



**Hosted by the**

**Saskatoon Goldfins Swim Club**

**SHAW CENTRE**  
**SASKATOON, SK**



# Welcome to the Goldfins Pentathlon

Dive into the splash-tastic world of the Goldfins Pentathlon Developmental Meet, a two-day event for young swimmers aged 7 and up. This exciting competition includes five events, offering thrills for all skill levels.

With no qualifying standards, the Goldfins Pentathlon lets swimmers showcase their potential. Each race is a step toward personal glory, creating a vibrant aquatic adventure.

The atmosphere is electric, with cheers echoing as swimmers race through timed finals, competing for top-three aggregate scores. Age group awards celebrate each swimmer's journey.

Join the Goldfins Pentathlon for a memorable splash-fest championing competitive spirit and personal growth.

The Saskatoon Goldfins Swim Club would like to acknowledge that we train and compete on treaty land, referred to as Treaty 6 Territory and that the City of Saskatoon and all the people here are beneficiaries of this treaty. Treaty 6 encompasses the lands of the Cree, Dakota, Nakota, Saulteaux and the homeland of the Métis Nation.

**COMPETITION HOST:**

Saskatoon Goldfins Swim Club

**MEET FORMAT:**

Timed Finals

**VENUE:**

City of Saskatoon – Shaw Centre  
122 Bowlt Crescent  
Saskatoon, SK. S7M 0L1

**FACILITY:**

10 Lane – 50M Competition Tank

**MERCHANDISE VENDOR:**

Al Anderson's Source for Sports

**GOLDFINS CONCESSION:**

Operating Daily

**DEADLINES:**

**ENTRY DEADLINE:** January 26, 2026 (9:59 PM – CST)

**CONTACTS:****MEET MANAGER:**

Nicole Gillis-Fehr

[nicolegillisfehr@gmail.com](mailto:nicolegillisfehr@gmail.com)

**MEET REFEREE:**

Sharon Lyons

[swim\\_coach@live.com](mailto:swim_coach@live.com)

**ENTRIES CHAIRPERSON:**

Jennifer Robinson

[jennifer@goldfins.ca](mailto:jennifer@goldfins.ca)



## Goldfins Pentathlon

### 1.

- Swimming Canada Warm-up Competition Safety Procedures will be in effect at this competition: [LINK](#)
- Current Swimming Canada Rules will apply except as specifically modified in this meet package: [Rules](#)
- World Para Swimming Rules and Regulations will apply except as modified in this meet package for Para swimmers: [Rules](#)
- All participants in this event are reminded that they are bound by Swimming Canada's and Swim Saskatchewan Policies including but not limited to, the Code of Conduct and Ethics, Athlete Protection Policy, Social media policy as found in the Swim Sask's Safe Sport manual, which can be found: [HERE](#)

### 2. Name of Meet:

Goldfins Pentathlon

**Dates of competition:** February 7 & 8, 2026

**Host Club:**

Saskatoon Goldfins Swim Club

**Type of Meet:**

Timed Finals

### 3. Session Times:

- Session 1: Saturday, February 7, 2026 Warm-up: 11:45 AM – 12:30 PM; Competition Start: 12:40 PM
- Session 2: Sunday, February 8, 2026 Warm-up: 11:45 AM – 12:30 PM; Competition Start: 12:40 PM
- Coaches will be provided with a technical bulletin, emailed out on, or before February 3, 2026. This bulletin will serve as the Coaches briefing.
- Officials' Briefings will be held in the meeting room 30 minutes before the end of Warm-up time for every session.
- Senior Officials' Briefings will be held 45 minutes before the end of Warm-up time for every session.
- Meet Management reserves the right to change session start times once entries are received. Coaches will be notified should the session start times change.
- Warm-up is only for swimmers registered in the competition.

### 4. Location:

Shaw Centre; 122 Bowlt Crescent, Saskatoon, Saskatchewan; Phone: (306) 975-7744

### 5. Facility:

- 1 x 50-meter competition pool with 10 lanes will be utilized for both preliminary and finals
- Non-Turbulent Lane Markers
- HY-TEK Meet Manager Computer 8.0 Software and Daktronics ((or Manual Timing if required).
- Depth at Start end of the pool 4.85m
- Depth at Turn end of the pool 3.02m

### 6. Meet Manager and Co-Meet Manager

- Meet Manager: Nicole Gillis-Fehr – [nicolegillisfehr@gmail.com](mailto:nicolegillisfehr@gmail.com)
- Co-Meet Manager: Tori Veikle - [toriveikle@gmail.com](mailto:toriveikle@gmail.com)

### 7. Officials' Coordinator

- Jennifer Robinson, [jennifer@goldfins.ca](mailto:jennifer@goldfins.ca)



## 8. Officials

Officials and volunteers are encouraged to bring their own water bottles; however, food and drink service will be provided to officials.

A successful swim meet is the result of parents volunteering. The Saskatoon Goldfins encourage officials from other clubs to sign up if possible. Officials from other clubs. Officiating positions will become available for registration, on, or after December 17, 2025. For available positions, please visit:

<https://www.goldfins.ca/event/goldfins-pentathlon> Officials can contact Robin Mowat to inquire as to position availability – [officials@goldfins.ca](mailto:officials@goldfins.ca).

