

2025 Summer Swimming Guide

- Saanich Peninsula Piranhas -



Summer Swim Meets with the Piranhas

- The backbone of our summer program
- Fun, joyful and community building
- A great way to build community and make connections
- A chance for your children to spend their summers in a positive and healthy environment
- Making lifelong memories and friendships



Things to know

- Swim meets can be long days – you don't **ever** know when they will begin and end.
- At every meet, we set up our big Piranhas team tent. When not swimming, the swimmers gather and play games and have fun. **Electronics are discouraged**. Chairs, blankets and mini-tents are swim meet musts. There are sometimes concessions but a cooler full of healthy food and drinks will make the day much better
- BCSSA VI region [website](#)



Things to know

- Coaches are the leaders of the meet—they will determine what events work for your swimmer and will set relays. The swimmers must go see their coaches before and after each race for important feedback and encouragement. Our coaches are very busy during the day and need to focus on swimmers. If you need to talk to a coach, please wait until they come to the team tent. Parents are not allowed on deck or in marshalling (unless volunteering)



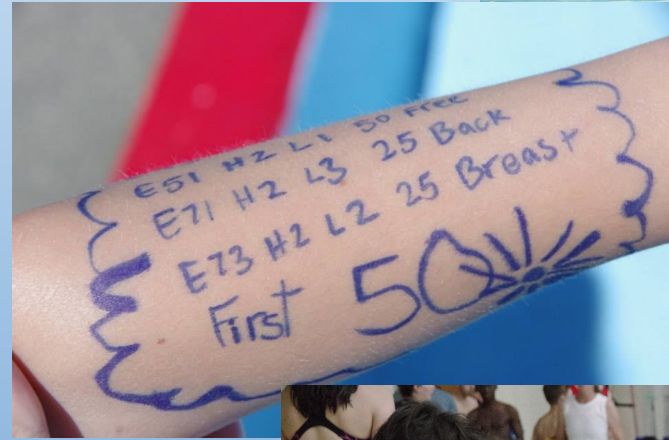
Things to know

- Swimmers must swim at least one 50 m event at a BCSSA club swim meet prior to Regionals to be able to participate in the Regionals meet.
- The focus is always on individual improvement and fun versus winning. Coaches focus on celebrating individual accomplishments and growth
- If you sign up for a relay you **MUST** stay for the event!



Novice Swimmers

- Swim meets are for all ages, experience and abilities.
- All club meets offer Novice Events. These are 25 m races that give new swimmers the opportunity to experience racing in a fun, safe way.
- Coaches & volunteers are able to get in the pool with Novice swimmers to lend a hand.
- Once a Novice swimmer can complete a 25 m event (one length of the pool) in less than 30 seconds they are ready for 50 m events.
- Novice swimmer are not able to participate in relays (which are all 50 m events).
- There are no novice events at Regionals or Provincials.



What to Bring

- Swim suit(s)
- Goggles
- Piranhas cap
- Lots of towels! Label them :)
- Swim Parka (recommended for early morning outdoor pools). Not required.
- Water bottle
- Healthy snacks
- Cash for concession, 50/50, silent auction etc.
- A few changes of clothes (including your Piranhas shirt!)
- Proper shoes (for activation) and slides/flip flops
- Hat & sunscreen
- Folding chairs
- Blankets
- Activities to keep busy while waiting to swim - board games, cards, crafts, books etc.

Volunteer Jobs



- It is required that every family volunteers at every meet. Most families spend between 2-4 hours volunteering.
- The main volunteer job is timing. However as you get more experienced other jobs such as stroke and turn, crash-desk and starter come available. There are lots of opportunities to learn stroke and turn.
- Parents are not allowed on the deck during meets (except in spectator seating) so volunteering provides you with the best seats in the house and there are often snacks!

Summer 2025 Meet Schedule

- May 31/June 1 Cowichan Valley Breakers
- June 15/16 Comox Valley Blue Devils
- June 21/22 Oak Bay Orcas
- June 27/28/29 Nanaimo White Rapids
- July 5/6 Campbell River Salmon Kings
- July 12/13 Salt Spring Stingrays
- July 19/20 Saanich Peninsula Piranhas
- Aug 1/2/3 Regionals @ Courtenay
- Aug 15/16/17 Provincials @ Prince George



Cowichan Valley Breakers Swim Meet

- Cowichan Aquatic Centre - inside pool
- The club sets up an area outside where we hang out
- Families typically drive back and forth so no camping.



Oak Bay Orcas Swim Meet

- Commonwealth pool
- No accommodation needed



Courtenay Blue Devils Swim Meet

- Courtenay and District Memorial Outdoor Pool (to be confirmed - may be indoors)
- Some families from the club stay at Puntledge River campground.
- Call the campground directly to make your reservation



Nanaimo White Rapids Swim Meet

- Kin pool - outside pool
- Heats and finals meet (so long days if swimmers qualify for finals)
- We set up our day tents in the little green space off the parking lot.
- Many families camp at Brannen Lake Campground. Please contact the campground directly for a spot.



Campbell River Salmon Kings Swim Meet

- Centennial Pool - outdoor pool
- The grass area around the pool is usually open for camping, the host club charges \$30/night to stay there.
- Saturday night team dinner
- Saturday night airband competition: clubs compete for the coveted airband trophy. Airband practices usually run during dryland practices for the week leading up to the meet



Salt Spring Stingrays Swim Meet

- Rainbow Road pool - pool is indoor but viewing area (very limited) is outdoor
- Many families are stay at Mowhinna Campground. Please contact the campground directly to make reservation
- Taco Tina, a long standing team tradition where we share a taco dinner, has happened on the Saturday night of the SSI meet for the past few years.
- At the end of the day on Saturday, there is a parent relay event, bring your bathing suit and join the Piranhas parents teams!



Piranhas Swim Meet

- Commonwealth pool
- No accommodation needed
- Parents are asked to volunteer on both days.
This is our biggest fundraiser of the year.
- We want to have as many Piranhas swimmers representing our club at our meet.



Hell Week

July

- A long standing club tradition
- Monday to Friday - extra practices, extra fun activities, and extra hard workouts!
- Coaches organize most of the activities, but some parent volunteers are required for some of the events.
- Concludes with a team pancake breakfast on the last day, usually done outside at Panorama or a local park



Regionals - Courtenay

- Courtenay Aquatic Centre
- Heats and finals meet
- Top 3 individual swimmers in an event qualify for provincials
- Top 2 relay teams in an event qualify for provincials
- If a swimmer swims a time equal or faster to the PQT (provincial qualifying times), they are automatically qualified for provincials (PQTs can be found [here](#))
- Coaches will select the 4 events each swimmers will be competing in.
- Families must identify at least 2 weeks before regionals whether or not they will be attending provincials if their swimmer qualifies. This is to help make relay teams. The coaches' goal is to qualify as many swimmers and relay teams as possible for provincials.
- Competition start on the Friday and end on the Sunday

Provincials- Prince George

- Prince George Aquatic Centre
- Provincial practice on the Thursday afternoon/evening
- Competition starts Friday morning
- Families will stay in hotels. [Click here](#) to find negotiated rates.
- Swimmers need to qualify at Regionals for a spot on the regional team for the provincial meet.

