

TOURNAMENT CAPITAL OPEN



Welcome to the Tournament Capital Open.

The tournament team and the Kamloops Disc Golf Club are grateful to acknowledge that KDGC courses are located on the traditional and unceded territory of the Secwépemc people. We are grateful for their caretaking of this land and are so fortunate to be able to enjoy this space and activity outdoors in it. We are committed to also taking care of the land and supporting our community in doing so as well.

Rose Hill Disc Golf Course is specifically located within T'Kemlups te Secwépemc. Looking down from hole 13 you can see the meeting of the two rivers, which gives Kamloops its name - T'Kemlups. This place gives us gratitude for the beautiful valley that surrounds us, and reminds us how small we are in the world.

McArthur Island Disc Golf Course is located on the banks of the Thompson River. As the waters rise towards the course we are reminded of the power of water, and the role it has in shaping the land as the cycles of high and low water shift through the seasons. This river has been here long before us and has offered transportation and a source of food since time immemorial.

Dick Hart Disc Golf Course is located on the territory of the Secwepemc People. The pine needles that are found in great number on this course have many uses to the Secwepemc People. This land is unique and home to many different species of living things.

We ask that you give consideration to the natural/wild piece of the courses. On McArthur Island there are geese and their goslings throughout the course, great horned owls and their owlets in many of the trees, marmots all over the course, as well as painted turtles nesting in the silty banks of the ponds. If your disc goes in one of the ponds, please use a retriever from the fence or shore line or consider it lost until the TCO volunteers are able to safely go in and retrieve discs.

All of the courses have deer and several times a year, Rose Hill and Dick Hart Park have bear sightings. Please stay away from all wildlife, do not attempt to approach and do not throw towards them. If you are ever unsure of how to proceed, contact your course TD for guidance.



2025 TCO TEAM



TOURNAMENT DIRECTORS

Carrie Neal & Chad Smoliak

LOCAL ORGANIZING COMMITTEE

Thomas Griffin Allyson Herman

Troy Sargeant Alisha Griffin Justin deVries Elizabeth deVries

Huge shout out to some key club members that continue to go above and beyond volunteering to make the courses look amazing:

Bruce Hegyi

Darren Hamar

Colin McDaniel

If you see a member or the LOC or a volunteer, be sure say Thank You!

A tournament like this doesn't happen overnight!. It's actually been in the works since October and many of the volunteers book off work to be here as well as sacrifice many evenings and weekends away from their families to get work done leading up to the event. Without them, TCO would not be possible! No disc golf event would be possible! From your local league to the World Championships, volunteers are the unsung heros!

A MESSAGE FROM YOUR TD

To those players returning, welcome back! To first time players, welcome to the TCO! We are excited to host you during one of Kamloops' best summer months where the hills are still green, the heat is tolerable, the nights are long and memories are plentiful!

Thank you for including The TCO in your summer plans and we hope that you are able to take in the many things

Kamloops has to offer, aside from great disc golf. Included in this Caddy Book is a list of other events happening the week/weekend of TCO. Be sure to take advantage of your Player Pass Perks as well!

Each year, the TCO Team works tirelessly to create an experience better than the last. We listen to the feedback from players, read every survey response and try to find a balance where everyone feels heard and leaves happy. Each year, a lot of the feedback concerns Amateur Player Pack. 2025 was shaping up to be the best yet, as we wanted to ensure that the hiccups from years past became history and we once again set the bar. However, due to economic uncertainties - tariffs mostly, we made the decision to create a player pack that was 100% Canadian and we are thrilled to say that all the products you receive are created, made/manufactured in Canada! We are proud to support these businesses, knowing we were able to offer quality products while keeping all your money in Canada! We believe we have once again set the bar while ensuring the player experience stays intact!

By now, you have hopefully noticed the different playing days for Ams and Pros. This was done to support the biggest piece of feedback we received from the Amateur player...wanting to see the Pros play! We know we have not made everyone happy (because that's impossible) but we have given many a chance to watch high caliber, competitive disc golf on Sunday and once the weekend is over, we will evaluate and wait to see what the feedback looks like!

Watch your email post-tournament for our survey. It is anonymous and allows you, the player, to have a say in what worked, what could be done better and what you would like to see done differently! Next year is our 5 YEAR ANNIVERSARY and we really want to do it up right! So, ensure we have your correct email so you don't miss your chance to have a say in what is going to be our best tournament EVER!

