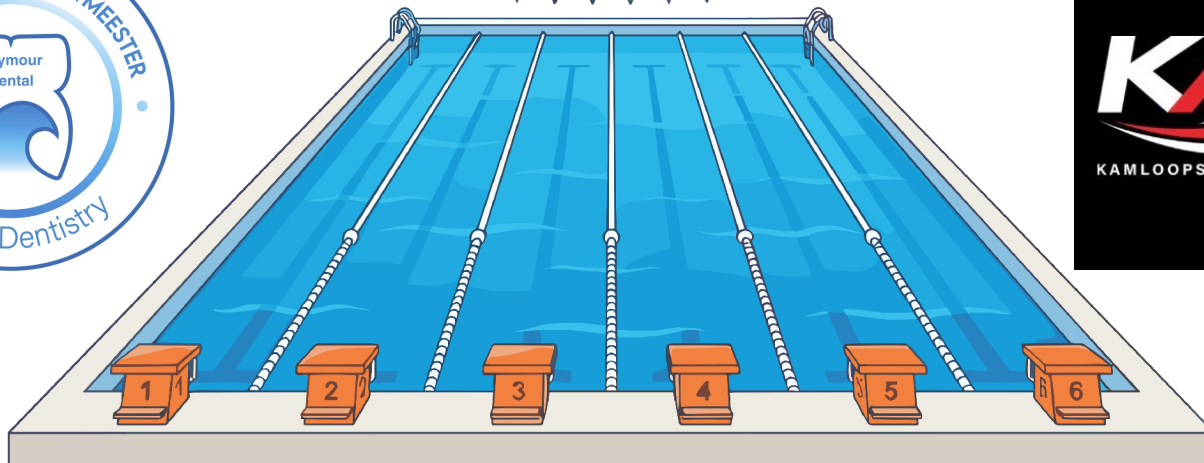
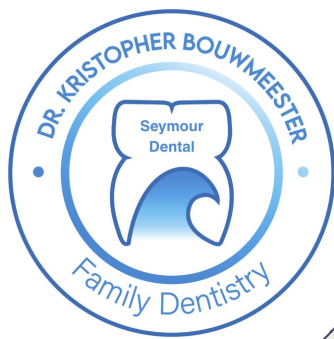




