



# **TRU WOLFPACK** **INVITATIONAL**

**June 2 - 4 2023**

**Dive into Summer**



# 6<sup>th</sup> ANNUAL TRU WOLFPACK INVITATIONAL

## June 2, 3, 4 2023

Sanctioned by Swim BC: #38052

### **Prelims**

#### **Fri/Sat/Sun:**

Warm-ups: 12 & Under 7:00 a.m. – 7:40 a.m.

13 & Over 7:40 a.m. – 8:20 a.m.

Start: 8:30 a.m.

Finish: 10 & Under: 12:30 p.m. [estimate]

11 & Over: 1:30 p.m. [estimate]

### **Finals**

#### **Fri/Sat:**

Warm ups: 4:00 p.m. – 4:50 p.m.

Start: 5:00 p.m.

Finish: 8:00 p.m. [estimate]

### **Finals**

#### **Sun:**

Warm ups: 2 Hours after Prelims

Start: 3 Hours after Prelims

### **Hosted by**

Kamloops Classic Swimming

### **Location**

**Canada Games Aquatic Centre**

910 McGill Road, Kamloops, BC

Tel.: 250.828.3660 Fax: 250.828.0762

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

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

### **Facilities**

1 x 8 lane 50m competition pools

Quantum Timing Omega electronic touch pads

Electronic relay take-over timing in effect

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

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



**Land Acknowledgment:**

KCS acknowledges that this meet 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 Heats/Finals meet for 11&O swimmers. Preliminary sessions will use one 50m pool. All 10&U events are Timed Finals in the preliminary session.

**Warm-Up Procedures:**

Swim BC warm-up procedures will be in effect at this meet.

**Eligibility:**

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

**Qualifying Times:**

- There are no standards for 50m and 100m events.
- The following Time Standards must be met for 200m + events (SC can be converted to LC): 200 Fr 3:10.00, 200 Bk & Fly 3:30.00, 200 Br 3:45.00 and 200IM 4:00.00.
- 10&U 200IM must meet a time 4:00.00 or faster. Proof of time required.
- 10&U 200FR must meet a time of 3:40.00 or faster. Proof of time required.
- Proof of Time (POT) required for all 400 IM / 400 FR entries as well as 10&U 200IM / 200FR. Report to be sent via email to [meets@swimkamloops.com](mailto:meets@swimkamloops.com).
- Open entries for Kamloops Classic Swimmers.

**Entry Deadline:**

**9:00PM PDT, Wednesday, May 24<sup>th</sup>, 2023.** Meet entries must be uploaded to the Swimming Canada website prior to the entry deadline.

**Entry Information:**

1. The meet is open to the first 550 swimmers
2. Entry Fees
  - a. Individual Events: \$10.00
  - b. Relay Events: \$12.00
  - c. Swim BC Competition Fee: \$5.00 (per swimmer)
  - d. Okanagan Swimmer Surcharge: \$0.50 (per swimmer)



3. Swimmers may enter a MAXIMUM of 8 individual events.
4. 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 Sunday May 28<sup>th</sup>, 2023.
5. No “NT” entries will be accepted. There are no entry standards for relays, however “NT” will not be accepted for seeding purposes.
6. The “no-charge” scratch deadline is Monday, May 29<sup>th</sup>, 2023. Scratches received AFTER May 29<sup>th</sup>, 2023, must be accompanied by a Doctor’s note to receive reimbursement.
7. **All fees must be paid by your club prior to the start of the meet and are payable at the Kamloops Classic Swimming Office.** Payment methods accepted are cash, e-transfer or cheque. E-transfer to [admin@swimkamloops.com](mailto:admin@swimkamloops.com); cheques payable to Kamloops Aquatic Club.

