



TECHNICAL BULLETIN

122 Bowlt Crescent, Saskatoon, SK

WELCOME!

- ▶ 2026 SUMMER MANSASK LONG COURSE PROVINCIAL CHAMPIONSHIPS
- ▶ Athletes: 433
- ▶ Teams: 32
- ▶ Entries including Relays: 3095



PURPOSE / AGENDA



- ▶ Introduce management team
- ▶ Review facility: layout and protocols
- ▶ Registration
- ▶ Review rules and procedures
 - ▶ Scratch rules
 - ▶ Warmups
 - ▶ Heats, relays, distance, finals
 - ▶ Taping
 - ▶ DQs and protests
 - ▶ Awards
- ▶ Other business

INTRODUCTIONS



Meet Manager:

Rick Godbout

Co Meet Manager:

Ryan Lejbak

Technical Coordinator:

Jennifer Robinson

Meet Referee:

Gary Thronberg

Session Referees:

Belinda Bilous

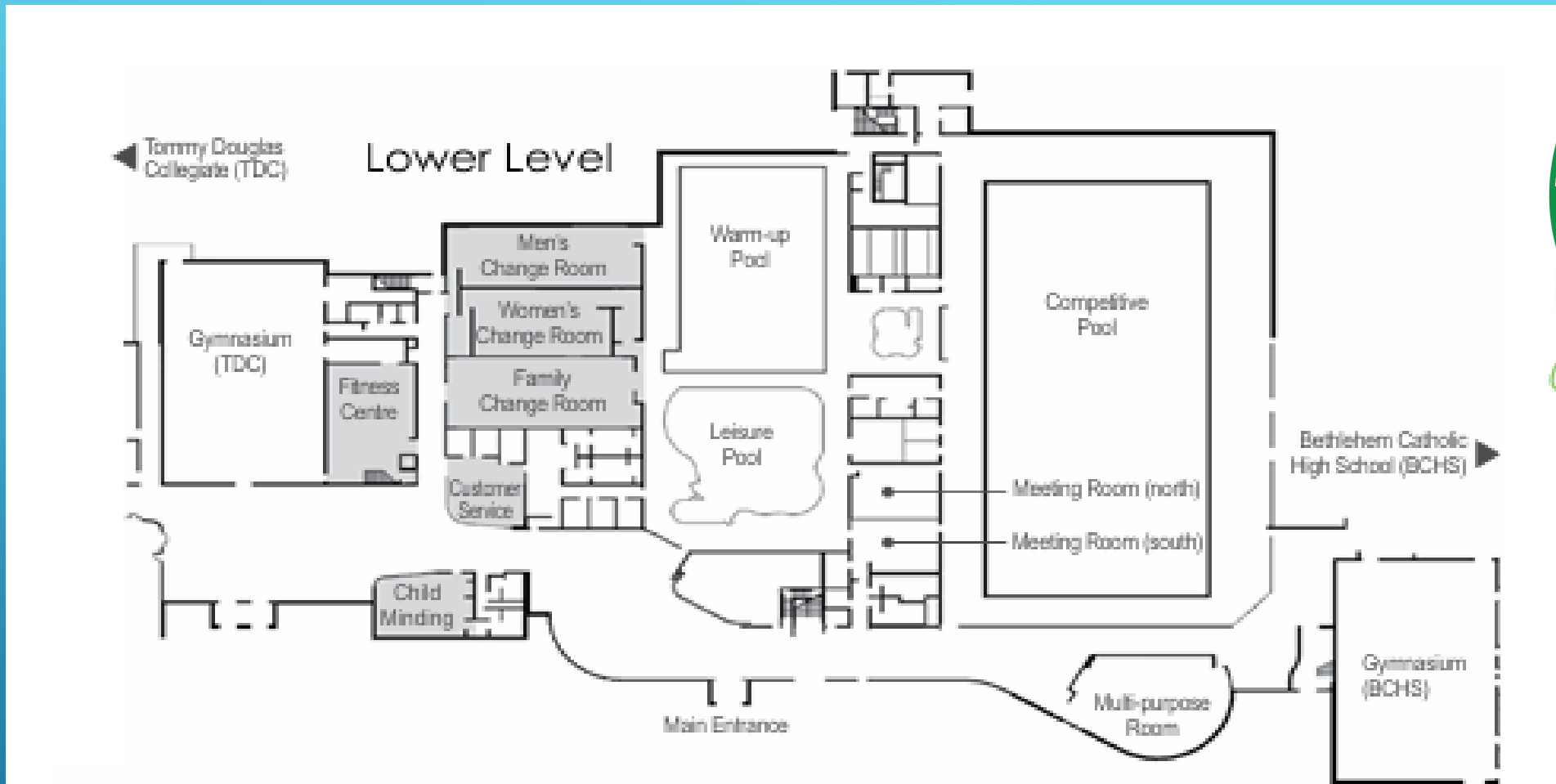
Kathleen Eisler

Officials Coordinator:

