

2026
BEST OF THE
WEST
TECHNICAL MEETING

APRIL 23-26, 2026

PAN AM POOL
WINNIPEG, MB

ORGANIZING COMMITTEE

Swim AB

Shawn Holman
Cathy Tong

sholman@swimalberta.ca
ctong@swimalberta.ca

Swim BC

Elmar Heger
Savannah King

elmar.heger@swimbc.ca
savannah.king@swimbc.ca

Swim SK

Marj Walton
Alex Schultze

marjwalton@swimsask.ca
alexschultze@swimsask.ca

Swim MB

Bruce Rose
Charaty Rees

swim.ed@sportmanitoba.ca
swim.finance@sportmanitoba.ca

Entries Coordinator

Melissa Webster

melissa.webster@swimbc.ca

MEET CONDUCT

Meet Manager(s)	Steve Lang	steve.lang@mantaswimming.ca
	Andrew Halayko	andrew.halayko@umanitoba.ca
Meet Referee(s)	Norma Lachance	mathdva@gmail.com
	Jennifer Flowers	jflowers@cranky.ca
Para Technical Advisor	Sandra Rousseau	sandra3_rousseau@hotmail.com
Officials Coordinator	Janene Cheung	janene.cheung@gmail.com

SAFE SPORT

SEE SOMETHING, SAY SOMETHING

Throughout the competition you will see postings and hear announcements about various Safe Sport initiatives and procedures including but not limited to:

- Event Photography and Videography Procedure
- Creating open and observable environment
- Accreditation and deck access
- To report an incident during the event please contact help@safesportline.ca or call **1-833-656-SAFE (7233)**

For more information please see: <https://www.swimming.ca/safesport/>

MEET RULES AND PROCEDURES

This meet will be conducted under published World Aquatics and/or World Para Swimming rules and regulations supplemented by published and approved Swimming Canada rules and regulations (December 8 2025).

In addition, this presentation shall outline all specific application of the published rules.

WARM UP & START TIMES

THURSDAY ONLY

Prelims / Time Finals (8 lanes)

Warm Up: 12:00pm – 1:15pm Sprint / Pace lanes open at 12:30 pm
Start Time: 1:30pm

FRIDAY, SATURDAY, & SUNDAY

Prelims (8 lanes)

Warm Up: 7:00am – 8:15am Sprint / Pace lanes open at 7:30 am
Start Time: 8:30am

Finals (8 lanes)

Warm Up: 3:30pm – 4:45pm Sprint / Pace lanes open at 4:00 pm
Start Time: 5:00pm

Ongoing warm-up/cool down lanes available in the adjacent 25m training pool.
Training pool will close 30 minutes after each session.

TIMELINES

ESTIMATES ONLY

THURSDAY (DAY 1)

Finish: 7:00 pm

FRIDAY (DAY 2)

Prelims Finish: 1:00 pm

Finals Finish: 8:30 pm

SATURDAY (DAY 3)

Prelims Finish: 12:45 pm

Finals Finish: 8:15 pm

SUNDAY (DAY 4)

Prelims Finish: 12:40 pm

Finals Finish: 7:45 pm

WARM UPS

[SWIMMING CANADA WARM-UP COMPETITION PROCEDURES](#) dated November 4, 2025 are in effect.

Violations:

- After a first offense, swimmers may be removed from their first event.
- After a second offense in same competition, swimmers may be removed from remainder of the competition.

Equipment permitted:

- kick boards, pull buoys, snorkels, ankle bands (in competition pool)

Equipment **NOT** permitted:

- fins, paddles, stretch cords in competition pool
- No diving in competition pool except in Sprint Lanes during Sprint / Dive Starts in designated time frames.

NO diving/sprint starts at any time in the training pool.