**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 and SNC rules will be observed.
2. Deck entries will be accepted with proof of time, to fill any empty lanes given:
  - a. cannot exceed the 8 individual events per swimmer.
  - b. must be in the hands of the Clerk of the Course 30 minutes before session starts.
  - c. the swimmer must already be entered in the meet and have met the required time standard (Proof of time is required).
  - d. deck entries are exhibition only and will be seeded into the first available heat/lane.
  - e. \$20 per individual event or \$25.00 per relay to be paid at time of registration.
3. Para-Swimmers must be entered with their classification numbers and actual times for each event. WPS rules will apply to all Para-Swimmers in the meet. Para-Swimmers must meet the event time standard. This is not a Para-Swimmer sanctioned event.
4. There will be a positive check-in for 400FR/400IM. Check-in must be completed at the CoC desk 1 hour prior to the start of the event or by the end of warm-up - whichever is earlier.
5. Official splits will be requested at the CC desk 45 minutes prior to the start of the event.
6. 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 entries in the 200m events.
  - b. Change the start times to an earlier time.
7. **Spectators and non-accredited coaches are not permitted on deck.**
8. Meet management will notify all teams with changes that were deemed necessary, no more than 72h after the entry deadline.



**\*\*** It is the Coach's responsibility to check the Psych Sheets and request an alternate event if a change in the meet format has affected a swimmer's entries prior to the start of the meet. All changes requested after June 6<sup>th</sup> will be treated as a deck entry.

### **Scratch Rules:**

- 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 (A and B) plus alternates as listed on the official posting of prelims results.
  - a) For all final sessions, 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, email scratches will not be accepted.

### **Meet Format:**

1. Age will be determined as of the 1<sup>st</sup> day of the meet: Friday, June 2<sup>nd</sup>, 2023
2. Age Groups will be:
  - a. 10 & Under
  - b. 11-12
  - c. 13-14
  - d. 15 & Over
3. Preliminaries will be swum double ended, mixed gender (males and females combined) in two age categories: 10&U and 11&O. Exceptions are as follows:
  - a. 400FR / 400IM events will be swum as Timed Finals – Open Age Group with the fastest heat (8 swimmers) of each gender swimming in finals.
  - b. The 400FR will be limited to the top 48 entries per gender (96 total).
  - c. The 400IM will be limited to the top 40 entries per gender (80 total).
  - d. If there are less than the maximum entries for one gender, meet management may fill empty lanes with the opposite gender.
  - e. *The onus is on the visiting clubs to review the Psych Sheets and determine which swimmers did not make the entry limit. Alternate events may be chosen by May 26th, 2023. Requested changes AFTER the start of the meet will be treated as deck entries.*
4. During Prelims (with the exception of 50m events and 10&U relays) odd numbered heats will start at the DEEP END of the pool, even numbered heats will start at the SHALLOW END of the pool.
5. ALL 50m events will start at the SHALLOW END of the pool.
6. ALL 10&U relay events will start at the DEEP END of the pool.
7. ALL 50m and 100m events, 200 FR and 200 IM will have "A" and "B" finals, given a minimum of 18 swimmers per age group. Finals will be swum "A" finals first, then "B" finals. ALL other events will have only "A" finals (200Fly-Bk-Br).
8. ALL 10&U swimmers will swim as Mixed Timed Finals during the Preliminary session, with the exception of 10&U swimmers who have qualified as a 12&U swimmer in an Open Event.
9. 11&O Relays will be swum as Timed Finals at the conclusion of Friday and Saturday Finals.



10. Deadline for relay name/order changes will be 30 minutes before the start of the session they are in.
11. A coaches meeting will be held prior to the start of the meet, Friday June 2<sup>nd</sup> at 7:10 AM, ten minutes after warm up start.

### **50 FREE Eliminator:**

All swimmers in "Open 50 FR" will be eligible for the eliminator. Top 4 finishers (per gender) will swim at the beginning of Saturday Finals. Top 2 finishers (per gender) from Saturday will swim at the beginning of Sunday Finals. Prizes for 1<sup>st</sup> and 2<sup>nd</sup> place.

### **Scoring:**

Points for club standings will be assigned according to club registration submitted.

Team scoring for "A" finals will be: 20-17-16-15-14-13-12-11.

Team scoring for consolation finals will be: 9-7-6-5-4-3-2-1.

Relay scoring will be: 20-17-16-15-14-13-12-11.

### **Awards:**

- Medals will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> place in all age groups in individual events.
- Ribbons 4<sup>th</sup> – 8<sup>th</sup> place will be given to 10 & under events
- Ribbons will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> place relay teams.
- 400FR / 400IM will be awarded as "Open Age" category.
- Best Time ribbons will be given to 10&U swimmers.