With gratitude,

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TCO SCHEDULE



Wed Jul 9

1:00 - 7:00pm Mandatory Player Check-In at McArthur Island Tournament Central (see following map) All AMATEUR PLAYERS must be checked in by end of day. This is where Player/Parking Passes and Player Packs will be distributed

4:15pm - 8:00pm Thomas Gilbert presents Battle with Big Maple - Mac Island Register here: https://www.discgolfscene.com/tournament/Thomas_Gilbert_presents_Battle_with_Big_Maple_Mac_Island_2025

Thu Jul 10 7:30am - 4:30pm Amateur Tee Times-Round 1 Details will be announced at a later date

10:00am - 7:00pm Mandatory Player Check-In All PRO PLAYERS must be checked in by end of day. This is where Player/Parking Passes will be distributed

12:00pm - 6:00pm Bar Service available at Tournament Central on Mac Island. Family friendly Feel free to bring your lunch and snacks to enjoy in the air conditioning. NO OUTSIDE ALCOHOL PERMITTED

Fri Jul 11

7:30am - 4:30pm Pro Tee Time-Round 1 Amateur Tee Times-Round 2 Details will be announced at a later date

12:00pm - 6:00pmBar Service available at Tournament Central on Mac Island. Family friendly Feel free to bring your lunch and snacks to enjoy in the air conditioning.

NO OUTSIDE ALCOHOL PERMITTED

6:00pm - 10:00pm After Hours Event at Tournament Central Team Trivia starts at 7pm

Sat Jul 12

7:30am - 4:30pm Pro Tee Time-Round 2 Amateur Tee Times-FINAL ROUND Details will be announced at a later date

12:00pm - 6:00pm Bar Service available at Tournament Central on Mac Island Family friendly Feel free to bring your lunch and snacks to enjoy in the air conditioning. NO OUTSIDE ALCOHOL PERMITTED

7:00pm - 10:00pm Karaoke Back by popular demand! Get your singing voice tuned up and your favorite song(s) picked out! This is an evening you don't want to miss! Who knew so many disc golfers had the hidden talent of singer/performer!? Bar service will be available Bring your dinner/snacks NO OUTSIDE ALCOHOL PERMITTED

Sun Jul 13

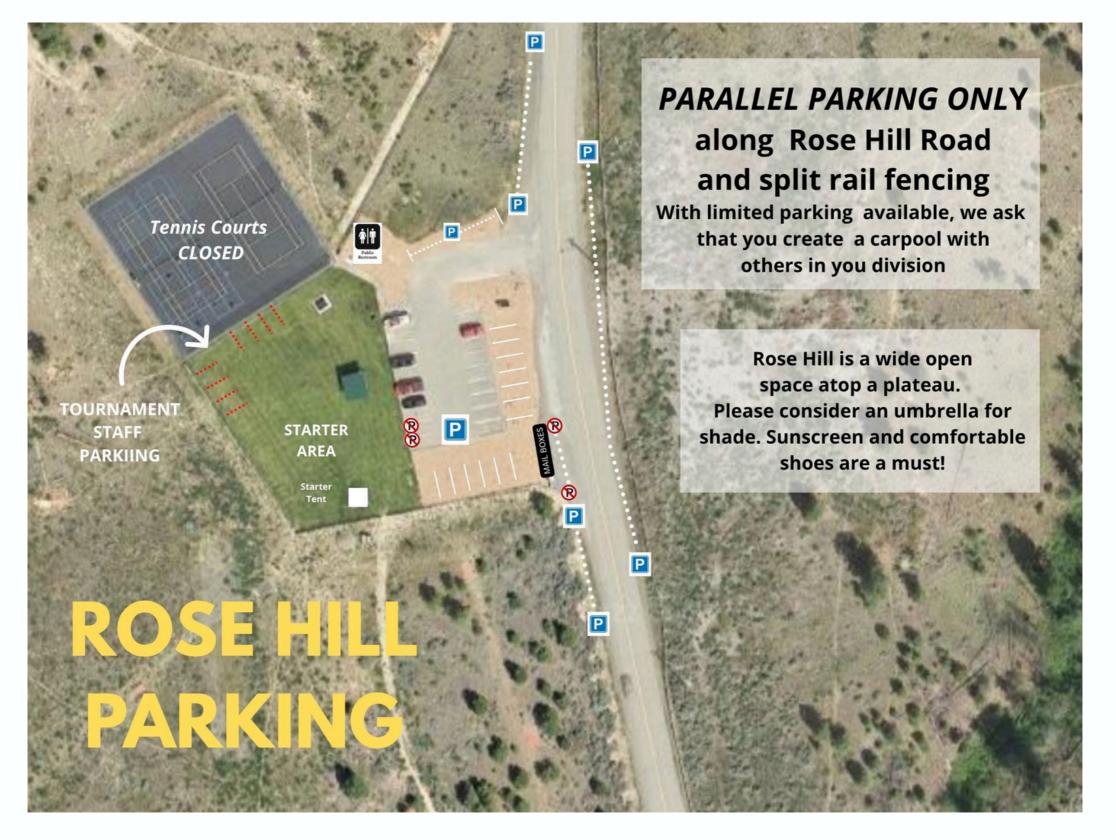
9:00am - 3:00pm PRO TEE TIMES - FINAL ROUND times are tentative start times for the final FPO and MPO cards will be determined closer to the date.

