



MJB Law Classic SCM

December 9 -10- 11- 2022

Life in the Fast Lane



29th Annual MJB Law Classic SCM

Sanctioned by Swim BC: #37710

December 9-10-11 2022

Prelims

Fri/Sat/Sun:

Warm-ups: 12 and Under 7:30 a.m. – 8:05 a.m.
13 and Over 8:05 a.m. – 8:50 a.m.
Start: 09:00 a.m.
Finish : Fri 1:30 p.m. [estimate]
Sat 1:30 p.m. [estimate]
Sun 12:00 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: Approximately 2 hours after end of Prelims
Start: Approximately 3 hours after end of Prelims
Finish: 2½ hours after Start [estimate]

Location

Canada Games Aquatic Centre

910 McGill Road, Kamloops, BC
Tel.: 250.828.3660 Fax: 250.828.0762
Email: meets@swimkamloops.com

Facilities

2 x 8 lane 25m competition pools
ARES 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

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 and Finals meet with two SCM pools for preliminaries and one SCM pool for finals.

WARM UP PROCEDURES Swim BC warm up procedures will be in effect at this meet.

ELIGIBILITY Swimmers must be registered in one of the SNC competitive categories.

TIME STANDARDS

- There are no standards for 50m and 100m events.
- 4:00.00 or faster for the 200IM if swimmer is entered in the event.
- **Proof of Time (POT) required for 400m/800m/1500 events. Report to be sent via email.**
- Open entries to Kamloops Classic swimmers.

ENTRY INFORMATION 600 swimmers will be accepted to the meet including Kamloops swimmers.

1. FEES

\$ 12.00	Individual event
\$ 15.00	Per Relay event
\$ 5.00	Swim BC Competition Surcharge
\$.50	Okanagan Surcharge
\$20.00	Deck entries

Entry fee invoices will be available at check-in.

Cut-off date to receive changes or scratches via email will be **Monday Dec 5th 12:00 p.m.**

Payment must be made by check-in on Friday, December 9th at the Kamloops Classic Swimming office or Clerk of Course table.

We accept Cash, Cheque or e-transfer. E-transfer to admin@swimkamloops.com; Cheques payable to **Kamloops Aquatic Club**

2. Meet entries will only be accepted via upload to the [SNC meet website](#). Please go to the Swim BC-only page and use www.meetlist.notlong.com. Proof of times must be emailed in word or pdf format to meets@swimkamloops.com by the **Monday, November 28th** deadline.
3. No "NT" entries will be accepted. There are no entry standards for relay events; however, please enter times for seeding. Relay cards will be provided.

4. Swimmers are limited to a **MAXIMUM OF 8 individual events.**

ENTRY DEADLINE: 6 PM PST, Monday, November 28th, 2022

Meet entries must be uploaded to the Swimming Canada website prior to the entry deadline.

MEET MANAGER: Please direct all enquiries to the Swim Club Office
Tel.: 250.828.3660 or via Email: meets@swimkamloops.com

MEET RULES:

1. All applicable Swimming Canada BC rules will be observed.
2. Para swimmers are welcome, but this is not a Para-sanctioned event.
3. Deck entries will be accepted to fill any empty lanes and:
 - Must be in the hands of the Clerk of the Course 30 minutes before session starts.
 - The swimmer must be already entered in the meet and have met the required time standard.
 - Are Exhibition Swims Only that will be seeded in the 1st available heat and lane.
 - \$20.00 per event or relay to be paid at time of registration.
4. There will be Positive Check-ins for Distance Events and must be completed by 8:30 a.m. each day at CC.
5. SPECTATORS AND NON-ACCREDITED COACHES ARE NOT PERMITTED ON DECK.
6. In order to allow the meet to proceed in a timely fashion, Meet Management reserves the right to alter the meet format, including but not limited to, one or more of the following:
 - Swim the 10 and under girls' events in the same end of the pool as the boys' events for heats.
 - Limit the number of entries in the 200m events.
 - Change start times to an earlier time.
7. Results will be uploaded to Meet Mobile.
8. Backstroke ledges will be available for preliminaries and finals.
9. Official splits will be requested at the CC desk 45 minutes prior to the start of the event.
10. Swim offs will be held at the earliest possible opportunity and will be agreed upon by both coaches and the appropriate referee.