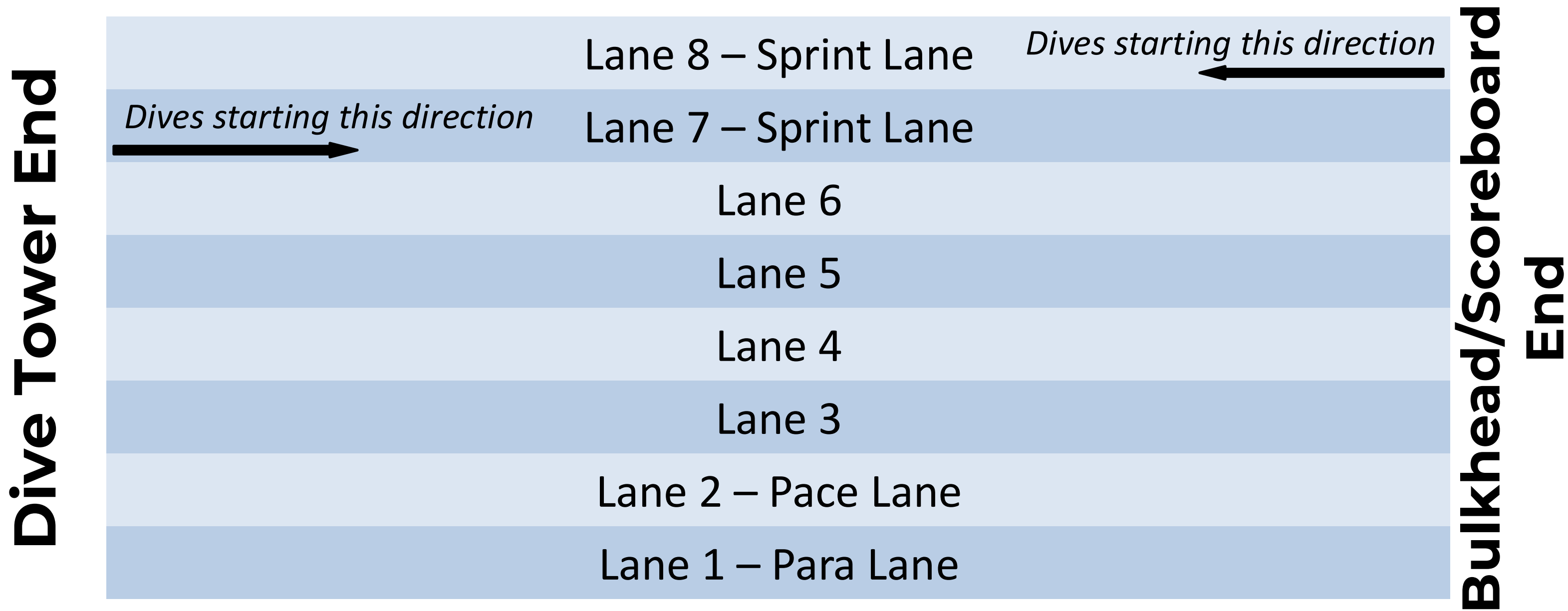
WARM UP LANE ASSIGNMENTS IN COMPETITION POOL

Para Lane:	Lane 1	Dedicated Lane 1 in Competition Pool for entire warm up period.
Pace Lane:	Lane 2	Starting 30 minutes after the start of warm up.
Sprint Lanes:		Starting 30 minutes after the start of warm up.
	Lane 7 (From dive tower end) Lane 8 (From Bulkhead/Scoreboard end)	Back stroke ledges available in Sprint/Dive lanes. One direction only once the lane is cleared.
	Lane 6	May also be used as an additional Sprint/Dive lane upon approval by Meet Management.

During the running of the competition, Warm Up/Cool Down available in the 8-lane 25 m training pool.

There will be a dedicated Para Lane in the training pool – Lane 1

WARM UP LANE ASSIGNMENTS



COMPETITION MANAGEMENT

Starts for **100m and longer** events are from the Dive Tower end.

50M EVENTS WILL START FROM THE BULKHEAD AT THE SCOREBOARD END OF THE POOL

Be aware that there is only room for one heat at a time on the bulkhead for events starting at that end.

COMPETITION MANAGEMENT

Preliminary Sessions

- Dive over starts for Prelims except for backstroke events, the start and finish of Para events, all 50m and distance events.
- Preliminary heats will be swum senior seeded with top 3 heats circle seeded except for 400m events where top 2 heats will be circle seeded.
- No circle seeding in Paralympic preliminary events.
- Swim-offs – run by the end of the preliminary session in which the tie occurred.

COMPETITION MANAGEMENT

Finals Sessions

- Pool will be cleared for each event/heat in Finals.
- There will A finals in individual events, per age group
13&U, 14, 15, 16, 17&O
- A final only for Para events.