***Please pick up your Awards/Ribbons at the end of the Meet.***



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| Friday, June 2, 2023.  |        |      |
|--|--------|------|
| Prelims Warm-Up: 12&U 7 – 7:40AM, 13&O 7:40 – 8:20AM. Start: 8:30AM. |        |      |
| Finals Warm-Up: 4:00 – 4:50PM. Start: 5:00PM.                        |        |      |
| EVENT  | EVENT# |      |
| ** 400 Free  | 1      |      |
| * 10&U 100 Breaststroke  | 2      |      |
| 11&O 100 Breaststroke  | 3      |      |
| * 10&U 200IM   | 4      |      |
| 11&O 200IM   | 5      |      |
| Open 200 Fly   | 6      |      |
| * 10&U 50 Backstroke   | 7      |      |
| 11&O 50 Backstroke   | 8      |      |
| * 10&U 50 Freestyle  | 9      |      |
| *** 11&O 50 Freestyle  | 10     |      |
| SWIMMING IN FINALS   | GIRLS  | BOYS |
| 12&U 4x50 Free Relay   | 11     | 12   |
| 14&U 4x50 Free Relay   | 13     | 14   |
| 15&O 4x50 Free Relay   | 15     | 16   |

| Saturday, June 3, 2023.  |         |      |
|--|---------|------|
| Prelims Warm-Up: 12&U 7 – 7:40AM, 13&O 7:40 – 8:20AM. Start: 8:30AM. |         |      |
| Finals Warm-Up: 4:00 – 4:50PM. Start: 5:00PM.                        |         |      |
| EVENT  | EVENT # |      |
| ** 400 IM  | 17      |      |
| * 10&U 100 Freestyle   | 18      |      |
| 11&O 100 Freestyle   | 19      |      |
| * 10&U 4x50 Free Relay   | 20      | 21   |
| Open 200 Breaststroke  | 22      |      |
| * 10&U 100 Backstroke  | 23      |      |
| 11&U 100 Backstroke  | 24      |      |
| * 10&U 50 Fly  | 25      |      |
| 11&O 50 Fly  | 26      |      |
| SWIMMING IN FINALS   | GIRLS   | BOYS |
| ***Eliminator 50 Free (Top 4 Each Gender)                            |         |      |
| 12&U 4x50 Medley Relay   | 27      | 28   |
| 14&U 4x50 Medley Relay   | 29      | 30   |
| 15&O 4x50 Medley Relay   | 31      | 32   |



**Sunday, June 4, 2023.**

Prelims Warm-Up: 12&U 7 – 7:40AM, 13&O 7:40 – 8:20AM. Start: 8:30AM.  
Finals Warm-Up: 2 Hours after Prelims. Start: 3 Hours after Prelims.

| EVENT                                     | EVENT #      |             |
|---|--------------|-------------|
| * 10&U 200 Freestyle                      | 33           |             |
| 11&O 200 Freestyle                        | 34           |             |
| * 10&U 100 Fly                            | 35           |             |
| 11&O 100 Fly                              | 36           |             |
| Open 200 Backstroke                       | 37           |             |
| * 10&U 4x50 Medley Relay                  | 38           | 39          |
| 11&O 50 Breaststroke                      | 40           |             |
| * 10&U 50 Breaststroke                    | 41           |             |
| <b>SWIMMING IN FINALS</b>                 | <b>GIRLS</b> | <b>BOYS</b> |
| ***Eliminator 50 Free (Top 2 Each Gender) |              |             |

\* All 10&U Events are MIXED TIMED FINALS in Preliminaries.

\*\* 400FR/400IM Timed Finals with POT: Top 8 per Gender to swim with finals.

\*\*\* Open 50FR Eliminator. Top 4 per gender swim at beginning of Saturday Finals, top 2 per gender from Saturday swim at beginning of Sunday Finals.





## Parking and Building Entrance:

- Parking is limited and drivers are requested to observe all NO PARKING zones.
- Lot S is Free Parking on Sat. & Sun. Lots W, XT and T1 are also available to the West of the TCC. Parking is limited, please allow extra time to find a spot and get to the facility.
- Access to the Pool is across Dalhousie Dr. through the NE entrance.
- Currently there is 2-hour Free Parking. Additional parking costs 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.
- Entrance to the TCC facility will be from the new lobby attached to the mezzanine area, see map below.
- Entry is not permitted from the TCC front entrance lobby area.

*As mentioned, parking is limited, please allow extra time to find a spot and get to the facility.*



## ***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."**