## 9. Eligibility

- Entries will only be accepted for swimmers currently registered with a Swimming Canada or World Aquatics affiliated club. Para Swimmers must have a valid classification listed on the Swimming Canada website: [Classification – Swimming Canada](#)
- Swimmers must be at least 7 years old as of February 7, 2026.
- PARA swimmers who are registered with Swimming Canada or a World Aquatics affiliate are eligible to compete.
- This is an open invitational competition open to Canadian swim clubs.
- Swimmer age is as of the first day of competition.

## 10. Qualifying Times

- There are no qualifying time standards for this swim meet.

## 11. Entry Deadline Date

- Entries must be uploaded to the Swimming Canada Online Entries System by **Monday, January 26, 2026 – 9:59 PM – CST.**
- **All Attending coaches must be listed when uploading the entry file.**
- If a coach from the same club as the swimmers is not attending the meet, then you must inform the Meet Manager with the name of the coach and club that will be responsible for coaching your swimmers.

## 12. Entry Fees

- \$75.00 athlete surcharge (includes athlete surcharge and 5 events)
- All entry fees must be received before, or on, **Monday, February 2, 2026.** No swimmer/team will be allowed to start warm-up until entry fees have been paid.

E-transfers will be the only acceptable form of payment. E-transfers should be emailed to: [payments@goldfins.ca](mailto:payments@goldfins.ca). Please ensure you have included your Club's name in the email.

## 13. Entries Refund Policy:

- As per Winter Swimming Policy WC-4 found [here](#)

## 14. Entry Limit:

- A swimmer may enter a maximum of 5 individual events.
- There will be a maximum of 210 entrants. Entries will be accepted on a first-come, first-entered basis, by the date and time the Entry file is uploaded.
- This meet is open to Canadian swim clubs.



## 15. Entries

- All entries must be uploaded to the Swimming Canada Online Entries System. No entries will be accepted by email.
  - Entry times are to be uploaded in SC or LC Meters only. Converted times will be accepted.
  - No Time (NTs) will be accepted.

Please contact Jennifer Robinson – [jennifer@goldfins.ca](mailto:jennifer@goldfins.ca) if you have any further questions regarding entries.

## 16. Relay Entries

- There are no relays in this swim meet's program.

## 17. Deck Entries

- There will not be any deck entries permitted at this swim meet.

## 18. Meet Format/Competition

- Timed finals will be offered as Female/Male/Age Group.

### Event Details

- Positive Check-in deadline will be 30 minutes following the conclusion of Session 1 (Saturday, February 6, 2026) The following events will be reseeded based on Meet Management's discretion.
  - 200M Freestyle & 200M Individual Medley

### Competition Structure

- Females and males will compete separately timed finals sessions.
- **Swimmers will be restricted to entering into the following events:**
  - Girls 10 & Under & Boys 11 & Under:
    - 50M Freestyle, 50M Breaststroke, 50M Fly, 50M Backstroke, 200M Freestyle
  - Girls 11 – 12, 13 & Over & Boys 12 – 13, 14 & Over:
    - 100M Freestyle, 100M Breaststroke, 100M Fly, 100M Backstroke, 200M Individual Medley

### Age Groups/Gender:

- **Girls:** 10 & Under, 11 – 12, 13 & Over
- **Boys:** 11 & Under, 12 – 13, 14 & Over
- If a PARA swimmer competes at a shorter distance than the advertised event, coaches must consult the Meet Manager and Referee before the competition starts. They should follow the same procedure as when requesting an official split, as outlined later in the Meet Package.
- There are no PARA-specific events or entry standards.
- All swim-offs will be scheduled at a time agreed upon by coaches and officials. Every effort will be made to conduct the swim-off by the end of the session in which the tie occurred.
- Communication updates will be provided to coaches through the Event's What's App Group.



### 19. Seeding:

- Timed Final events will be Senior Seeded. Timed Final events will be swum fastest to slowest.
- NT entries will be seeded last.
- PARA swimmers will be fully integrated into the meet and seeded based on entry times.
- Heats may be swum together as necessary.

### 20. Start

- Starts will be conducted from the Deck or Bulkhead as per Swimming Canada Rule C4.1.1
- In-water starts will be conducted as per Swimming Canada Rule C4.1.2
- Starting ledges will be available for the Backstroke events and for the Medley Relay events.
- This competition can provide the following accommodations for swimmers who are D/deaf or Hear of hearing:
  - Non-verbal instruction provided by a support person that has a status of "Active" in the Swimming Canada Registration system will be permitted to support the swimmer.

### 21. Scratch Rule

- Timed Final Scratches should be received 30 minutes prior to the start of the preliminary session.
- Scratches from timed final events may be made at any time without penalty. There will be no re-seeding of timed final or preliminary heats; scratches simply create an open lane.