COMPETITION MANAGEMENT

Finals sequence order:

- Women: 13&U > 14 > 15 > 16 > 17&O
- Men: 13&U > 14 > 15 > 16 > 17&O
- Awards to be presented during swimming of the next heat. Athletes are requested to go to the podium receive their medals immediately after their final.
- Awards for Para events to be presented as soon as possible after the race.
- Please refer to timeline provided in heat sheets.

COMPETITION MANAGEMENT

Time Final Distance Events: Lap counters will be used

800m:

- Fastest heat (Top 8) regardless of age swims during finals on Sunday.
- Alternating gender from fastest to slowest for slower heats in prelims

1500 m

- Fastest heat (Top 8) regardless of age swims between Relay events Thursday
- Alternating gender from fastest to slowest at the end of the session on Thursday

COMPETITION MANAGEMENT

Time Final Distance Events (800m/1500m) con't

There will be **positive check in** for distance events:

- **Thursday 1500 Free:** Deadline is 30 minutes after Technical meeting
- **Sunday 800 Free:** Deadline is 30 minutes before the start of the preliminary session on Sunday

SCRATCH DEADLINES

- **Thursday Time Final events:** 30 minutes after Tech meeting
- **Friday, Saturday and Sunday Prelims events:** 60 minutes following the start of finals the previous evening (6:00 PM)
- **Friday, Saturday and Sunday Finals and Relays:** 30 minutes following Prelims events (excluding time final events)

Email scratches will NOT be accepted following the start of Technical Meeting. Online scratches are required.

LINK FOR ONLINE SCRATCHES



RELAY PROCEDURE / SUBMISSION

Top 16 relay teams on Friday, Saturday and Sunday will swim in finals. Top 16 relay teams on Thursday will swim according to event order listed in Meet Package.

Names submitted through the entry process will be considered final UNLESS a change is requested. Psych sheets with the entered names for relays will be posted at the Administration Desk.

RELAY PROCEDURE / SUBMISSION

Relay name changes must be submitted online through the link below.

Relay names changes will be accepted up to 30 minutes prior to the start of the session in which they are swum.

EXCEPTION: Relay name changes for Thursday relays **ONLY** are accepted up to 30 minutes after the Technical meeting.



OFFICIAL SPLIT REQUESTS

Requests for official splits for individual events must be submitted to the Admin Desk on forms provided at least 30 minutes prior to the session.

Teams may be requested to supply timers. Timers need to report to the Admin Desk 20 minutes before the race.

TAPING REVIEW PROCESS

As per C15.3.1 In all sanctioned age group swimming events, taping is permitted. Approval may be required for taping at championship events, and the process for this approval shall be stated in the Meet Information Package.

Olympic Program swimmers:

Only taping on one or two fingers or toes need to be approved by the Taping committee.

Paralympic Program swimmers:

6.6.2.1 An Athlete who wishes to compete with protective medical taping (covering for example: open wound, pressure sores, stoma, sensitive skin) must receive clearance from the Referee (in consultation with the Chief Medical Officer, if on site) prior to the start of each session or from the moment the taping is required. Violating this rule may result in the Athlete being disqualified and/or disallowed from competing further in the competition.

TAPING REVIEW PROCESS

Olympic program swimmers:

Taping Request Forms (available at the Admin Desk) must be submitted to the Admin Desk.

All reviews will take place at least 15 minutes prior to the start of the session.

Paralympic program swimmers:

Meet with Para TA, Sandra Rousseau, near the Admin Desk 30 minutes prior to racing for approval.

TAPING REVIEW PROCESS

Photos will be taken of the approved taping and will be verified after each race.

- For Prelims, verification will be at the Admin desk
- For Finals, verification will be immediately after the race by a session referee

The committee's decision will be final.