MCARTHUR ISLAND INFORMATION





COURSE PARKING





Big F. Tradi

thur Island

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This is the only parking lot guarnateed to disc golfers. You will require your TCO parking pass for access. Without it, you will be asked to park elsewhere, NO EXCEPTIONS!

> Soccer Tournament Bus Parking

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Island Plury



Dick Hart Parking

Please use this map as a guideline for where to park at Dick Hart. Ensure roadways and gates ARE NOT BLOCKED and vehicles are parked in an orderly fashion! We need to ensure that, if necessary, emergency vehicles can quickly and safely access the park.

If the campground is opened for overflow parking, DO NOT drive or park on the grass. Follow the road way and park accordingly so everyone has an opportunity to leave.

When it comes to parking at Rose Hill and Dick Hart, please consider car pooling! If you need help finding someone in your division to share a ride with, visit

Tournament Central and they will do their best to help you out!

With all the courses, when parking please ensure you are not blocking:

- driveways
- emergency access
- park gates
- mailboxes
- main roadways
- blind corners
- other competitors vehicles

We work with our local community associations, the slo pitch association and the City of Kamloops to ensure that we are following guidelines for parking so there are no issues with our neighbours.

These are relationships that have taken years, sometimes decades to foster and are crucial for the success of an event like this!

thank you!



TOURNAMENT CAPITAL OPEN



Checking In and Beginning Play

At events using a staggered start with scheduled tee times, players must check in with the starter *no less than 5 minutes prior to their tee time and be present at the starting hole for the 5 minutes preceding their tee time* each day.

Players who do not check in with the starter by this time or who are not present at the starting hole for the 5 minutes preceding their tee time receive two penalty throws.

If a player is later deemed to be absent for the first hole under <u>811.F.5, Misplay</u>, then the penalty above does not apply. The player only receives the penalty for being absent: a score of par +4 strokes

Electronic Scoring is the primary method being used and all players must keep score.

TCO25 is the code

As per PDGA Competition Manual

808 Scoring

A. Each player must keep an independent scorecard recording scores after each hole for the entire group.

A player who refuses to keep score may be subject to disqualification.

- **B.** Players may delegate scorekeeping duties only to their designated caddie.
- **C.** each player records the score for every player

F. all players are responsible for reconciling and submitting their copy of the scorecard within 30 minutes of when their group finished their round. A player who has not submitted their scorecard on time receives two penalty throws.

Players are responsible to know their tee times.

Arrive well ahead of time to ensure parking as there is a soccer tournament on McArthur Island Saturday and Sunday

All groups will have a quick Q & A with the Course Director at the Starter Tent.

Any course information outside of the Caddy Book, will be relayed to the players at this time.



OURNAMENT AL OP



OUT of BOUNDS

For either course played that is marked with stakes, the front of the stake, facing into the fairway, is always the OB line. Rose Hill also has OB rope lines that are on the ground. For either course played, any white painted line is always the OB line. NOTE* the OB line itself, is OUT OF BOUNDS! Proceed with OB rules

HAZARD

Anything marked with yellow is hazard. The hazard line itself, is part of the HAZARD! Play it as it lies with a 1 stroke penalty

FENCE LINES

For either course played that has a fence line, the front of the post, facing the fairway, is the OB line, unless otherwise marked. Proceed with OB rules

BARBED WIRE FENCE do not confuse with chain-link or security fencing 2 meters of relief is given from barbed wire fencing.

WATER

If a disc is entirely surrounded by water, it is OUT OF BOUNDS!

The TCO Team asks that you do not enter the Mac Island ponds to retrieve your disc. If you cannot reach it with a retriever, consider it lost. The TCO team will safely remove discs and do their best to return them.

MANDATORIES

Both course have Mandos & Restricted Areas. Please know the rules of play for both. https://www.pdga.com/news/pdga-official-rules-disc-golf-competition-manual-updated-2022 All of the Mandos have a drop zone. NEVER unwind from a Mando! This is not allowed!

