



## Craven SPORT Services Racing Series #4 – May 16, 2026

### Coaches Technical Bulletin

1. There will be a What's App Group that we will use to announce any deadlines, or updates that you need to be aware of, please click on this link to join the 2026 CSS RS #4  
<https://chat.whatsapp.com/LQEaVfRQ9YiLP22Qe1xVq3?mode=gi t>
2. Welcome & Introductions
  - a. Thank you for registering your swimmers to compete in this swim meet.
  - b. Meet Management: Tori Veikle and Nicole Gillis-Fehr
  - c. Meet Referees: Belinda Bilous and Ryan MacGillivray
3. Warm-Up Information:
  - a. Warm-Up: 8:05 – 8:45 AM
  - b. A Para Swimmer warm-up lane will only be made available if deemed necessary by meet management. Any further details will be communicated at that time.
  - c. Lanes 0 and 1 for Masters Swimmers Only
  - d. Lanes 2 – 9 for Age Group Swimmers
  - e. Diving Lanes will be opened at 8:30 AM
    - i. Lanes 1 & 9 for age group dive starts. One way swimming only.
    - ii. Lane 0 for masters dive starts. One way swimming only.
    - iii. Lane 8 for back starts. One way swimming only.
    - iv. If you require an extended period for dives, please speak to meet management.  
Extra dive lanes may be opened at meet management discretion.
  - f. Scratch Deadline: 8:10 AM
  - g. Deck Entries Must be Submitted by: 8:35 AM
  - h. Warm-Up will conclude at 8:45 AM
  - i. Please remind swimmers to enter feet first.
4. Competition is to start at 8:55 AM
5. There will be marshalling for this meet
6. **No starting ledges** for the Backstroke
7. Starts for events 50m or greater will be conducted from the deck or blocks. Starts for the 25m events will be conducted from the bulkhead. In-water starts are allowed for all events.
8. Hospitality will be offered in the classroom for coaches and for officials.
9. Please ensure your swimmers use the garbage cans and recycling receptacles on deck. Please ensure your team's area is clean prior to the conclusion of the meet.

10. Personal best stickers and heat winner stickers will be given to swimmers upon the conclusion of each heat.
11. Age Group swimmers can choose to participate in Swimmer Bingo. Each Club will receive Bingo cards for their swimmers and will be provided instructions as to how swimmers can win the Swimmer Bingo Door Prize. This information will be included in the Age Group Club's welcome package. Available for pick-up at the Administration Desk.
12. This swim meet is facilitated using the Safe Sport mandate, therefore, if coaches have any questions about DQs or other things relevant to the meet, they are expected to conduct themselves in a respectful manner, as conduct will be reciprocated by the swim meet referees.
13. If in the event your swimmer(s) experience any injury incurred during the meet's operation, please inform the Meet Manager(s) and/or the Meet Referees.
14. If in the event there is any major emergency event, affecting the facilitation of the swim meet, the Meet Managers, Referees, Coaches, Swimmers and Members of the Public will take direction from the facility staff.
15. Swimmers will remain in the water at the conclusion of each race, prior to the start of the next race. Please remind your swimmers to remain "still" in the water until the next race has started. They will then quickly exit the pool. Masters swimmers can exit out to the side of the pool if required.
16. Please be aware of the NEW Swimming Canada rules regarding "**misconduct**" shall include, **but is not limited to:**
  - a. **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.**
  - b. **Deliberate kicking or striking of the starting platform, including the back plate prior to the start.**
  - c. **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.**
17. Deck access is intended for Swimmers, Coaches, and Officials Only.
18. No Videography or Photography behind the starting blocks will be permitted.
19. Results will be posted on Meet Mobile. Meet mobile results are unofficial. Hy-tek results file will be made available for download within REMS.
20. Saskatchewan Racing Series Age Group Swimmer's cumulative World Aquatic Points rankings will be updated following the Saskatchewan Racing Series #4 – May 16, 2026.
21. We kindly request officiating support for this swim meet. We encourage all swim clubs participating in this event to motivate their members to help with officiating. This occasion presents a valuable opportunity for your club's members to gain approval for the roles they wish to complete for their certification. Please share this registration link with your members:

<https://www.goldfins.ca/event/2026-craven-sport-services-racing-series-4-scm/job-signup>