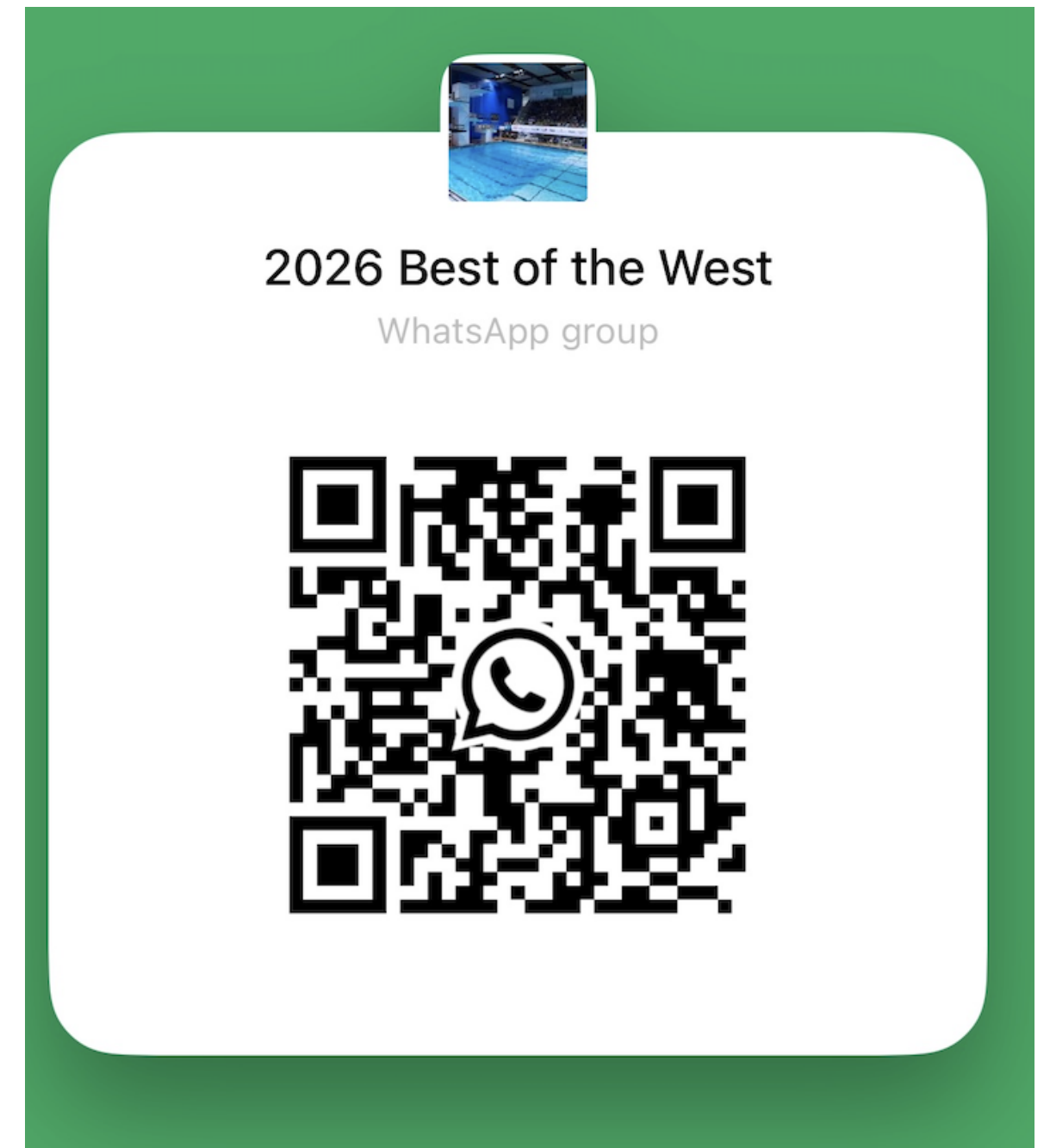
Any swimmer who races with taping not approved by the Taping Review Committee will be disqualified.

Any swimmer wearing taping is ineligible to set a Canadian Record.

HEAT SHEETS

Prelims and Final Heat Sheets:

- Available daily from the Admin Desk.
- Posted on the "**Best of the West**" website
- Available through WhatsApp: **Best of the West**



LIVE STREAM

Live Stream: <https://www.rectectv.ca/>

BEST OF THE WEST

Meet Mobile App: search for “2026 Best of the West”



PENALTIES

Late scratches, including no-shows, 'step-downs' and other unexcused incomplete swims during Finals and Time Final events, will be charged a \$50.00 fine.

Swim Manitoba will invoice teams. Fines must be paid within 7 days of the conclusion of the meet (May 3 2026) and non-compliance may result in denial of participation in future BOTW competitions.

FINALS – PROCEDURES

Finals sequence: 13&U > 14 > 15 > 16 > 17&O

The pool will be cleared between races.

Finalists will report directly to their assigned lanes to be introduced.