PLAYOFF HOLES.

In the case of a playoff for 1st, there will be a sudden death playoff. McArthur Island: holes 18/1/2. Rose Hill: holes 10, 11, 18. Dick Hart: holes 1, 2, 10, 2.

COMPLETE TEE SIGN BOOKLETS

Available to download from: <u>LINK</u>, and courses are linked on each course page.



Tournament Layouts and Start Times

Dick Hart - same layout for all, some par changes by division (in PDGA app),

McArthur Island: GOLD MPO,MP50, MP40 RED all other divisions

Rose Hill: THURSDAY

RED MJ15, MJ12, FJ15, FJ12, MA60, MA70, FA1, FA2, FA3, FA40, FA50, FA60

MA1, MA40		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<i>,</i>		Divison	Start Time		Start Time		Start Time		
<u>Y</u>	McArthur Island	MA2		MJ15		MJ15		FPO	10
MPO / MP40 / MP50		MA3		MJ12		MJ15		MP40	10
HITE FPO		MA50		FJ15		FJ15		MP50	11
	· · · · · · · · · · · · · · · · · · ·	MA55		FJ12		FJ12		MP60	11
-		INIA00	1040	MA3		MA60		MPO	12
LUE MPO / MP40 / MP50 /HITE MA3				MA50		MA70	1130		12
	s			MA55		FPO	1130		
				MA60	1230		1145		
				MA70	1300		1230		
				FA1	1315		1230		
				FA2		FA40	1245		
				FA3		FA50	1300		
				FA40		FA60	1315		
				FA50	1400				
				FA60	1415				
		THU	IRSDAY	FF	NDAY	SATURDAY			
		Divison	Start Time	Divison	Start Time	Divison	Start Time	ļ	
	Rose Hill	MJ15	1000	MP40	1000	MA3	1000		
		MJ12	1015	MP50	1030	MP40	1100		
		FJ15	1030	MP60	1030	MP50	1130		
		FJ12	1030	FP0	1100	MP60	1130		
		MA1	1100	MPO	1200	MPO	1230		
		MA40	1215						
		MA60	1315						
		MA70	1345						
		FA1	1400						
		FA2	1430						
		FA3	1430						
		FA40	1500						
		FA50	1515						
		FA60	1530						
				FF	IDAY	SATURDAY			
				Divison	Start Time				
	Dick Hart			MA40		MA40	1000		
				MA1		MA50	1100		
				MA2		MA55	1145		
						MA1	1215		
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MCARTHUR ISLAND FULL CADDY BOOK: LINK