Dr.B's Fall Festival Invitational



Sat, Oct. 24, 2026

Sanctioned by Swim BC: #66263

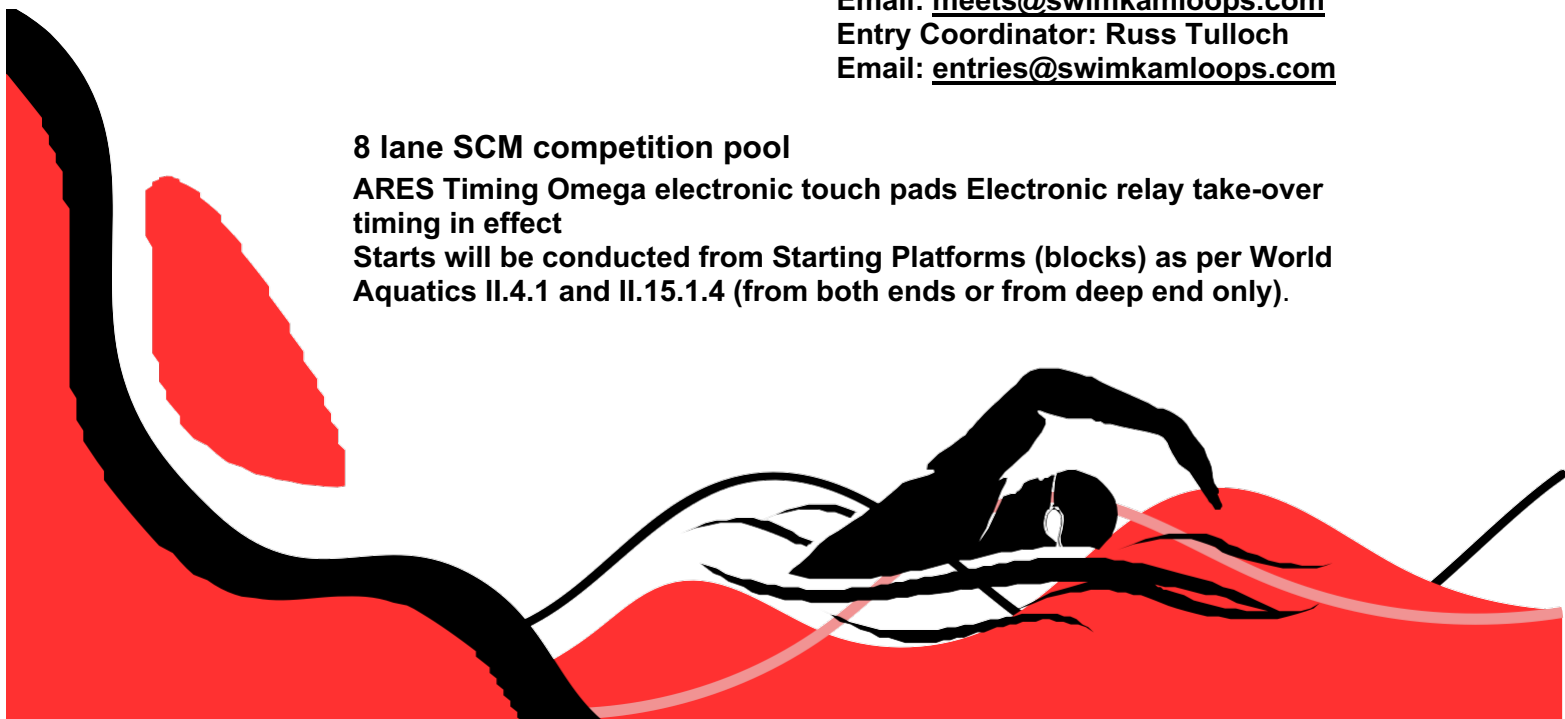
**Canada Games Aquatic Centre 910 McGill Road
Kamloops, BC Ph: 250-828-3660
Fax: 250-828-0762
E-mail: meets@swimkamloops.com**

**Meet Referee: Steve Meredith
Session Referees: Chris Cameron & Tyrone McCabe
Meet Manager: Lisa Sears
Email: meets@swimkamloops.com
Entry Coordinator: Russ Tulloch
Email: entries@swimkamloops.com**

8 lane SCM competition pool

**ARES Timing Omega electronic touch pads Electronic relay take-over
timing in effect**

**Starts will be conducted from Starting Platforms (blocks) as per World
Aquatics II.4.1 and II.15.1.4 (from both ends or from deep end only).**



LAND ACKNOWLEDGEMENT: KAC would like to acknowledge 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: 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 the deep end, lane eight starting blocks. Other adult only washrooms are not available due to facility configuration.

ELIGIBILITY: All swimmers must be registered with Swim BC or a World Aquatics affiliated organization.

MEET FORMAT: This is a single ended, short course, timed finals meet for 8 & under to 18 & over swimmers.

- 1) Age groups will be 8 & under, 9-10, 11-12, 13-17, and 18 & Over.
- Age will be determined as of **Saturday, October 24th 2026**.
- 2) This is a short course meet with all events being timed finals.
- 3) There is a morning distance swim session, followed by an hour break. Session two starts in the afternoon with all the other events.
- 4) The onus will be on Clubs to review Psych Sheets and determine which swimmers did not make the entry limit. An alternate event may be chosen prior to October 19th. Requested changes **after Monday October 19th at 12:00 pm will be treated as deck entries**.
- 5) All swimmers participating in the 1500 m Free will be provided an official split at the 800 m.
- 6) A Coaches Meeting will be held as soon as warm ups end at 8:20 AM.

