum. Affected teams will be notified as soon as possible of the changes.

e) Teams requesting official splits are responsible for supplying timers for their swimmers.

4. Meet Rules

a) This meet will be conducted under Swimming Canada rules and regulations.

b) Swim BC warm-up safety procedures will be in effect and will be monitored by Warm Up supervisors.

c) Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.8.4 (from both ends).

d) 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 2.5.2. The "misconduct" shall include but is not limited to (C.2.5.2.1):

i) 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.

ii) Deliberate kicking or striking of the starting platform, including the back plate prior to the start.

iii) 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.

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

f) 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.

g) Dive lanes (2) will be open in each competition pool prior to the end of warm-up. There will be no pace lanes designated for warm-ups.

h) Parents are not permitted on deck unless volunteering for that session.

i) 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.

j) ALL photographers and videographers must have applied for and received permission from Meet Management prior to the start of the meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for the clubs use only. Requests for photographers can be sent to the Meet Manager. Flash photography is not permitted at the start of a race.

k) 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.

l) All participants are to respect the facility rules including: no food on deck, no deck changing and no outside shoes on deck.

m) Teams are expected to keep their respective areas clean, including at the conclusion of each session.

n) Coaches and volunteers: **please bring your own refillable water bottle (no glass containers)**. Water filling stations are available throughout the facility.
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

Clubs must connect with Meet Management prior to the competition to discuss accommodations.

5. Entries & Deadline

a) The 24th Annual PCS XMAS Cracker is a Closed-Invitational meet. Entries must conform to Entry Limits detailed in Section 6.

b) The deadline for upload of entries to the SNC meet listings website is Tuesday November 24th, 2026.

c) Entries must be submitted through the Swimming Canada website by the entry deadline.

i) Entries may only be submitted for swimmers whose registration is ACTIVE in the REMS database.

ii) 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.

d) Entry times are to be submitted in SC meters established to a hundredth of a second. LC times converted by HyTek's Team Manager or Team Unify will be accepted.

e) To assist with building accurate timeouts, NT's will not be accepted for entries. Please include Swim Canada

validated SC times or, at a minimum, estimated/ practice times for all entries where swimmers have NT's in their event.

f) Relay event entries must include entry times for seeding and for building accurate timeouts.

g) Entry fees must be received by meet management by 9:00 am the first day of the meet.
   i) Individual Events: $13.00/event
   ii) Relay Events: $16.00/event
   iii) In addition, Swim BC requires a $6.00 per swimmer Competition Surcharge.
   iv) Deck Entries: $20.00 per event
   v) Please make cheques payable to Pacific Coast Swimmers' and Parents' Association (PCSPA). Entry fees can also be paid via e-transfer to payments@pacificcoastswimming.com

h) Scratch Procedures:
   i) Scratch procedures are governed by Swim BC Scratch Procedures, Option #2.
   ii) No Charge scratch deadline is Saturday November 28th, 2026. Email scratches to meets@pacificcoastswimming.com
   iii) Scratches received prior to midnight on November 27th, 2026 will not incur Meet fees.
   iv) There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or timed finals.
   v) The following rules apply to all finalists (A & B) and alternates identified in the official preliminary results posting.
   a. Late Scratches: For all final events, no-shows, step-downs, and unexcused incomplete swims will be considered late scratches and subject to a $20 penalty. All fines must be paid within seven (7) days of the final day of competition. Unpaid fines will be doubled and due immediately. Entry to future Swim BC Competitions will not be permitted until fines are paid in full.
   b. Scratch Deadline: For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
   c. Scratch Submission: For finals, all scratches must be submitted to the Administration Desk (emailed scratches will not be accepted).

i) Deck entries will be accepted at meet manager discretion to fill empty lanes only. No new heats will be added. Deck entries must be received by 5 pm the day before the event you wish to enter.

6. Entry Limits

a) The total number of swimmers attending the meet will be limited to 700.

b) Individual entries are limited to 8 events per swimmer. Meet Management reserves the right to limit or reduce entries to ensure reasonable session lengths.

c) Limits for the 400, 800, and 1500 events are as follows:
   i. 400 Free = 64 entries for each gender.
   ii. 400 IM = 64 entries for each gender.
   iii. 800 Free = 56 entries for each gender. Entry standard of 12:30.00.
   iv. 1500 Free = 40 entries for each gender. Entry standard of 23:30.00
   v. Limit enforcement is based on entry time. The fastest 8 entry times for each age group will be guaranteed entry.
   vi. Clubs will be advised of unaccepted entries as soon as possible, with the option to replace with an alternate event.
   vii. Meet management reserves the option to shift swimmers between the East and West pools to manage heats and maintain pool balance.