MCARTHUR ISLAND: LINK

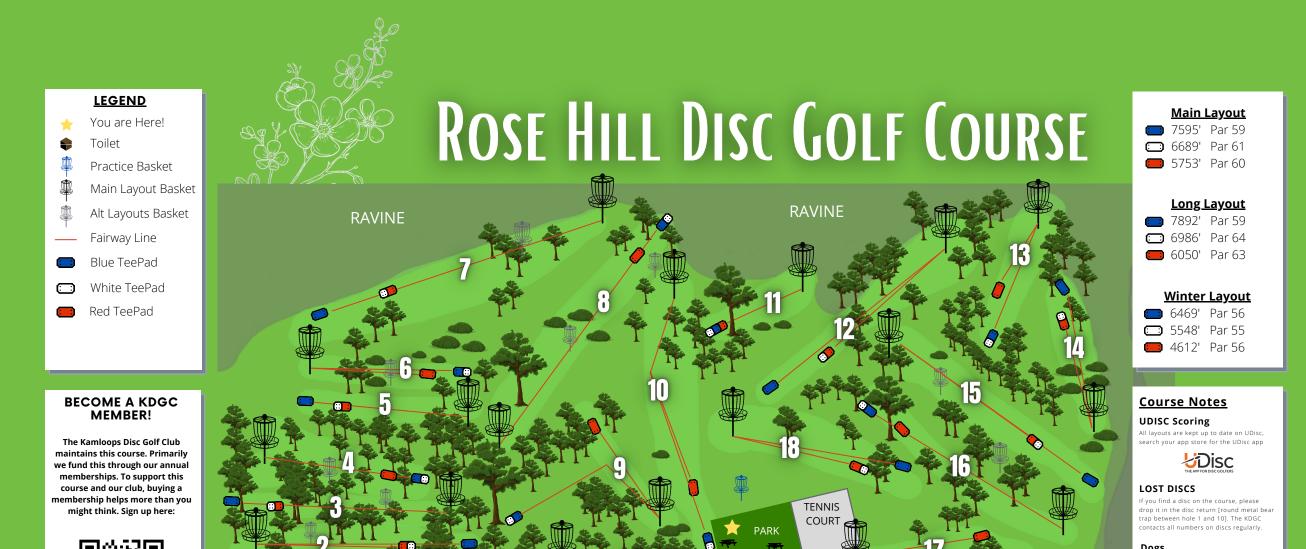
Hole	Par	Red	Gold	Notes	
1	4	460'	705'	MPO, MP40, MP50: Gold pad rear. All other divisions: Red pad up the fairway. OB stakes left, OB fence surround of basket, OB path right	
2	3	191'	191'	Island Hole. First shot does not make the island proceed to Dropzone. Standard OB rules apply on next shot.	
3	3/4	412'	412'	OB left. Double mandatory halfway up fairway. If missed proceed to the dropzone just past the mandatory. OB line starts left of the pad and wraps around green. Continues to infinity.	
4	3	267'	267'	OB line starts left of the pad and wraps around green. OB water on right. TheOB line from hole 3 is NOT in play.	
5	3	198'	198'	OB fence right and left.	
6	3	309'	309'	OB path right and path long. Please observe deep of pin is a walking path.	
7	3	371'	371'	OB fence left. OB path right.	
8	3	297'	297'	OB path left. OB water right.	
9	3	171'	171'	OB on top of water tower and path left.	
10	3	384'	384'	Hazard sand traps, right and left. OB fence long.	
11	3	311'	311'	Hazard sand trap.	
12	3	389'	389'	OB line left.	
13	3	325'	325'	OB line left and deep of pin. Mandatory left. If you miss the mandatory proceed to the drop zone.	
14	3	195'	195'	OB line starts left of the pad and wraps around the green continues to infinity.	
15	3	211'	211'	Tee pad on the paved walking path. Path OB and OB surrounds pin sharing lines with nearby holes	
16	4/5	550'	550'	Mando left off the tee. OB line left. OB path right. Island green- standard OB rules.	
17	3	248'	248'	OB path long and right. The OB lines from holes 16 and 18 are not in play.	
18	3	275'	439'	OB pins left. OB path right. MPO, MP40, MP50: Gold. All others: Red	

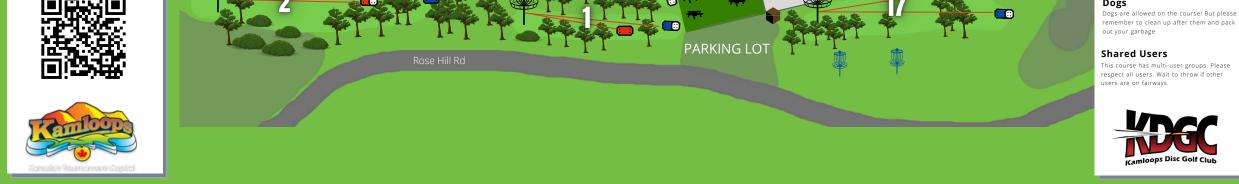


TOURNAMENT CAPITAL OPEN



ROSE HILL FULL CADDY BOOK: LINK





ROSE HILL: LINK

Hole	Par	Red	White	Blue	Notes
1	3	202'	319'	319'	OB left on road. White/Blue: Any missed Mando, to DZ
2	3/4	245'	245'	421'	OB left on road, and long of fence
3	3	226'	226'	389'	Any missed Mando proceed to Drop Zone
4	3/4	249'	359'	359'	OB long of fence
5	3	293'	293'	389'	Blue: Missed Mando, proceed to red pad
6	3/4	278'	388'	388'	OB long of fence
7	4	517'	517'	726'	OB surrounds fairway Blue: Land OB on drive, proceed to red pad, Standard OB rules after playing from DZ (red pad)
8	4/5	615'	763'	763'	Red: OB Right White/Blue: Double Mando, OB right, Missed Mando, proceed to red pad
9	3	220'	312'	312'	Blue & White: OB wrapping fairway Missed Mando, proceed to DZ
10	4	446'	542'	542'	OB around fairways and basket Missed Mando, proceed to DZ
11	3	260'	273'	273'	OB along Ravine
12	3	262'	262'	423'	
13	3	185'	290'	290'	
14	3	216'	216'	268'	OB Road left Blue: Missed Mando, proceed to red pad
15	4	498'	498'	607'	OB Left OB continues to inifity from last stake
16	3/4	459'	459'	498'	OB Left, OB continues to infinity from last stake Blue & White: Missed Mando, proceed to red pad
17	3	269'	375'	375'	OB Tennis Court and long of fence Blue & White: Missed Mando, proceed to DZ
18	3/ 4	325'	325'	Any OB, proceed to DZ Standard OB rules apply after playing from DZ.	



