



# 2023 MSABC PROVINCIAL CHAMPIONSHIPS

June 16-18, 2023



Sanctioned by Swim BC: #39154

**COMPETITION HOSTS:** Kamloops Classics Swim Club

**VENUE:** Canada Games Aquatic Centre  
910 McGill Road, Kamloops, BC  
Phone: 250-828-3660  
Free Parking, day lockers available

**POOL:** 8-lane 25 metre competition pool w/electronic timing and a 4-lane warm down pool

**MEET MANAGER:** Russ Tulloch [meets@swimkamloops.com](mailto:meets@swimkamloops.com)

**MEET REFEREE:** Brad Angove

**SPONSORSHIP:** Barry Healey

WARM UP AND SESSION TIMES		
June 16-18, 2023		
Session #1	Warm-up	4:00 - 4:45pm
	Competition Start	5:00pm
Session #2	Warm-up	8:00 - 8:45am
	Competition Start	9:00am
Session #3	Warm-up	8:00 - 8:45am
	Competition Start	9:00am

## SAFE SPORT STATEMENT

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.

## ELIGIBILITY

- All swimmers must be registered with a Swim BC, SNC, or other World Aquatics recognized club.
- Proof of registration may be required for International Masters swimmers.
- Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc. (five-year age groups increments).
- Swimmer age is as of December 31<sup>st</sup>.
- The meet will be limited to 350 swimmers. Entries will be considered a first-come-first-serve basis.

## ENTRIES

- Swimmers are limited to a max of **SEVEN (7)** individual entries plus relays.
- Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
- Meet Fees are **\$95.00** per swimmer.
- Registration Methods:
  - Online:**  
[https://registration.swimming.ca/individualMeetEntry.aspx?sa\\_ncid=39154](https://registration.swimming.ca/individualMeetEntry.aspx?sa_ncid=39154) **Deadline:** June 1<sup>st</sup> at 9:00pm PST
  - Requests to change entry time received after June 13<sup>th</sup>, 2023 will not be accepted.
- All meet fees **MUST** accompany all entries. Entry fees are to be paid to Kamloops Classic Swimming. Payment method accepted e-transfer to [admin@swimkamloops.com](mailto:admin@swimkamloops.com). Please include swimmer name and club in the comments of the transfer.
- No deck entries will be accepted except for relays.**
- Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.

## GENERAL MEET RULES

- This meet will observe the WA Technical Rules as outlined in the current WA Masters Rulebook.
- Starts shall be permitted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1.
- Swim BC Competition Safety Warm Up Procedures will be in effect.
- All events will be swum as TIME FINALS.
- Events will be swum slowest to fastest with all age groups and genders swimming together. In the results, swimmers will be separated into the different genders and age groups.
- Meet management reserves the right to reduce this number of entries for all events if the meet time lines do not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
- All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.

## 800/1500 FREE

- There will be a limit of 40 entries (5 Heats) for these events.
  - 1500 Free - Mandatory In-person Positive Check-in Deadline will be **June 16<sup>th</sup> at 4:15pm** at the Clerk of Course Desk.
  - 800 Free - Mandatory In-person Positive Check-in Deadline will be at the conclusion of **Event 11 on Saturday June 17<sup>th</sup>** at the Clerk of Course Desk.
  - Swimmers not checking in in-person for either the 800 or 1500 Free events will be removed from the events at the respective deadline times.
- Swimmers will be required to swim front crawl and no other stroke will be allowed.
- Distance Lap Counters will not be available. Provide own
- Swimmers **MUST** provide 2 of their own timers for this event.

## RELAYS

- Relay Team entry deadline is June 14<sup>th</sup> at 11:59pm. Each club must complete a Relay Card for each team entry and event.
- Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty-year increments as high as necessary)
- No swimmer may swim more than once in any relay event.
- Mixed relay teams **MUST** have 2 females and 2 males per team.
- Relay name changes and/or Scratches may be submitted on the first day of the Meet and no later than 30 minutes prior to the start of session in which the relay event is schedule. The Relay card form is attached to this meet package. Clubs are responsible to bringing their own copies to the meet and submitting them to the Clerk of Course/office.
- Relay Teams that include swimmers under the age of 25 will not be eligible for Masters' World Records.

## SCORING

- Individual scoring: 20-17-16-15-14-13-12-11  
Relay scoring: 40-34-32-30-28-26-24-22
- Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

## AWARDS

Lapel pins will be awarded to the 1<sup>st</sup>, 2<sup>ns</sup>, 3<sup>rd</sup> place finishers of individual events in each age group. Lapel pins will be awarded to the 1<sup>st</sup> place relay in each age group. Awards must be picked up at the Awards Desk, located on the pool deck. Awards will not be mailed.

## RESULTS

Meet results will be posted on the pool deck throughout the meet. Results will be upload to Swimming Canada RTR and be posted on the MSABC website after the meet.

## RECORD ATTEMPTS

Record attempt forms are attached to this meet package. It is the swimmer and/or coach's responsibility to fill out the form and submit to the Clerk of Course/office prior to the start of the session.

## CHECK-IN

Please visit the check-in desk located in the upper-level pool entrance, labeled "New Entrance" on map below. If applicable, Banquet tickets will be provided at the time of check-in.

Check in Desk Hours will be:

Friday 3:00 - 6:00pm

Saturday 8:00am - 1:00pm

## MSABC AGM

The MSABC AGM will be held approximately 30 minutes after the final event on Sunday, June 18<sup>th</sup> in the conference room upstairs.

