



# Pratt's Spring Fever

April 22<sup>nd</sup> 2023

*This event is supported by the Province of British Columbia, Ministry of Small Business, Tourism and Culture, Sport Service Branch.*



## PRATT'S COMPOUNDING PHARMACY

# PRATT'S SPRING FEVER

Sanctioned by Swim BC #37713

**Date of Meet:** April 22, 2023

**Entry Deadline:** April 11<sup>th</sup>, 2023, 9PM PDT

**Hosted by:** Kamloops Classic Swimming

### **Facility and Location:**

Canada Games Aquatic Centre – 910 McGill Road, Kamloops BC.

1 – 50 metre 8 lane pool. Quantum Timing / Omega Electronic Touchpads.

Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1

### **Session Times:**

- **Warm-Up:** 9:30 – 10:30 AM
- **Start Time:** 10:40AM
- **Finish Time:** 3:30PM Approximate

### **Contact:**

Phone: 250-828-3660

Fax: 250-828-0762

Email: [meets@swimkamloops.com](mailto:meets@swimkamloops.com)

[www.swimkamloops.com](http://www.swimkamloops.com)

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**Land Acknowledgement:**

KCS acknowledges that this swim competition is taking place on the territory of the Secwepemc Nation, specifically the territory of the Tk'emlups te Secwepemc People.

**Safe Sport Statement:**

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.

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.

**Meet Format:**

This will be a one-day, Single Ended, Long Course, Timed Finals meet.

**Warm-Up Procedures:**

Swim BC Warm-Up procedures will be in effect at this meet.

**Eligibility:**

All swimmers must be competitively registered with SNC of WA affiliated.

**Qualifying Times:**

- There are no standards for 50m and 100m events
- Entry Standards are in place for the following events:
  - 200 IM – 4:40.00
  - 200 Freestyle – 4:40.00
  - 200 Butterfly / Backstroke / Breaststroke – 4:00.00
  - 400 Freestyle – 6:00.00
  - 400 IM – 7:00.00
- Open entries for Kamloops Classic Swimmers

**Entry Deadline:**

Thursday April 11<sup>th</sup> 2023, 9:00PM PDT. Meet entries must be uploaded to the Swimming Canada Website prior to the entry deadline.

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**Entry Information:**

1. The meet is open to the first 250 swimmers, plus Kamloops Classic Swimmers.
2. Entry Fees
  - a. Individual Events: \$10.00
  - b. Relay Events: \$8.00
  - c. Swim BC Competition Surcharge: \$5.00 (per swimmer)
  - d. Okanagan Swimmer Surcharge: \$0.50 (per swimmer)
3. Swimmer may enter a MAXIMUM of 5 individual events. Provided qualification standards are met, a swimmer may swim one of either 400 Free or 400IM. Additionally, a swimmer may swim only one stroke 200 (Butterfly, Backstroke, Breaststroke).
4. For 50m and 100m events, "NT" entries WILL be accepted.
5. Meet entries will only be accepted via upload to [Swim Canada website](#). Proof of times must be emailed in word or PDF format to [meets@swimkamloops.com](mailto:meets@swimkamloops.com) by midnight Tuesday April 11<sup>th</sup>, 2023.
6. The "no-charge" scratch deadline is 12:00PM, Tuesday, April 18<sup>th</sup>, 2023. Scratches received AFTER April 18<sup>th</sup> must be accompanied by a doctor's note to receive reimbursement.
7. The Swim BC Scratch Rules will be in effect for all Timed Final events.
8. All fees must be paid by your club prior to the start of the meet and are payable to the Kamloops Classic Swimming Office. Payment methods accepted are: Cash, Cheque or E-transfer. Cheques made out to Kamloops Aquatic Club and e-transfer to [admin@swimkamloops.com](mailto:admin@swimkamloops.com)

**Meet Manager: Russ Tulloch**

Please direct all enquiries to the Kamloops Classic Swim Office.

Phone: 250-828-3660      Email: [meets@swimkamloops.com](mailto:meets@swimkamloops.com)

**Meet Referee: Brad Angove****Meet Rules:**

1. All applicable WA/SNC/Swim BC rules will be observed.
2. Deck entries will be accepted, to fill any empty lanes given:
  - a. Cannot exceed the 5 individual events per swimmer and must be preregistered in the meet.
  - b. Deck entries must meet event Qualification Standard, if applicable.
  - c. Must be in the hands of the Clerk of the Course 30 minutes before session starts.
  - d. Deck Entries are exhibition only and will be seeded into the first available heat/lane.
  - e. \$15.00 per event to be paid at time of registration.
3. Para-Swimmers must be entered with their classification numbers and actual times for each event. Current WPS rules will apply to all Para-Swimmers in the meet.
4. There will be a positive check-in for 400Fr, 400IM, 200 Butterfly, 200 Backstroke & 200 Breaststroke. Positive check-in must be completed by 10:30AM.

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5. Meet management reserves the right to alter the meet format, including but not limited to, one or more of the following:
  - a. Limit the number of 200m events.
  - b. Change start times to an earlier time.
  - c. Double End the meet.
  - d. Make any other adjustments that Meet Management deems necessary to allow the meet to complete in a timely fashion. If necessary, meet management will notify all teams with any changes, no more than 72 hours after the entry deadline.
6. Spectators and non-accredited coaches ARE NOT permitted on deck.
7. SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

**Awards:**

- Best Time Ribbons will be given to 10&Under swimmers only.
- Ribbons for top 8 will be given to ONLY the following age groups: 10 years old, 9 years old, 8&Under for 50m and 100m events.
- Results will be posted as 8&Under, 9 years old, 10 years old, 11&Older.
- No Scoring will be recorded.

***Please pick up your Ribbons at the end of the meet.***

# PRATT'S SPRING FEVER EVENTS

**Saturday, April 22, 2023**

Warm-Up: 9:30 – 10:30AM. Start 10:40AM.

<b>EVENT</b>	<b>MIXED – GIRLS / BOYS</b>
200 IM	1
50 Free	2
50 Breast	3
100 Fly	4
100 Back	5
50 Fly	6
50 back	7
100 Free	8
100 Breast	9
200 Free	10
Mixed 8x50 Free Relay (At least 2 of each gender) 2: 10&U 2: 12&U 2: 14&U 2: 15&O	11
<b>200 Stroke Events</b>	
200 Back	12
200 Breast	
200 Fly	
400 Free	15
400 IM	16

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## HOST HOTELS



**Best Western Plus**  
660 Columbia Street West, Kamloops, BC  
V2C 1L1  
877.302.7878  
[info@bestwesternkamloops.com](mailto:info@bestwesternkamloops.com)  
[www.bestwesternkamloops.ca](http://www.bestwesternkamloops.ca)



**Wingate by Wyndham**  
1180 Rogers Way, Kamloops, BC  
V1S 1N5  
778.471.7706



**Rodeway Inn and Suites**  
1200 Rogers Way, Kamloops, BC  
V1S 1N5  
250.374.8100



## 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 on 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.

### 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.
- 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.
- 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 not be in place during the competition in warm-up/warm-down pools.

### EQUIPMENT:

- 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 Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



**SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest;
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- Actively monitor all scheduled warm-up periods;
- 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 to help 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.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

**PARA SWIMMER NOTIFICATION:**

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

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."**