ROSE HILL HOLE SPONSORS









ROSE HILL HOLE SPONSORS



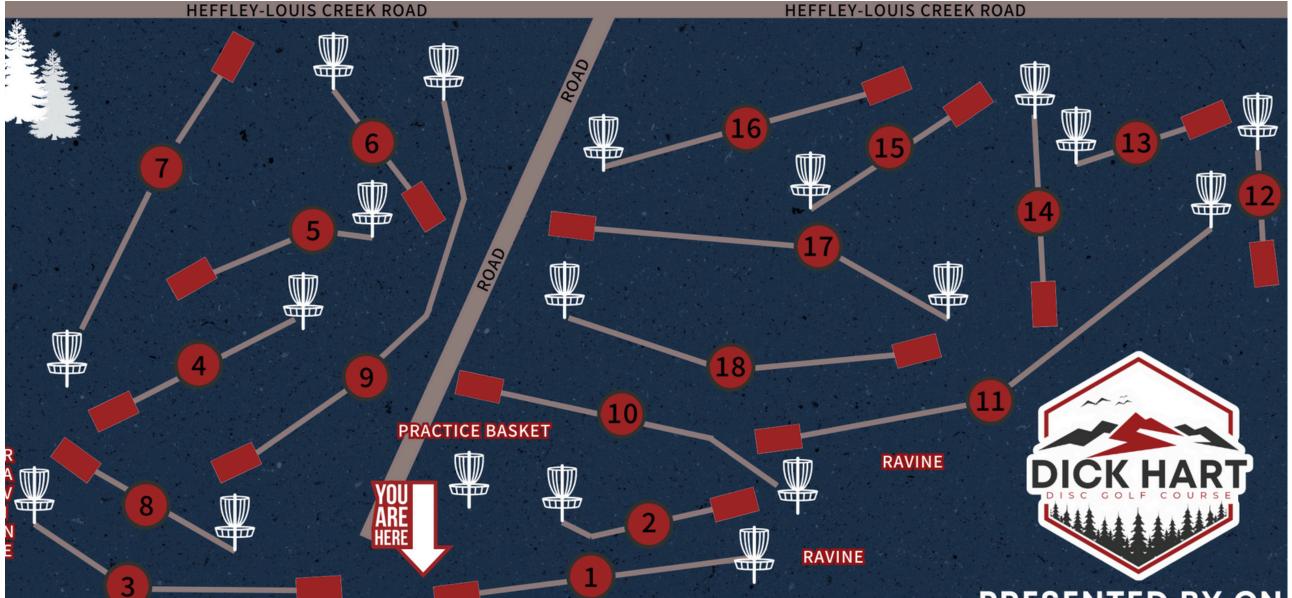




TOURNAMENT CAPITAL OPEN



DICK HART FULL CADDY BOOK: <u>LINK</u>



PRESENTED BY CN

Kamloops Disc Golf Club Information:

MADE UP OF AN AWESOME GROUP OF PLAYERS BOTH CASUAL AND ENTHUSIAST, ON TOP OF BUILDING AND MAINTAINING THE LOCAL COURSES, THE KDGC RUNS WEEKLY EVENTS THROUGHOUT THE YEAR; LEAGUES, TOURNAMENTS, FUNDRAISERS, AND CLINICS.

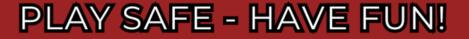
AS A CLUB, OUR GOAL IS TO PROMOTE AND SHARE THE SPORT OF DISC GOLF, GROW OUR MEMBERS, AND SUPPORT LOCAL PLAYERS! WE ARE NON-PROFIT, YET MAINTAIN ALL OUR COURSES. EACH MEMBERSHIP GIVES THE CLUB MUCH NEEDED FUNDS TO LOOK AFTER THE COURSES. IF YOU ARE A LOCAL PLAYER, AND ENJOY THE COURSES, PLEASE CONSIDER A KDGC MEMBERSHIP! MEMBERSHIP ALSO OPENS UP LEAGUE, DOUBLES, AND KDGC EVENTS TO YOU AS WELL.

IF YOU ARE NEW, OR PASSING THROUGH, WE HOPE YOU HAVE A FANTASTIC ROUND, AND HOPE TO SEE YOU ON THE COURSE. BECOME A MEMBER TODAY @ KDGC.COM!