## ACCOMMODATIONS

### Best Western Plus

660 Columbia Street West  
Kamloops, BC V2C 1L1  
877-302-7878  
[info@bestwestern.com](mailto:info@bestwestern.com)  
[www.bestwesternkamloops.ca](http://www.bestwesternkamloops.ca)

### Wingate by Wyndam

1180 Rogers Way  
Kamloops, BC V1S 1N5  
778-471-7706

### Rodeway Inn and Suites

1200 Rogers Way  
Kamloops, BC V1S 1N5  
250-374-8100

## AWARDS BANQUET

Cost is \$35

- payable via e-transfer to [admin@swimkamloops.com](mailto:admin@swimkamloops.com)
- Please note in transfer comment that payment includes banquet ticket, swimmer name and club.

Saturday June 17<sup>th</sup> 5:30 - 9:30pm

BBQ at the Canada Games Pool

If applicable, Banquet tickets can be picked up at the check-in desk located in the "New Entrance", see map below. Extra tickets can be purchased during the meet (if there are any still available), cash only. This will be a licensed event, all attendees must be 19 years of age or older.

## Schedule of Events

Friday, June 16 <sup>th</sup>		
Warm Up	4:00 - 4:45pm	
Sprint/Dive Lanes Open	4:30 - 4:45pm	
Competition Starts	5:00pm	
Event Number		Event Name
1	Mixed	1500 Free
<b>15 Min Break*</b>		
2	Mixed	200 IM
<b>15 Min Break*</b>		
3	Mixed	400 Free Relay
4	Female	400 Free Relay
5	Male	400 Free Relay

Saturday, June 17 <sup>th</sup>		
Warm Up	8:00 - 8:45am	
Sprint/Dive Lanes Open	8:30 - 8:45am	
Competition Starts	9:00am	
Event Number		Event Name
6	Mixed	400 Free
<b>15 Min Break*</b>		
7	Mixed	50 Back
8	Mixed	100 Breast
9	Mixed	100 Fly
10	Female	200 Free Relay
11	Male	200 Free Relay
<b>30 Min Break*</b>		
12	Mixed	100 Free
13	Mixed	400 IM
14	Mixed	50 Breast
15	Mixed	100 Back
16	Mixed	200 Medley Relay

Sunday, June 18 <sup>th</sup>		
Warm Up	8:00 - 8:45am	
Sprint/Dive Lanes Open	8:30 - 8:45am	
Competition Starts	9:00am	
Event Number		Event Name
17	Mixed	800 Free
<b>15 Min Break*</b>		
18	Mixed	50 Free
19	Mixed	200 Back
20	Mixed	100 IM
21	Mixed	200 Fly
22	Mixed	200 Free Relay
<b>30 Min Break*</b>		
23	Female	200 Medley Relay
24	Male	200 Medley Relay
25	Mixed	200 Free
26	Mixed	50 Fly
27	Mixed	200 Breast
28	Mixed	400 Medley Relay
29	Female	400 Medley Relay
30	Male	400 Medley Relay

\* MEET MANAGEMENT RESERVES THE RIGHT TO ADJUST THE TIMING AND LENGTH OF THE BREAKS BASED ON THE PROGRESS OF THE MEET.

## Pool Parking



Parking is limited and drivers are requested to observe all  
NO PARKING zones.

Lot S is Free Parking on Sat. & Sun. Access to the Pool is via the New Lobby across Dalhousie Dr. through the NE  
entrance.

2-hour Free Parking MAY be waived during special events.  
Please visit a kiosk in the parking lot to determine special event parking.  
**ABSOLUTELY NO RV PARKING AS PER CITY BYLAW.**

## BC, CANADIAN, & WORLD RECORD APPLICATION FORM

BC Record                                  Canadian Record                                  World Record

Distance: \_\_\_\_\_ Stroke: \_\_\_\_\_ Pool Length: 25 metres \_\_\_\_\_ 50 metres \_\_\_\_\_

Official Time: \_\_\_\_ : \_\_\_\_ . \_\_\_\_ Event # \_\_\_\_\_ Date of Swim \_\_\_\_\_ (yy/mm/dd) Sanction # \_\_\_\_\_

Electronic: \_\_\_\_ : \_\_\_\_ . \_\_\_\_    Manual: 1) \_\_\_\_ : \_\_\_\_ . \_\_\_\_    2) \_\_\_\_ : \_\_\_\_ . \_\_\_\_    3) \_\_\_\_ : \_\_\_\_ . \_\_\_\_ **Time**

**cards and/or Electronic Tape must be attached.**

Swimmer's Name: \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_

Swimmer's Address: \_\_\_\_\_ City, Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Birthdate (yy/mm/dd) \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age (as of Dec 31) \_\_\_\_\_

Name of Club: \_\_\_\_\_ Club Code \_\_\_\_\_

Location of Meet: \_\_\_\_\_ Name of Pool \_\_\_\_\_

**RELAY EVENT:**

Team Name: \_\_\_\_\_ Club Code \_\_\_\_\_

AGE GROUP: \_\_\_\_\_

Name: \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (yy/mm/dd)

Name: \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (yy/mm/dd)

Name: \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (yy/mm/dd)

Name: \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (yy/mm/dd)

**Certifying Official:**                  Name                                  Date                                  Signature

Referee OR Chief Timer: \_\_\_\_\_

Provincial Recorder: \_\_\_\_\_

National Recorder:                  Christian Berger  
1130 rue Emma  
Longueuil, Quebec  
J4J 3A3

FINA Bureau                                  Date                                  Signature

Ratification: Yes \_\_\_\_ no \_\_\_\_

Reason for non-ratification:

**WORLD RECORD ONLY:**

Copy of Birth Certificate or Passport Attached \_\_\_\_ or on file \_\_\_\_

Pool Length Certification Attached \_\_\_\_ or on file \_\_\_\_

## Masters Relay Entry Forms

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					



# COMPETITION WARM-UP SAFETY PROCEDURES

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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.”**