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 December 5th at 12:00 pm will be treated as a deck entry and charged \$20.00 fee**

SCRATCH RULES:

1. Scratches received prior to Dec. 5 at 12:00 PM, Noon, will not incur Meet Fees.
2. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
3. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of prelims results.
 - a. For all finals 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 Friday December 9th, 2022**
2. Age groups will be: 10 and under, 11-12, 13-14, 15 and over.
3. All events will be swum as Open Age Group for prelims, except 10 and under.
4. There will be Finals in the 11-12, 13-14, 15 and over age groups.
5. All 10 & Under relays will be swum as timed Final Events during the preliminaries and will be seeded fastest to slowest.
6. Relays (except 10 and under) will be swum as Timed Finals at the end of Finals.
7. Deadline for relay name/order changes will be 30 minutes before the start of the session they are in.
8. Girls' 800 and Boys' 1500 free events will be seeded and awarded as Open Age Group events.
 - Only the Top 24 entries per gender as determined by the **Psych Sheets as of December 9th** will be accepted.
 - These events will be swum as timed finals during prelims.
9. 400Fr and 400IM will be swum as Timed Finals and are limited to top 24 swimmers per age group per gender, as determined by the **Psych Sheets as of December 9th**, and will be swimming during Prelims as Open Age Group. Top 8 per age group in each gender will swim during Finals.
10. The onus will be on the Clubs to review the Psych Sheets and determine which swimmers did not make the entry limit. An alternate event may be chosen prior to December 5th. Requested changes **after Monday December 5th at 12:00 pm will be treated as deck entries.**
11. There will be Consolation Finals for each age group which has 20 competitors or more in the age group as determined by the **Psych Sheets as of December 9th** in the following events: All 50's and 100's, 200 Free and 200IM.
12. These events will have "A" finals only: 200 Back, 200 Breast, 200 Fly.
13. A coaches meeting will be held prior to the start of the meet (Friday AM) in the classroom beside the KCS office.
14. Pool assignments for Prelims:
 - Males race in the deep end on Friday and Sunday. Males race in the shallow end on Saturday. Females race in the shallow end on Friday and Sunday. Females race in the deep end on Saturday.
 - During the Prelims, 10 and under will race in whichever end of the pool will allow for a balancing of the timeout for Preliminary Session Racing. Coaches will be advised at the coaches meeting on Friday morning.

SCORING:

Points for club standings will be assigned according to club registration submitted.
Team scoring for Finals will be: 18-16-15-14-13-12-11-10.
Team scoring for Consolations Finals will be: 9-7-6-5-4-3-2-1.
Relay scoring will be: 36-32-30-28-26-24-22-20.

AWARDS:

Meet Management reserves the right to alter the awarding of ribbons/medals/trophies based on availability due to covid shipping delays.

Medals will be awarded for 1st through 3rd place – for all age groups.

Ribbons will be awarded for 4th through 8th place – for all age groups.

Ribbons will not be awarded for relay teams.

Best Time Ribbons will also be given to 10 and under swimmers.

The winning large team will receive the Ice Classic Cup (more than 20 swimmers).

The winning small size team will receive the Mini Ice Classic Cup (less than 19 swimmers).

Please pick up your club's Awards/Ribbons at the end of the Meet at the Clerk of the Course table.

29th ANNUAL MJB Law CLASSIC

Prelims Warm up 13 and under		Daily Start
12 and Under	7:30 a.m. – 8:05 a.m.	9:00 a.m.
13 and Over	8:05 a.m. – 8:50 a.m.	

*All 10 and Under events are timed finals during prelims.

Friday December 9

F	EVENT	M
1	** Girls 800 Free Open	
	** Boys 1500m Free open	2
3	50 Breast	4
5	*50 Breast 10 & Under	6
7	200 IM	8
9	*200 IM 10 & Under	10
11	100 Back	12
13	*100 Back 10 & Under	14
15	200 Fly	16
17	*100 Free 10 & Under	18
19	100 Free	20
21	*4x50 Free 10 & Under	22
Note: Relays swim at end of Finals Events 23,24,25,26,27&28		
23	4x50 Free Relay 12 & Under	24
25	4x50 Free Relay 13-14	26
27	4x50 Free Relay Open	28

**Timed Finals with POT
Top 24 M/F Open Age Group
Finals Warm-up
4:00 p.m. – 4:50 p.m.
Start 5:00 p.m.

Sunday December 11

F	EVENT	M
53	**400 IM	54
55	*50 Back 10 & Under	56
57	50 Back	58
59	*100 IM 10 & Under	60
61	100 Fly	62
63	*50 Fly 10 & Under	64
65	100 Breast	66
67	*200 Free 10 & Under	68
69	200 Free	70

Finals Warm-up 3:00 p.m. – 3:50 p.m.
Start 4:00 p.m.