Course Information:

EST: 2023	1: 330FT	10: 400FT / 475
ELEVATION 600M	2: 245FT	11: 615FT
PAR 60	3: 475FT	12: 205FT
	4: 280FT	13: 190FT
DESIGNED BY THE KDGC	5: 204FT/ 252	14: 310FT
	6: 280FT	15: 192FT (232)
THANK YOU TO ALL OUR	7: 485FT	16: 430 / 475FT
AMAZING SPONSORS &	8: 230FT	17: 525FT
VOLUNTEERS!	9: 845FT	18: 490FT



DICK HART: LINK

Hole	Par	Dist.	Notes
1	3	Red 233'	OB long, OB left fence.
2	3	205	OB long, OB left fence.
3	3	390'	OB fence left, OB ridge left and long.
4	3	269'	
5	3	Red 190'	All play the short pad.
6	3	255'	Mandatory relief in front of the basket on the hill. The area is flagged. Please play at your point of entry. Be careful on your approach and exit from the pin.
7	4	470'	Upper pad, no red pad in play.
8	3	240'	Triple Mando. DZ under the Mando
9	4/5	Red 540'	
10	4	Blue 475' Red 382'	OB ridge behind pin within C1 Two pads in play. MA1 play blue. Others play red
11	3	Red 295'	Playing from the front pad. OB ridge right side of the entire hole.
12	3	211'	OB ridge right side
13	3	192'	Mando left with DZ at Mando.
14	3	295'	
15	3	Red 216'	
16	4	Red 415'	OB deep on road
17	4	490'	
18	4	495'	OB deep on road.



TOURNAMENT CAPITAL OPEN



DICK HART HOLE SPONSORS

HOLE SPONSORED BY:

The Junges



HOLE SPONSORED BY:



Donated on behalf of Colin, for outstanding work, time, and commitment to maintaining and improving the KDGC courses!









WARM- UP ZONE SPONSORED BY:









DICK HART HOLE SPONSORS







HOLE SPONSORED BY:

HOLE SPONSORED BY:

HOLE SPONSORED BY:

The Sargeants



©Dave's_Disc_Delights









MAIN Sponsors





Since disc golf set roots in 2000, the City of Kamloops has never wavered in their support! From budget line items to boots on the ground, they continually help the KDGC set the bar for event hosting and course development. We are grateful to be part of the Tournament Capital of Canada!



From fundraising to painting OB lines, the volunteer members of the KDGC do it all! Their support of local Tournament Directors is amazing and their desire to see Kamloops once again become a hot-bed of Canadian disc golf is lit! THANK YOU to all the volunteers for making TCO such a success!



The PDGA has always supported tournaments in Kamloops. From the 2004 Canadian National Championships, to the TCO this week, their unwavering support to see disc golf succeed in the city has been, at times, overwhelming! Without their guidance & belief in the KDGC , the TCO would not exist! A big THANK YOU to Brian Hoeniger at PDGA Canada for making a difference for our City.



Pros & Ams....show your Player Pass at these locations to receive the offered Perk!



Bigfoot Trading is offering 10% off your in-store purchase. Kamloops - Lower Level Aberdeen Mall Clearwater - 203-365 Murtle Cresent

Facebook: Bigfoot Trading Co. **Instagram:** @bigfoottrading

Since 1965, we have brought you the best quality brand names in the industry. Originally that industry was logging. From our humble beginnings as Greffard's Saw Shop serving the community from the front porch of our house, we have slowly grown over the years. Two and three bay garages were added, then we moved into a 1500 sq. ft. garage, and we finally ended up in our new retail space with our new name, Bigfoot Trading Company. All the while we have been here to help you with great quality and great pricing. A family run operation since the onset (often the youngest child deciding he is boss for the day) with deep roots in the community, we still continue to bring you quality products at reasonable prices.



Fresh is Best Salsa & Co is offering a a free bag of 300g Yellow Corn Chips with any purchase at our storefront.

Fresh Is Best Salsa & Co. is located at 1425 Cariboo Pl.

Facebook: Fresh is Best Salsa-Kamloops Factory Outlet Store **Instagram:** @Freshisbestkamloops

Since 1999, Fresh Is Best Salsa & Co. has been proudly serving our local community with fresh, low sodium, gluten-friendly salsas, dips, and chips. What started as a small farmers market stall has grown into a full-scale facility, distributing our products across Canada.

We're passionate about using high-quality, fresh ingredients to create healthy products that never compromise on flavor. Supporting local communities has always been at the heart of what we do, whether it's through partnering with local events, sourcing local ingredients when possible, or simply providing wholesome snacks you can feel good about sharing.