Alternates are to report to the clerk situated near the Session Referees. If there is a NO SHOW in a final, the 1st and/or 2nd alternates will be called in that order to fill in.

A finalist who arrives after the heat has stepped down will not be allowed to swim.

Music will play with introductions. The top seed from each individual event may request an intro song from the announcer. Requests can be made during warm-ups.

PARALYMPIC PROGRAM

Finalists will be determined using the 2025 Canadian Paralympic Points System.

A maximum of three per sport class advancing to finals.

Seeding in Finals is by points

Any approved Para tapping devices, backstroke start aids, alterations to swimsuits, etc. need to be approved prior to the competition by the Para Technical Advisor.

This may be done after the Technical Meeting.

Any taping for paralympic athletes is to be reviewed the Para Technical Advisor 30 minutes prior to racing.

DQ'S AND APPEALS

Disqualifications:

- Disqualifications will be announced and include event number, heat number and lane number.

Procedure for appeals:

- Discuss DQ with the Session Referee
- If not resolved, a written appeal may be presented to the Referee. A written appeal must be presented within 30 minutes after the conclusion of the event (appeal forms will be available at the Admin Desk).
- If the written appeal is rejected, the Coach may appeal to a Jury up to one (1) hour from the time the decision has been communicated. There is no fee for the appeal or jury.

JURY OF APPEAL

C 13.2.3.1 The Jury of Appeal shall be chaired by the National Meet Director at National Competitions. The voting members shall be odd in number preferably either three (3) or five (5) and should be the most experienced Swimming Canada/PS officials or officers available, in addition to the requirement to include a coach, as determined by the CSCA after the entry deadline. None of those participating on the Jury of Appeal can have been involved in the disputed decision or disqualification.

Your coach selections for this meet are:

- Jy Lawrence (PSW)
- Emma Hesterman (MAVS)
- Steven Hitchings (GOLD)
- Vlastimil Cerny (UMAN)

MISCONDUCT RULE 2.3.2.1

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.

MEET SCORING

Individual events including 800m/1500m events (per age group and multiclass)

Places 1 – 8: 20 – 17 – 16 – 15 – 14 – 13 – 12 – 11

Relays events

Places 1 – 8: 40 – 34 – 32 – 30 – 28 – 26 – 24 – 22

Places 9 – 16: 18 – 14 – 12 – 10 – 8 – 6 – 4 – 2

AWARDS

Medals: 1st, 2nd, and 3rd place

Team Awards: Based on team size. Team size will be based on each club's number of competitive registrations as of the entry deadline. Go to "Best of the West" website for Team size breakdown.

- Small teams: under 79
- Medium teams: between 80 and 149
- Large teams: over 150

Note: If a swimmer is unable to attend their award ceremony, please send a fully uniformed substitute swimmer in their place.

GENERAL FACILITY INFORMATION

WIFI: WPG-Wifi No password required

Please enter the facility through the south entrance on the lower level near the parking lot.

Access to the pool deck for swimmers, coaches and accredited staff/officials is through the turnstile at reception (see following map).

Seating is available for teams and spectators on the upper level.

Athletes are not permitted to change their clothing in the activity areas (pool deck, gymnasiums, etc.).

