



PRATT'S COMPOUNDING  
PHARMACY

# PRATT'S SPRING FLING

Sanctioned by Swim BC: # 59547

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.

<b>Date</b>	<b>Sat, April 25, 2026</b>	
<b>Location</b>	<b>Canada Games Aquatic Centre</b> 910 McGill Road, Kamloops, BC V2C 6N6 Tel.: 250.828.3660 Fax: 250.828.0762	
<b>Pool Set up</b>	1 – 50 metre 8 lane pool QUANTUM Timing Omega electronic touch pads Electronic relay take-over timing in effect Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1	
<b>Meet Manager</b>	Lisa Sears	Email: <a href="mailto:meets@swimkamloops.com">meets@swimkamloops.com</a>
<b>Entries Coordinator</b>	Russ Tulloch	Email: <a href="mailto:entries@swimkamloops.com">entries@swimkamloops.com</a>
<b>Meet Referee</b>	Steve Meredith	Email: <a href="mailto:stross29@gmail.com">stross29@gmail.com</a>
<b>Eligibility</b>	All swimmers must be registered with Swim BC or a World Aquatics affiliated organization.	
<b>Age Groups</b>	Age will be determined as of: <b>Sat, Apr. 25<sup>th</sup>, 2026.</b> All events are swum as Open Age Groups.	
<b>Meet Format</b>	This will be a one-day, Single Ended, Long Course, Timed Finals meet. 1) "NT" entries will not be accepted. All swimmers must be entered into an event with a time. The "no-charge" scratch deadline is 12:00 p.m., Tuesday, April 21st, 2026. Scratches received AFTER April 21st must be accompanied by a doctor's note to receive reimbursement. 2) The Swim BC Scratch Rules will be in effect for all Timed Final events.	

- 3) The onus will be on the Clubs to review the Psych Sheets and determine that all swimmers are entered in the correct number of events. An alternate event may be chosen prior to 6 pm on Mon, April 20th. Requested changes **after Monday, April 20<sup>th</sup> at 6 pm will be treated as deck entries.**

### Session Times

Session #	Day	Format	Warm Up	Start	Finish
1	Saturday	Timed Finals	KCS: 7:30 - 8:30 am 8:30 - 9:20 am	9:30 am	Approx. 2:30 pm

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

### Max Number of Participants

The meet is open to the first 250 swimmers, plus Kamloops Classic Swimmers. In order to ensure the meet runs in a timely fashion, the meet manager reserves the right to limit the number of heats or cancel relays. Meet management will notify all teams with changes that were deemed necessary, no more than 72 hours 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 Monday, April 20<sup>th</sup> at 6 pm** will be treated as a deck entry and charged a \$15.00 fee.

### Entries

Swimmer may enter a **MAXIMUM of 3 individual events**. Provided qualification standards are met, a swimmer may swim one of either 400 Free or 400 IM. Additionally, a swimmer may swim only one stroke for a 200 (Butterfly, Backstroke, Breaststroke) event.

### Entry Deadline

**Monday, April 13, 2026 @ 9PM PST**

"NT" entries will not be accepted.

Entries may only be submitted for swimmers whose registration is active in the REMS database.

All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) – This includes 9-digit ID #, name, correct date of birth, and gender. Entries must be submitted through the Swimming Canada online system. Emailed entry files will not be accepted.

### Time Standards

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 Fees

Individual Events:	\$12.00
Relay Events:	\$10.00
Swim BC Competition Surcharge:	\$5.00 (per swimmer)
Thompson-Okanagan Swimmer Surcharge	\$0.50 (per swimmer)
Deck Entry Fees	\$15/event
Official Split Requests	\$15.00/event (must provide own timers)
Late Scratch Penalty	\$15.00/event

**All fees must be paid by your Club prior to the start of the meet.** We accept cash, cheque or e-transfer. E-transfer to [admin@swimkamloops.com](mailto:admin@swimkamloops.com); cheques payable to Kamloops Aquatic Club. Payment must be made by check-in on Saturday, April 25th at the Kamloops Classic Swimming office or Administration Desk.

## **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.

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.

Deck changes are explicitly prohibited.

There will be one washroom available for adult use only at the North end of the pool in the hallway to the mezzanine. This is near to the deep end lane eight starting blocks.

Other adult only washrooms are not available due to facility configuration.

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 Rules**

- 1) This meet will be conducted under Swimming Canada rules and regulations.
- 2) During events only one (1) swimmer per lane is permitted.
- 3) The deadline for relay name/order changes and official splits requests will be 30 minutes before the start of the session.
- 4) Deck entries will be accepted, to fill any empty lanes given:
  - a. Cannot exceed the 3 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 Admin Desk 30 minutes before the 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.
- 5) Para-Swimmers must be entered with their classification numbers and actual times for each event. Current IPC rules will apply to all Para-Swimmers in the meet.
- 6) Spectators and non-accredited coaches ARE NOT permitted on deck.
- 7) Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
- 8) All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee 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. An external strobe light

\* Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.
- 9) In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
- 10) Coaches are reminded that once competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting blocks or at the turn end but are welcome to coach and encourage their swimmers from the sides of the pool.

- 11) 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):
- 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.
  - Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
  - 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.

## **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.

***\*Coaches, please pick up your ribbons at the end of the meet from the Admin desk. \****

# PRATT'S SPRING FLING EVENTS

**Saturday, April 25, 2026**

Warm-Up: 8:30 – 9:20 a.m. Start: 9:30 a.m.

<b>EVENT</b>	<b>MIXED – GIRLS / BOYS</b>
200 IM	1
400 IM	2
50 Back	3
100 Back	4
200 Back	5
200 Breast	6
200 Fly	7
50 Fly	8
100 Fly	9
50 Free	10
100 Free	11
200 Free	12
50 Breast	13
100 Breast	14
400 Free	15
4 x 50 Relay	16



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## COMPETITION WARM-UP SAFETY PROCEDURES

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 wearing a 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 warmups. 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.”**

November 4, 2025