Come visit us at Fresh Is Best and discover your new favorite salsa!



PLAYER PASS Sponsors



FAR & With Market Schwarz Back Schwarz Back

Far + Wide is offering 20% off your in-store purchase.

Monday - Friday 10:00 – 5:30 Saturday + Sunday 10:00 – 4:00 353 Victoria St, Kamloops BC V2C 2A3

Facebook: Far & Wide Instagram: @farandwideshop

Far + Wide is a curated gift, home, and plant shop in Kamloops, BC, selling local and conscious goods. We are proud to stock beautiful home decor, bath and beauty products, apparel, accessories, candles, jewellery, houseplants, and more from over one hundred small brands.



Kamloops Virtual Golf is offering 20% off your booking & free club rentals! 141 Lorne St. Call, email or just drop in. Check our website for hours of operation. Call: 250-320-3623 Email: kamloopsvirtualgolf@gmail.com www.kamloopsvirtualgolf.com

Facebook: Kamloops Virtual Golf **Instagram:** @kamloopsvirtualgolf

Come enjoy a cold local beer and swing some clubs at our Indoor Golf Facility and Lounge!



PLAYER PACK Sponsors









FRESH ST. MARKET









KAMLOOPS, BC







During registration, the players listed below chose to pay an additional fee to support the TCO!

This year, in an effort to keep waste reduced, we offered Amateur players their name on their jersey and a bag tag for \$25. Pro players were offered the bag tag for \$15. So, rather than have non-recyclable coroplast sign spread across the courses, our supporters will be recognized by these unique items.

> ANDREW BEST ANGELA YU BRUCE HEGYI BRUNO LUCHIN

JEREMY LEBLANC JEREMY SCHAUBROECK Lorne Bailey Mark Sparling

CAREY HRYN CHAD SCHINDELKA CHRIS TEEPLE CORI LEBLANC DARREN HOPES DENNIS GREFFARD DORIAN HERMAN DONOVAN WILK GABRIELLE LEE IAN ACCAUSLAND MEGAN BLAIS MIKE TRASOLINI PAUL KARDING ROBERT JONES RON FREEMAN SEAN TYNDALL SHANNON SANDERS TERRY RIGBY THOMAS VICKERSON WADE RACHER



























Canada's Tournament Capital

CRAIG & CARRIE NEAL

BRIAN PURFIELD

CHANCE STAD PAWLO & CANDACE MARCYNUIK







WHAT TO DO AROUND KAMLOOPS



Twin Rivers Strengthfest 2025

July 12 - 13, 2025 Sandman Centre 300 Lorne Street 8:00am - 6:00pm Spectator passes by donation

Stop by the Sandman Centre to witness the biggest and strongest event in Kamloops!
Back for a second year, Strengthfest offers a thrilling showcase of power and skill. Experience intense competitions, camaraderie, and the excitement of strength sports.
The Twin Rivers Strengthfest stands as the epitome of strength and determination, where athletes converge to push their limits and showcase their prowess in powerlifting and strongman competitions. Over two days of exhilarating action, participants from across the region will compete in a series of electrifying events, from bench pressing to log lifting, yoke carries to axle bar clean and press. Spectators can expect a vibrant atmosphere filled with cheers, encouragement, and awe-inspiring feats of strength.

Kamloops Highland Games

July 12, 2025 Albert McGowan Park 2025 Summit Drive 7:30am - 5:00pm

TICKETS: https://www.kamloopshighlandgames.org/events/2025-kamloops-highland-games

Join us at Albert McGowan Park on July 12 for a celebration of Scottish culture like no otherthe Kamloops Highland Games! Get ready to witness the grace and skill of competitive highland dance competitions, be entranced by the stirring melodies of piping and drumming contests, and feel the thunderous excitement of pipe band competitions. Experience the power and athleticism of Scottish heavy athletic events while indulging in delicious fare from our food trucks and savouring a refreshing beverage in our beer garden. Bring the whole family for a day of fun with activities for children, explore clan tents, and peruse a variety of vendors offering unique treasures. Don't miss out on this unforgettable event that brings the spirit of Scotland to Kamloops!

Music in the Park

Riverside Park Bandshell 2025 Summit Drive 7:00am - 8:30pm Free & Family Friendly

Pack your lawn chair, picnic and beverages of choice (alcohol permitted) and enjoy an evening of live entertainment.

July 9Blake HarvardCountryJuly 10BanditosMexican RockJuly 11Shuffle DemonsJazz FunkJuly 12The HeelsCountry SoulJuly 13Sean Bray QuartetJazz