Saturday December 10

F	EVENT	M
29	**400 Free	30
31	50 Fly	32
33	*100 Fly 10 & Under	34
35	200 Breast	36
37	*100 Breast 10 & Under	38
39	50 Free	40
41	*50 Free 10 & Under	42
43	200 Back	44
45	*4x50 Medley Relay 10 & Under	46
Note: Relays swim at end of Finals Events 47,48,49,50,51 &52		
47	4x50 Medley Relay 12 & Under	48
49	4x50 Medley Relay 13-14	50
51	4x50 Medley Relay Open	52

**Timed Finals Top 8 per Age/Gender
To swim with Finals
Finals Warm-up
4:00 p.m. – 4:50 p.m.
Start 5:00 p.m.

Pool Parking

Tournament Capital Centre (TCC) Facility Map

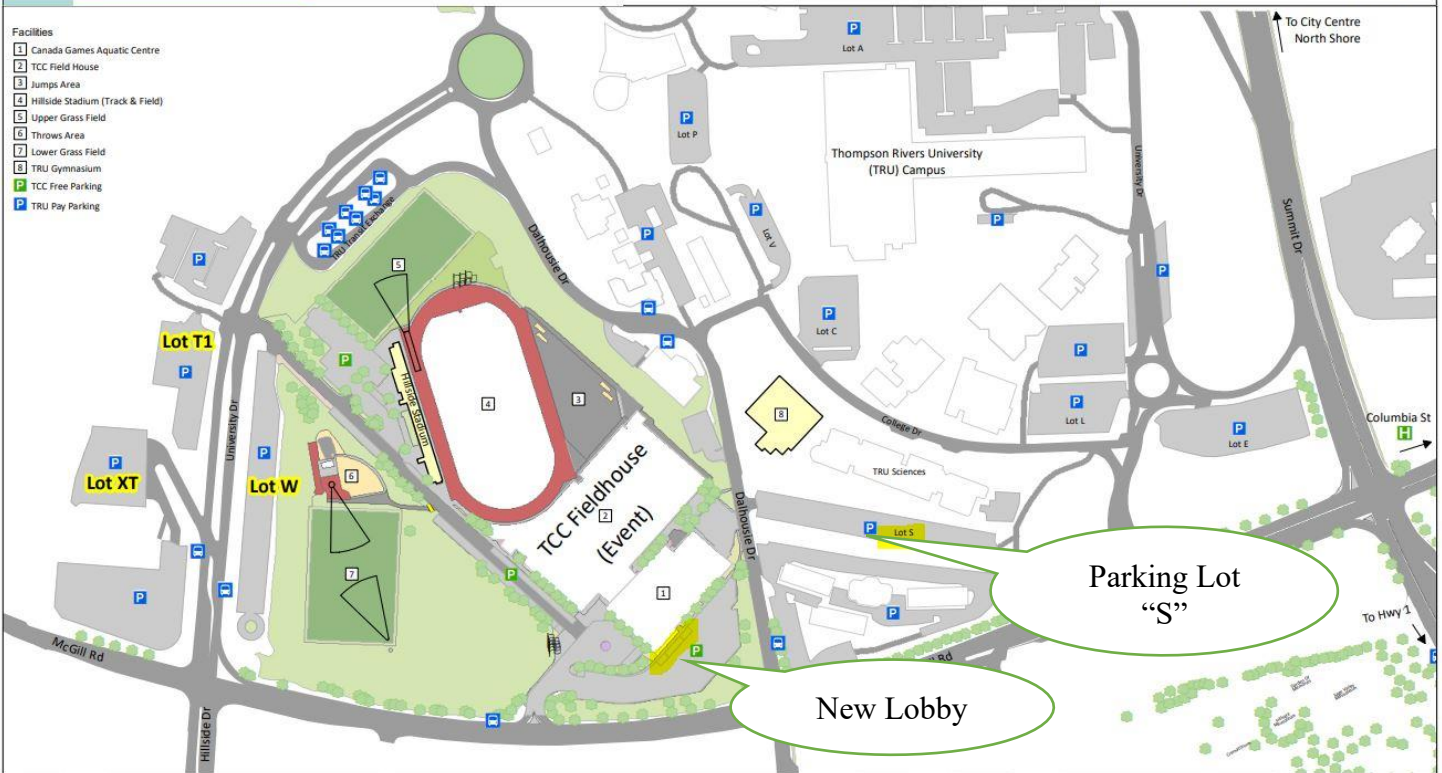


City of Kamloops
Parks, Recreation and Cultural Services
910 McGill Road - Tournament Capital Centre
Kamloops BC V2C 6N6
www.kamloops.ca
250-828-3655

0 25 50 100 Meters



- Facilities
- 1 Canada Games Aquatic Centre
 - 2 TCC Field House
 - 3 Jumps Area
 - 4 Hillside Stadium (Track & Field)
 - 5 Upper Grass Field
 - 6 Throws Area
 - 7 Lower Grass Field
 - 8 TRU Gymnasium
 - P TCC Free Parking
 - P TRU Pay 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.



Host Hotel

Best Western Plus

660 Columbia Street West, Kamloops, BC V2C 1L1

877.302.7878

info@bestwesternkamloops.com

www.bestwesternkamloops.ca



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.”