GENERAL FACILITY INFORMATION

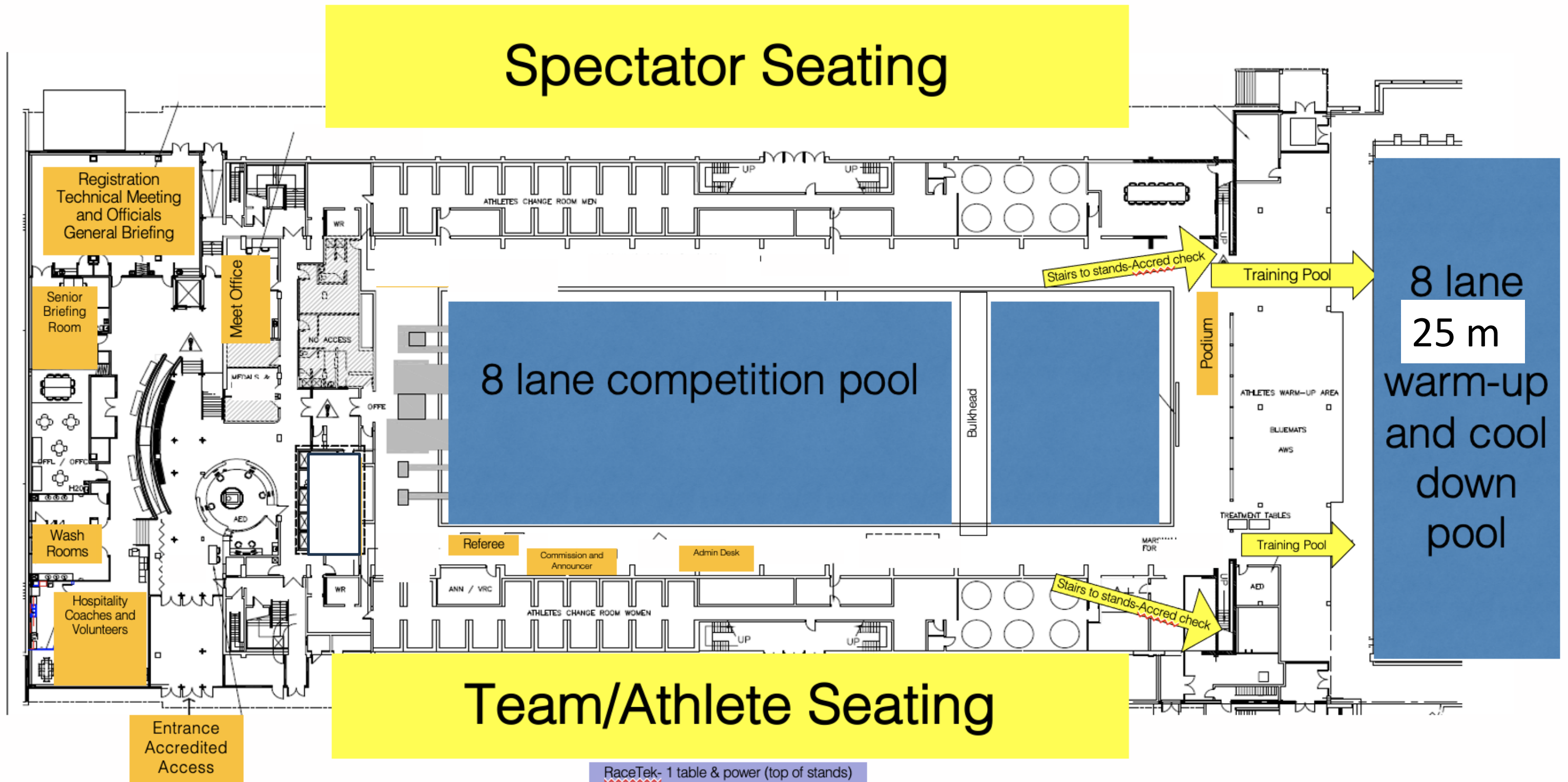
No food or drink on the pool deck.

No glassware on pool deck.