Robin Mowat

Entries Coordinator:

Marj Walton



SHAW CENTRE



FACILITY



- ▶ One 10 lane, 50-meter competition pool
- ▶ One 6 lane, 25-meter warm-up/cool-down pool will be available during the competition
- ▶ Not available for the preliminary session on Thursday, July 9, 2026
- ▶ Backstroke ledges available
- ▶ Daktronics Timing System
- ▶ Hy-Tek Meet Manager Computer Software
- ▶ Depth at start end of the pool is 4.85M
- ▶ Depth at the turn end of the pool is 3.02M

REGISTRATION AND ACCREDITATION



Register at
Shaw Centre Lobby



Accreditation required
to access pool deck



Pre-Competition Training
July 7, 2026
6:00 – 9:00 PM (5 Lanes SC)
July 8, 2026
4:00 – 9:00 PM (7 Lanes LC)



Swimmers, coaches, officials and volunteers
Accreditation required starting Thursday
morning to enter the Pool Deck area



HEAT SHEETS AND RESULTS

▶ Heat Sheets

- ▶ At Administration Desk
- ▶ Sent out by email
- ▶ Posted online

• Meet info online:

- Heat Sheets
- Session Reports
- Online Scratch Forms
- Additional Swim Meet Information

▶ Results

- ▶ Posted in the Facility
- ▶ Meet Mobile (*unofficial*)



POSITIVE CHECK-IN



Positive Check-In for 400m IM, 800m Freestyle
and 1500m Freestyle

- ▶ A team coach or the swimmer must check-in with the Administration Desk before the conclusion of warm-ups of the morning preliminary session, to be able to determine the 10 swimmers that will swim in finals.
- ▶ If necessary, these events may be re-seeded after positive check-in.
- ▶ Failure to check-in will result in the swimmer being deemed a scratch and may subsequently also be scratched from all their remaining final events, including relays scheduled for that day.

SCRATCH RULE



Scratches for events utilizing Positive Check-in: Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event and may also be scratched from all their remaining final events, including relays scheduled for that day. There is no monetary penalty except for the loss of entry fee.

Scratches from preliminary events must be submitted no later than 30 minutes prior to the start of the session. There is no monetary penalty except for the loss of entry fee.

SCRATCH RULE



Scratches from relay events must be submitted 30 minutes prior to the start of the finals session on the day the relay is held. There is no monetary penalty.

Scratches for finals, that result from a preliminary swim, must be submitted 30 minutes following the completion of the morning preliminary session.

Please submit scratches **AS FAR IN ADVANCE AS POSSIBLE.**

SCRATCH PROCEDURES

- ▶ All Coaches must complete this Coach Contact Form to register to be able to scratch.
- ▶ On this form, you will submit a 4-digit personal identification number that will be used to verify your swimmer's scratch(es).



- ▶ Using the on-line scratch forms/day/session, you will be able to complete your scratches based on the deadlines as stated in the meet package.

DECK ENTRIES



- ▶ Deck entries may be permitted at the discretion of Meet Management and only if space permits.
- ▶ Additional heats will not be created.
- ▶ Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation.
- ▶ Deck Entries are only allowed to fill empty lanes.
- ▶ Deck Entries are not for the day of competition entries.
- ▶ Deck entries must not cause a swimmer to exceed the entry limit of 7 events
- ▶ Deck entries are NOT ALLOWED in the 800m Freestyle and 1500m Freestyle events.

DECK ENTRIES



- ▶ Deck entries are exhibition and therefore will not be scored nor advance to finals.
- ▶ Deck entry fees (cash only) must be presented to the Administration Desk prior to lane assignment.
 - ▶ Individual event Deck Entry Fee:\$20.00
 - ▶ Relay Deck Entry Fee: \$20.00

OFFICIAL SPLITS

- ▶ Official Split requests have a fee of \$20
- ▶ Official Split requests must be submitted to the Meet Manager a minimum of 30 minutes prior to the start of the session that the event is being held



SASK 2026 JULY 9TH – 12TH SHAW CENTRE SASKATOON

15



TIMELINE PRELIMS:



- ▶ 06:45 Facility opens
- ▶ 07:30 – 08:30 Warm up
- ▶ 08:00 – 08:30 Dive & pace lanes available
- ▶ 08:40 Preliminary Heats

Deadlines:

- ▶ 08:10 Preliminary/Timed Final Scratch Deadline
- ▶ 08:30 Positive Check-In is due
- ▶ 08:30 Relay name changes are due
- ▶ 08:30 Deck entries are due