7. Individual Events

a) Stroke 50's other than freestyle (50m fly, back, and breast) will be swum in preliminaries and finals, with an A Final only.

b) All other individual events 200m or less will be seeded slowest to fastest, in open age groups. Finals will swim in age groups: 12&U, 13-14 and 15&O.
   i) Finals will be swum as A-Finals only for the 12&U and 13-14 age groups.
   ii) There will be a B Final for events with more than 20 entries for the 15&O age group, to be swum after the A final.

c) Finals will be swum in one pool, however at the discretion of meet management finals may be swum in two pools separated by gender in order to maintain session timeouts.

7.1 400m events (400 Free and 400 IM)

a) These events will have A Finals only, for the 13-14 and 15&O age groups.
   i) The 12&U age group will be completed as timed finals in the preliminary session.

7.2 800 Free and 1500 Free events

a) These events will be swum as timed finals.

b) Swimmers are limited to 1 distance event only (800m or 1500m Free).

c) Positive check-in deadline for 800m and 1500m events is 9:00 am on the day the event is to be swum.

d) The top 8 entries with positive check-in for each gender, regardless of age, will swim at the end of Friday Finals (for 1500 Free) and Sunday Finals (for 800 Free). Slower heats will swim in Prelims, all ages combined.

e) Swimmers will be seeded by time but awarded by age group.

f) Heats swum in prelims will be fastest to slowest alternating girls' and boys' heats, if feasible.

8. Relay Events

a) Clubs will be guaranteed entry space for one team per age group per gender, with relays limited to 2 heats per age group per gender. Empty lanes may be filled with additional teams based on verifiable entry times.
b) Relay name changes are to be submitted to the Administration Desk no later than 60 minutes prior to the start of the session in which the relay is to be swum.
c) There are no qualifying times for relays; however, please submit entry times for seeding purposes.
d) Relays are timed final events and will be swum at the beginning of the Friday and Saturday finals sessions.
e) There are no relays scheduled for Sunday.
f) Swimmers may swim up in relay events but may not swim on more than one relay team per age group.
g) Relays may be swum in 2 pools at the discretion of meet management.

9. Awards

a) Magic Number prizes for times ending in **.24** (for example 1:00.24).
b) Large pizza for 400 IM winners per age group and gender.
c) Best time prizes will also be awarded by draw (3 female, 3 male).
d) Seasonal prizes will be distributed among top-3 finals performances by random draw.
e) There is no team scoring for this meet.

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Event Order

Female Event #	Friday Dec. 4th Prelims	Male Event #	
1	50 Fly	2	
3	200 Free	4	
5	50 Back	6	
7	200 IM	8	
9	50 Breast	10	<<
11	1500 Free (TF)	12	

Female Event #	Friday Dec. 4th Finals	Male Event #
201	12&U Relay 4x50 Medley	202
203	13-14 Relay 4x50 Medley	204
205	15&O Relay 4x50 Medley	206
1	50 Fly (A Final Only)	2
3	200 Free	4
5	50 Back (A Final Only)	6
7	200 IM	8
9	50 Breast (A Final Only)	10
11	1500 Free **	12

Female Event #	Saturday Dec. 5th Prelims	Male Event #	
13	400 Free	14	
15	100 Breast	16	
17	200 Back	18	
19	100 Free	20	
21	200 Fly	22	<<

Female Event #	Saturday Dec. 5th Finals	Male Event #
207	12&U Relay 4x50 Free	208
209	13-14 Relay 4x50 Free	210
211	15&O Relay 4x50 Free	212
13	400 Free (A Final Only)	14
15	100 Breast	16
17	200 Back	18
19	100 Free	20
21	200 Fly	22

Female Event #	Sunday Dec. 6th Prelims	Male Event #	
23	400 IM	24	
25	100 Fly	26	
27	50 Free	28	
29	100 Back	30	
31	200 Breast	32	<<
33	800 Free (TF)	34	

Female Event #	Sunday Dec. 6th Finals	Male Event #
23	400 IM (A Final Only)	24
25	100 Fly	26
27	50 Free	28
29	100 Back	30
31	200 Breast	32
33	800 Free **	34

** = Fastest heats by gender.

<< = Finals scratch deadline 30 minutes following completion of this event.

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 Warm-Up Supervisor 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.
- When leaving sprint lanes, swimmers must be cautious and aware of their surroundings. If crossing into other lanes, they must ensure they do not interfere with ongoing sprint activity, pace work or para designated lanes.
- 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 Warm-Up Supervisors in place during pre-event training.
- Warm-Up Supervisors 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 Warm-Up Supervisor 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.

WARM-UP SIPERVISORS

The Warm-up Supervisor is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Warm-up Supervisor should ideally be a more experienced official, whenever possible.

Warm-Up Supervisors 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 Warm-Up Supervisors are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 Warm-Up Supervisors are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Warm-Up Supervisors 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."