



ISC BENNETT CUP

November 7-9, 2025



Hosted by: Island Swimming Club

Location: Victoria, BC

Dates: November 7 - 9, 2025

Age Groups:

● Individual Events:	12&U; 13&14; 15&O
● Relay Events:	Open

Timed Final (TF) Events:

- 50m Back, Breast, Fly
- 800m & 1500m Free
- 400m IM & 400m Free
- Relay events

Prelims/Final Events:

- 50m, 100m, 200m Free
- 100m & 200m Back, Breast, Fly
- 100m & 200m IM



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Sanctioned by Swim BC: # 60603

Island Swimming Club would like to acknowledge that the District of Saanich lies within the territories of the lək'wəŋən peoples represented by the Songhees and Esquimalt Nations and the W̱SÁNEĆ peoples represented by the W̱JOŁEŁP (Tsartlip), BOKÉĆEN (Pauquachin), S̱ÁUTW̱ (Tsawout), W̱SIKEM (Tseycum) and MÁLEXEŁ (Malahat) Nations.

Date:	November 7-9, 2025
Host:	Island Swimming Club
Venue:	Saanich Commonwealth Place (SCP) 4636 Elk Lake Drive Victoria, BC V8Z 7K2
Pool	Two 25-meter, 8-lane competition pools, Quantum Aquatics - Timing System Three (3) lane dive tank will be available for warm-up/cool-down. (Note: SCP is undergoing renovations and warm-up/cool-down may not be available for Friday Timed Finals as well as Saturday and Sunday Prelims)

Head Coach	Lucien Zucchi Lucien.Zucchi@islandswimming.com
Meet Manager	Jeff Stevens officials@islandswimming.com
Competition Coordinator	Jeff Stevens
Officials Coordinator	officials@islandswimming.com
Meet Administrator	Jeff Stevens officials@islandswimming.com

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 that is free of abuse, harassment, and discrimination.

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.

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.

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.

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ELIGIBILITY:

1. All swimmers must be registered with Swimming Canada/Swim BC, or other World Aquatics-affiliated organization.
2. Age group is determined by the age of the swimmer as of November 7, 2025.
3. Qualifying time standards for events follow the [2024-2025 Vancouver Island Regional \(VIR\) Standards](#).
4. Any event that is not a Timed Final and does not have a qualifying time standard can be swum by any swimmer who qualifies for any other event.
5. Island Swimming reserves the right to enter ISC swimmers into events regardless of qualifying times.
6. Meet Management reserves the right to limit the number of heats in any event to maintain timelines.

MEET RULES:

1. All Swimming Canada rules will be in effect including:
2. 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):
 - a. 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.
 - b. Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
 - c. 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.
3. All starts will be conducted from starting platforms (Blocks) as per World Aquatics FR2.3 and SW 4.1.
4. During events only one (1) swimmer per lane is permitted.
5. Fly over starts will be used at the discretion of the Competition Coordinator.
6. Swim BC warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
7. Age Groups for individual events are 12&U, 13-14, 15&O. Relays will be swum as Open category.
8. Swimmers are allowed to race in swimwear of their choice at Swim BC sanctioned competitions. There is no requirement to declare the choice of swimwear to the referees if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.

9. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
 - a. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'
 - b. Visual hand signals given by the starter/refereeClubs must contact Meet Management by the Entry Deadline of the need for accommodations.
10. Technical bulletins and updates will be posted at the Administration Desk.
11. Guardians are not permitted on deck unless volunteering for that session.
12. **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.
13. All participants must respect facility rules including: no deck changing and no outside shoes on deck.
14. Teams are expected to keep their respective areas clean, including at the conclusion of each session.
15. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

ENTRY INFORMATION:

1. Swimmer fees will be \$95 per swimmer and \$15 per relay event. (Note: fees include \$5.00 Swim BC competition surcharge.)
2. Entry deadline is October 31, 2025 at 12:00 Noon.
3. Scratch deadline is November 3, 2025 at 12:00 Noon.

Note: Please contact meet management if a swimmer is unwell or injured after the scratch deadline and cannot compete in the meet. Waiving of meet fees will be considered at the meet manager's discretion.

4. Late entries will be considered at the discretion of the Meet Manager
5. All scratches and changes to entries must be emailed to the Meet Administrator.
6. Entry fees are due at the Admin Desk at the beginning of the meet. Payment can be made by cheque payable to **Island Swimming Club**, by e-transfer to **adminoffice@Islandswimming.com**, or by credit card.
7. Swimmers are limited to a maximum of 7 individual events and 2 relays.

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8. The total number of swimmers attending the meet will be limited to 450 swimmers.
9. Meet Management reserves the right to limit the # of heats in any event to maintain reasonable timelines. Teams will be notified if entries can't be accepted after the entry deadline.
10. All entries must have an SCM entry time for seeding purposes. Converted times will be accepted. NT entries will not be accepted. If a swimmer wishes to swim an event without an entry time the swimmers coach should estimate a time for seeding purposes.
11. Entries must be submitted through the Swimming Canada website by the entry deadline.
 - a. Entries may only be submitted for swimmers whose registration is ACTIVE in the REMS database.
 - b. 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.
12. DECK ENTRIES may be accepted at the discretion of meet management to fill empty lanes only. No new heats will be created.
13. Deck entries will be charged \$20.00 per event and must be paid to the Admin Desk at the time of entry. Deck entered swimmers will only be allowed to compete with "Exhibition" status and will not advance to Finals.
14. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name (spelling as it appears in SNC registration system), date of birth, and SNC registration number.