WARM UP PROCEDURES:

Session	Time & Club	Lane Assignments	Time & Club	Lane Assignments
Session 1: <i>Saturday am</i>	7:15 am - 7:45 am KAC swimmers	Deep Lanes 1-8 Shallow Lanes 7 & 8	7:50 - 8:20 am visiting clubs	Deep Lanes 1-8 Shallow Lane 7 Para only Lane 8
Session 2: <i>Saturday pm</i>	12:00 pm - 12:30 pm KAC Swimmers	Deep Lanes 1-8 Shallow Lanes 7 & 8	12:30 pm - 1:00 pm visiting clubs	Deep Lanes 1-8 Shallow Lane 7 Para only Lane 8

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

ENTRIES:

- **DEADLINE: Friday, October 16th 2026 at 9:00 pm.**
- Entries must be submitted through the Swimming Canada online system, as all entries must be submitted through REMS. 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 swimmer 9-digit ID #, name, correct date of birth, and gender.
- Proof of Time must be emailed to the Entry Coordinator for the distance events in session one. Session one entries are only for 12 & over swimmers.
- **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; cheques payable to Kamloops Aquatic Club.
- Meet Management will close entries after receiving the **200th** swimmer's entry.

- **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.** Please email Lisa Sears: meets@swimkamloops.com with any questions or inquiries.

There is a **limit of four (4) individual events** per swimmer. For 12 & over swimmers one (1) event must be chosen from the first session and three (3) events from the second session. 11 and under swimmers must choose all four (4) events from the second session. Swimmers entering the 200 IM must have previously met or their coach believes they can meet a 2:30 time standard in the 100 IM.

Entries standards will be enforced for the following events:

- 400 m IM - 7:26
- 400 m Free - 6:35
- 1500 m Free - 24:56

Entry fees:

\$12.50 per Individual Event

\$15.00 per relay Event

\$6.00 Swim BC Competition Surcharge per swimmer

MEET RULES:

- 1) This meet will follow current Swimming Canada rules and regulations.
- 2) All swimmers are permitted to race with swimwear of their choosing. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
- 3) Swim BC Warm-up procedures will be in effect and will be monitored by safety marshalls.
- 4) During competition, two lanes are available in the shallow lane for warm-ups/cool downs. Lane 7 is designated a warm-up & cool down lane, while lane 8 is a designated para only lane.
- 5) Deck Entries will be accepted to fill any empty lanes and:
 - (a) Must be in to the Admin Desk 30 minutes before the session starts.
 - (b) Must be already entered in the meet.
 - (c) Are Exhibition Swims only, seeded in the first available lane in the first available heat.
 - (d) Proof of time must be included with the deck entry for events requiring proof of time and the time must meet the time standard.
 - (e) \$15.00 per Individual Events, to be paid at time of registration.
 - (f) Cannot exceed 4 events per person.
- 6) **SPECTATORS AND NON-ACCREDITED COACHES ARE NOT PERMITTED ON DECK.**
- 7) 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.2.5.2.1):
 - 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.
- 8) Seeding Mixed Gender – slowest to fastest. Due to mixed gender events, no provincial or national records will be recognized.
- 9) During events only one (1) swimmer per lane is permitted.

10) This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:

1. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'
2. Visual hand signals given by the starter/referee
3. Facility or Swimming Canada provided strobe light: An external strobe light is available at this competition

Clubs must connect with Meet Management prior to the competition to discuss accommodations.

11) 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.

12) 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.

13) The "no-charge" scratch deadline is: **Monday, October 19, 2026.**

SCRATCH RULES: Please submit at the beginning of warm-ups. Refunds for scratches submitted after the specified deadline will only be issued upon receipt of a physician's note by meet management prior to the start of competition.

SCORING: No Scoring

AWARDS: Ribbons will be awarded for 1st through 8th place for 12 & under individual events only. Best Time Ribbons will be awarded for 12 & under individual events only.