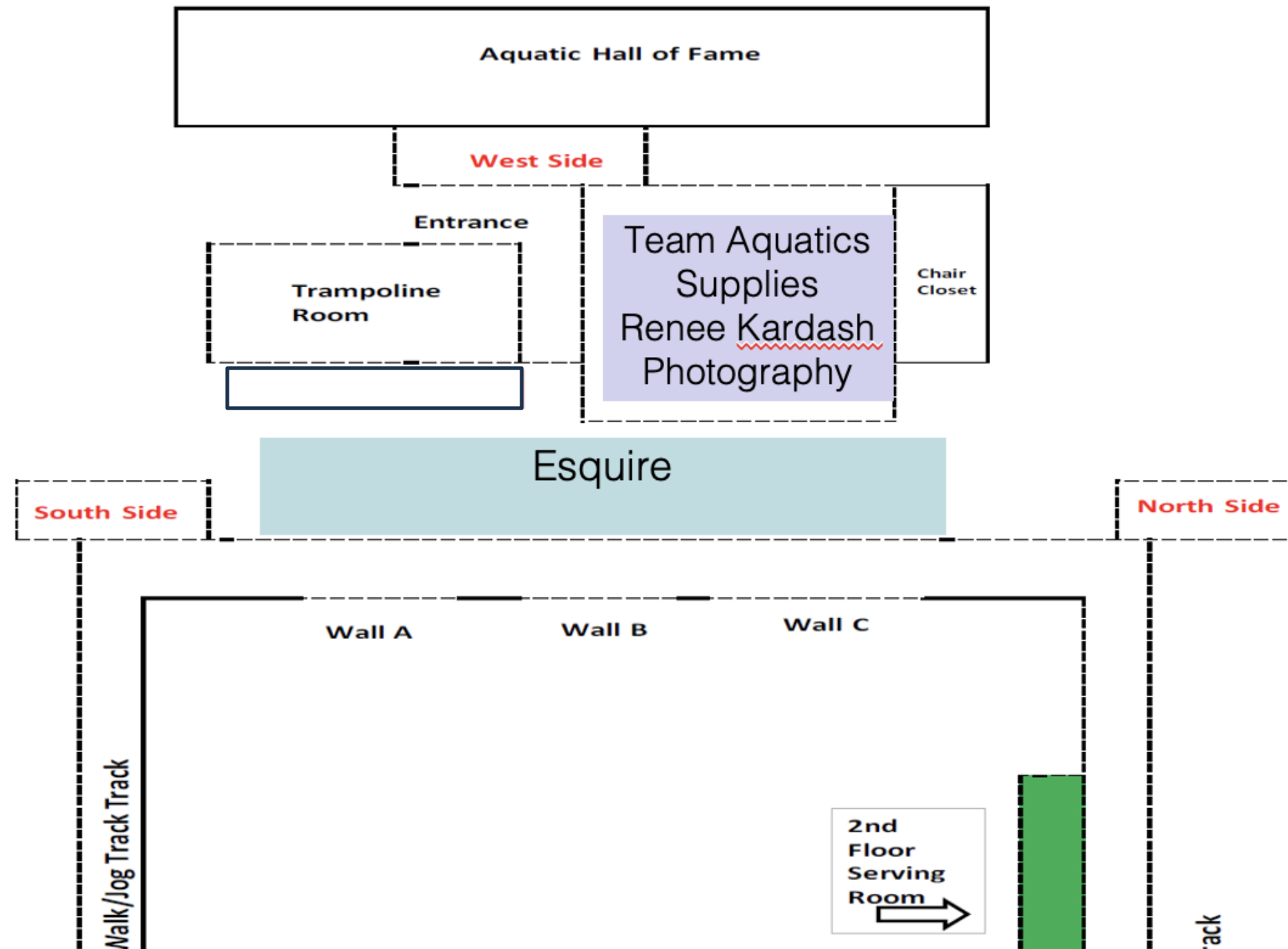
The venue, organizing committee and PSO's are not responsible for lost or stolen items.

As a request from the facility, swimmers are encouraged to NOT overly kick the kick plate on the blocks.

GENERAL FACILITY INFORMATION



VENDOR LAYOUT & SPECTATOR ENTRANCE



Spectators may enter on the west side of the facility through the Aquatic Hall of Fame

ACCREDITATION INFORMATION

Athletes, coaching staff, officials and volunteers may enter the facility through the south entrance on lower level. **Accreditation will be required for access to the pool deck.**

ALL athletes, coaching staff and support staff must have accreditation, individuals without accreditation will not be permitted pool access.

Lost accreditation will be replaced at a cost of \$60.00 per accreditation at the administration desk.

Accreditation may be picked up at registration or teams can make arrangements with Swim BC representatives: Savannah King or Melissa Webster

Best of the West

Logo Contest

Help us design the official Best of the West logo!

We're looking for a logo that captures the spirit of the Best of the West and the Western Provinces. Your design could be featured on event apparel, medals, signage, and across all event materials.

Eligibility

Open to all swimmers, coaches, officials, and family members part of the BC, AB, SK & MB swimming community

No design experience required

Entries do not need to be professionally designed - we're looking for great ideas and creativity. The winning concept will be professionally refined and finalized for official use.

Contest Rules

- Original work only
- No copyrighted graphics/fonts
- The Western Provinces retains the rights to the winning design
- Designs must be able to be made into black and white
- No limit to the number of entries

Selection Criteria

- Creativity & originality
- Alignment with event spirit
- Readability & Usability
- Representation of the provinces



Submit by: September 30, 2026 using the QR code

Contest Winner Prize: A branded merchandise swag pack

UP TO DATE DETAILS
GO TO: *swimbotw.ca*



HAVE A GREAT MEET!