INDIVIDUAL EVENTS

1. All events having preliminary heats will be swum senior seeded, slowest to fastest in Preliminaries. Finals for these events will be swum by age group.
2. For events with finals there will be:
 - a. 'A' Final only for 12&U, 13&14 age groups
 - b. 'A' and 'B' Finals for 15&O Events having 24 entries.
3. 1500 Free, 800 Free, 400 IM, 400 Free, 50 Back, 50 Breast, 50 Fly, 100 IM and relays will be swum as timed final events.
4. Swimmers may choose either the 400 IM or the 400 Free event and cannot enter both.
5. Excluding the 800 & 1500 Free, events without finals

will be swum senior seeded slowest to fastest.

6. Backstroke ledges will be used during all Sessions.

800 and 1500 Free

1. The 800 and 1500 Free will be swum senior seeded, fastest to slowest alternating gender (beginning with Girls).
2. Swimmers may choose either the 800 or the 1500m event and cannot enter both.
3. Meet management reserves the right to limit entries for both the 800 Free and the 1500 Free to the fastest swimmers (by age and gender). The top 8 entrants in these events from each age/gender group (12&U, 13-14, 15&O) are guaranteed entry
4. Once all entries are known, meet management will notify teams by email of any swimmers who do not qualify to swim these events and these swimmers will be allowed to enter an alternate event.
5. Results will be separated into age groups.
6. Positive Check-in by 9:00am on the day of the event is required for the 800 Free and the 1500 Free events.

RELAY EVENTS

1. All relay events are Timed Finals (TF) and will be swum OPEN age category.
2. Teams may enter as many relay groups per event as they wish. Meet management may restrict the number of relays entered per team to maintain appropriate session timelines.
3. Relay changes including name changes must be submitted to the Admin Desk:
 - a. 200 Mixed Medley Relay: at the beginning of warm-up in the session the event is swum.
 - b. 200 Free Relay: no later than 30 minutes after the conclusion of Event #20 Boys 200 Breaststroke Prelim.
 - c. 200 Medley Relay: no later than 30 minutes after the conclusion of Event #32 Boys 50 Free Prelim.



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SCRATCHES:

Scratches received prior to November 3, 2025 at noon will not incur Meet Fees.

1. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
2. The following rules apply for all finalists plus alternates as listed on the official posting of prelim results.
 - a. For all final events, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
 - c. For finals, emailed scratches will not be accepted.

AWARDS AND PRIZES:

1. 1st – 3rd place Finals finishers will automatically be entered into a prize draw (1st = 3 tickets, 2nd = 2 tickets, and 3rd = 1 ticket). There will be one female and one male prize package drawn during the final session on Sunday.
2. The Randy Bennett Memorial Awards for 1st place female and 1st place male swimmers in the 400 IM will be presented prior to the start of the 400 Free on Friday.

Schedule of Events

Friday, November 7: Session 1

Warm Up:	4:00 pm – 4:50 pm	
Finals:	5:00 pm – 8:00 pm	
Girls	Events	Boys
	Event#41-200 Mixed MR	
1	50 Fly (TF)	2
3	400 IM (TF)	4
5	50 Back (TF)	6
7	50 Breast (TF)	8
9	400 Free (TF)	10

Saturday, November 8: Session 2

Warm Up:	8:00 am – 8:50 am	
Prelims:	9:00 am – 1:00 pm	
Girls	Events	Boys
11	200 Back	12
13	100 Fly	14
15	200 IM	16
17	100 Free	18
19	200 Breast	20
21	100 IM	22
23	800 Free (TF)	24

Saturday, November 8: Session 3

Warm Up:	4:00 pm – 4:50 pm	
Finals:	5:00 pm – 8:00 pm	
Girls	Events	Boys
37	200 Free Relay	38
11	200 Back	12
13	100 Fly	14
15	200 IM	16
17	100 Free	18
19	200 Breast	20
21	100 IM	22

Sunday, November 9: Session 4

Warm Up:	8:00 am – 8:50 am	
Finals:	9:00 am – 1:00 pm	
Girls	Events	Boys
25	100 Back	26
27	200 Free	28
29	100 Breast	30
31	200 Fly	32
33	50 Free	34
35	1500 Free (TF)	36

Sunday, November 9: Session 5

Warm Up:	2:30 pm – 3:20 pm	
Finals:	3:30 pm – 6:00 pm	
Girls	Events	Boys
39	200 Medley Relay	40
25	100 Back	26
27	200 Free	28
29	100 Breast	30
31	200 Fly	32
33	50 Free	34



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent upon coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

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."