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

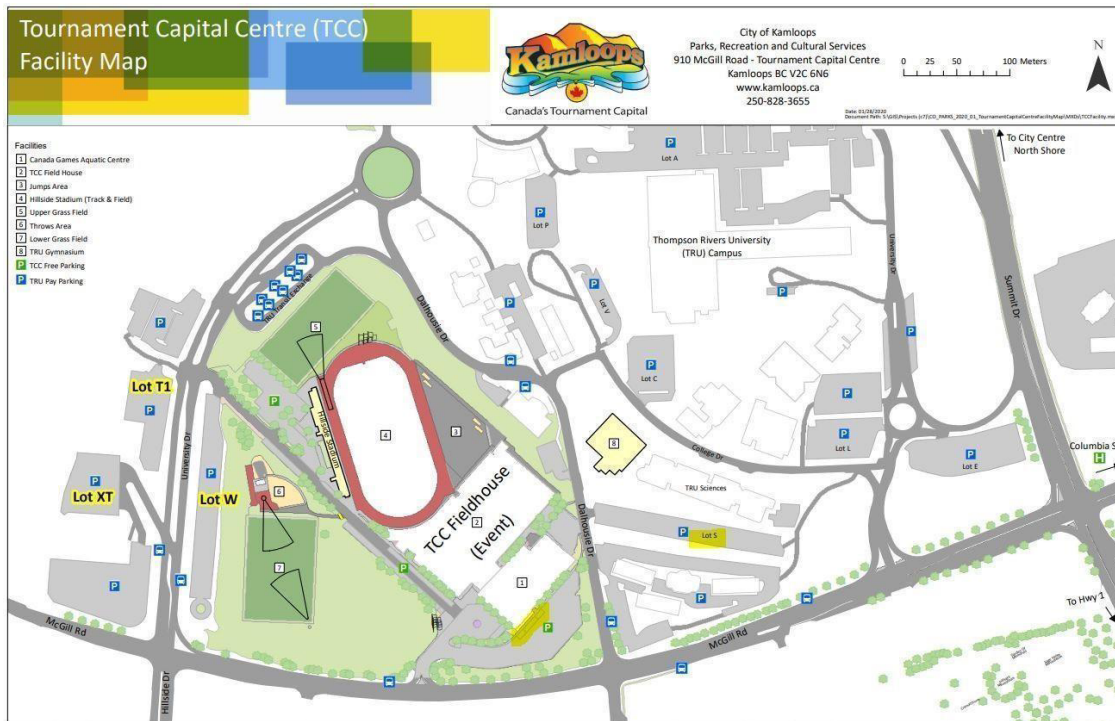
EVENTS SCHEDULE

Session #1 (12 & over swimmers only) Warm-ups: 7:15 am - 7:45 am - KAC 7:50 am - 8:20 am - visiting clubs	
SATURDAY	EVENT
<i>Start: 8:30 am</i>	
Mixed Open 1500 Free	1
Mixed Open 400 IM	2
Mixed Open 400 Free	3
<i>Finish: Approx. 11:00 am</i>	

~ 1 hour break ~

Session #2 (All age groups) Warm-ups: 12:00 pm - 12:30 pm - KAC 12:30 pm - 1:00 pm - visiting clubs	
SATURDAY	EVENT
<i>Start: 1:15 pm</i>	
Mixed Open 200 IM	4
Mixed Open 100 Fly	5
Mixed Open 50 Free	6
Mixed Open 100 Back	7
Mixed Open 50 Breast	8
Mixed Open 100 IM	9
Mixed Open 50 Back	10
Mixed Open 100 Breast	11
Mixed Open 50 Fly	12
Mixed Open 100 Free	13
Mixed Open 200 Free Relay	14
<i>Finish: 5:00 pm (estimated)</i>	

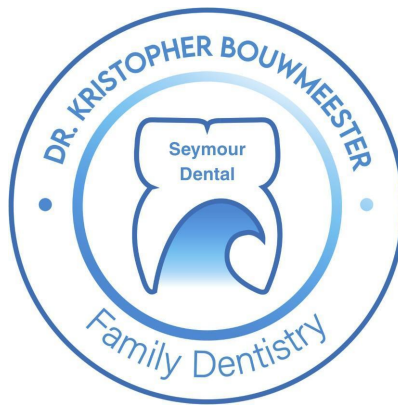
Pool Parking



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.

Thank you to our meet sponsor, Dr. Kris Bouwmeester and his family!



SERVICING KAMLOOPS FOR OVER 35 YEARS!

Location: [737 Seymour Street, Kamloops](#)

Phone: 250-374-9855

Email: 737seymour@seymourdental.ca

Hours: Monday to Friday: 8:00 am - 4:30 pm



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 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 warm-ups. 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.”