### 22. Scoring

- Each event will be scored. Points will be as follows:

**Goldfins Pentathlon Individual Points**

Place	Points	Place	Points
1	24	11	11
2	21	12	9
3	20	13	8
4	19	14	7
5	18	15	6
6	17	16	5
7	16	17	4
8	15	18	3
9	14	19	2
10	13	20	1

### 23. Awards

- Bell heat prizes will be awarded.
- Prizes will be given to the swimmers who achieve the highest three aggregate point totals in each Gender/Age Group. Awards will be announced and presented to the swimmers after the completion of Session 2.

### 24. Official Splits

- Official Split request must be submitted to Meet Administration Desk prior to the start of the session that the event is being swum.



## 25. Results

- Results will be published as:
  - Female: 10 & Under, 11 – 12, 13 & Over
  - Male: 11 & Under, 12 – 13, 14 & Over
  - Female/Male: Open Relay Events
- Official splits will be reported as a separate event in the meet results.
- Unofficial results will be made available on Meet Mobile.
- Official Results will be posted within 48 hours of completion of the swim meet to [www.swimming.ca](http://www.swimming.ca).

## 26. Meet Safety Rules

- Dive starts shall not be made during the warm-up period when two-way swimming is in progress, except during the final 15 minutes of the warm-up period. During this period, swimmers will be allowed to dive and swim in one direction in lanes 0 and 9 (from the start end). During the final 15 mins of warm-up, Lane 1 will have backstroke ledges available during this time and will be a designated backstroke start lane. Additional lanes may be opened for dive starts if required.
- Meet Management reserves the right to assign lanes to participating teams during warm-ups, based on swimmer registration per club. Details regarding assigned lanes will be shared during the coaches' meeting. Para lanes may be made available based on space availability.
- Safety marshals will be on the pool deck during the assigned warm-up period. Kick boards, pull buoys and snorkels will be allowed during the warm-up period. Hand paddles and flippers will not be allowed, nor will tubing or cord assisted sprinting.

## 27. General or Facility Information

- The space that each team uses will be the responsibility of that team. Teams are expected to keep the areas that they use clean and tidy.
- Glass Containers and breakables are not allowed on the pool deck.
- No deck changing will be allowed. Swimmers must use the change room to change in and out of bathing suits. Swimmers who change on deck may be removed from the competition.
- Teams are responsible for the conduct of their swimmers. Inappropriate behavior at the pool may result in disciplinary action by Meet Management.
- The Goldfins will not accept responsibility for lost or stolen items. It is the responsibility of each swimmer entered into the meet to ensure that their personal belongings are stored in a secure manner.
- Only swimmers and coaches are allowed on the pool deck. Spectators must remain outside of the pool area or in the upstairs bleachers. Chaperone's will be allowed on the pool deck at the discretion of meet management.

## 28. Other Meet Related Events

- The Goldfins Swim Club is pleased to welcome Al Anderson's Source for Sports who will be on site to sell swim equipment.
  - Hours of Operation:
    - Saturday, February 7, 2026 – 8:30 AM – 4:00 PM
    - Sunday, February 8, 2026 – 8:30 – 4:00 PM
- Live Streaming Available: Links to be Shared at a Later Date
- Goldfins Concession will be in operation daily. Cash, debit and credit will be acceptable forms of payment.



## 29. Community Information and Accommodations

- There are numerous amenities within the Blairmore area located within walking distance to the Shaw Center Pool.

## 30. Media, Safe Sport, and Swimwear:

- **Photography/Videography**
  - a. To minimize risk, all photographs and video taken at Swimming Canada/Swim Saskatchewan 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.
  - b. For full details see the Event Photography and Videography Procedure Policy found [HERE](#)
  - c. Clubs may appoint one official photographer for their club to be granted access to a designated area/working deck. Please contact Meet Manager prior to the competition for permission.
  - d. Meet Management may issue an accreditation/name tag identifying such person. If a tag is issued; then it must be always worn.
- **Safe Sport**
  - a. Swimming Canada and Swim Saskatchewan 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. Swimming Canada Safe Sport Policy found [HERE](#) and other Safe Sport Resources [HERE](#).
  - b. Only participating swimmers, officials, registered coaches, and authorized people are allowed on deck.
  - c. Swim Saskatchewan and Swimming Canada have signed onto the Responsible Coaching Movement, which means that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both “open” and “observable” to others.
- **Swimwear**

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Saskatchewan. It is not required to declare the choice of swimwear to the Referee, if the fabric of the swim wear is a permeable open mesh textile and would not reasonable be seen to create a technical advantage in terms of speed, buoyancy, or endurance.





### 31. Event Schedule/Order of Events

#### Saturday, February 7, 2026 – 12:40 PM

Mixed	Female	Event	Male
	1	50M Freestyle	2
	3	100M Freestyle	4
	5	50M Breaststroke	6
	7	100M Breaststroke	8
	9	50M Fly	10
	11	100M Fly	12

#### Sunday, February 8, 2026 – 12:40 PM

Mixed	Female	Event	Male
	13	50M Backstroke	14
	15	100M Backstroke	16
	17	200M Freestyle	18
	19	200M Individual Medley	20