*30 Minutes Following the Conclusion of the Session,
Scratches for the Finals are Due*

TIMELINE FINALS:



- ▶ 16:00 – 17:00 Warm up
- ▶ 16:30 – 17:00 Dive & pace lanes open
- ▶ 17:10 Finals begin

Deadlines:

- ▶ 17:00 Relay name changes due

WARM UP SCHEDULE



Competition Pool

- ▶ Prelims:
 - ▶ 07:30 – 08:30: 10 lanes LC
 - ▶ 08:00 – 08:30: Sprint and Pace lanes open
- ▶ Finals:
 - ▶ 16:00 – 17:00 10 lanes LC
 - ▶ 16:30 – 17:00 Sprint and Pace lanes open
- ▶ Pace:
 - ▶ Lane 8
- ▶ Sprint:
 - ▶ Dive Lanes: 0 (diving tower end) 1 (glass end)
 - ▶ Backstroke Lane: 2 (diving tower end)

COOL DOWN POOL

- ▶ 6 Lane, 25 metre pool
- ▶ **Not available until 12:15 on Thursday afternoon.**



WARM UP & SAFETY RULES

- ▶ Swimming Canada Competition Warm-up Safety Procedures will be in effect
- ▶ Safety Marshalls will be stationed around the pool deck during general warm-up
- ▶ Entry into the pool must be feet-first at all times during general warm-up until dive lanes are announced
- ▶ During warm-ups, Lane 9 will be designated for para swimmers only
- ▶ During the last 30 minutes of warm-up, two dive lanes designated as sprint lanes where an entrance dive is permitted. During this period, one way swimming only is allowed.
- ▶ Violations
 - ▶ Swimmer may be removed from first event
 - ▶ Second offense: removal from competition



SASK 2026 JULY 9TH – 12TH SHAW CENTRE SASKATOON



WARM UP & SAFETY RULES



- ▶ During the last 30 minutes of warm-up Lane 2 will be designated as backstroke only starts with one way swimming.
- ▶ During the last 30 minutes of warm-up Lane 8 will be designated as a pace lane.
- ▶ Running on deck is NOT permitted.
- ▶ No fins, hand paddles or tubing may be used during warm-up.
- ▶ No 'deck changing' is allowed. All swimmers must use the change rooms.
- ▶ It is the coach's responsibility to inform the swimmers and ensure their discipline and adherence to the Meet Safety Rules.

BACKSTROKE LEDGES



- ▶ Available for all backstroke events plus medley relay
 - ▶ Optional
- ▶ Officials will install at water level
- ▶ Swimmer may adjust by moving the kick plate back or forward
- ▶ Toes must be in contact with wall – one warning

PARA EVENTS

- ▶ Para events that have a 50m for the lower class athletes and 100m for the higher class athletes are considered one event and only one Gold, one Silver and one Bronze medal presented.



GENERAL PROCEDURES



- ▶ Order of events as in meet package
 - ▶ Prelims start 08:40
 - ▶ Finals start at 17:10
- ▶ Start end
 - ▶ 100s and longer start at dive end
 - ▶ 50s start at turn end
- ▶ Remain in water for next start in prelims (except backstroke)
- ▶ Clear pool after each race during finals

POSITIVE CHECK-IN 400M IM, 800M & 1500M FREESTYLE



- ▶ Positive check-ins for the 400m IM, 800m free and 1500m free is required.
- ▶ A team coach or the swimmer must check-in with the Administration Desk before the conclusion of warm-ups of the morning preliminary session, to be able to determine the 10 swimmers that will swim in finals.
- ▶ If necessary, these events may be re-seeded after positive check-in.
- ▶ Failure to check-in will result in the swimmer being deemed a scratch and may subsequently also be scratched from all their remaining heats and final events, including relays scheduled for that day.

PRELIMS: FORMAT

All events up to 400m will swim prelims and finals:

- ▶ The fastest 3 heats of events less than 400m will be circle seeded



RELAYS AND DISTANCE



- ▶ Relays will be swum during finals slowest to fastest
 - ▶ Swim clubs may enter a maximum of TWO relay teams per event per age group, and FOUR for the 4 x 50M Mixed Medley on Thursday night
- ▶ Distance (800m & 1500m Freestyle) will be swum during prelims
 - ▶ Fast to slow, alternating girls/boys
 - ▶ Fastest heat for girls and boys will be swum during finals
 - ▶ Heat 6(girls) & Heat 4(boys) 1500m will be swum at the same time
- ▶ 400m Freestyle will be A Final only
- ▶ 400IM fastest heat in finals

FINALS: FORMAT



- ▶ Finals (10-lane) will be swum in the order: A-Final then B-Final
 - ▶ A-Finalist to meet beside CJE desk
 - ▶ A-Finalists will be marched out to their lanes immediately before their race
 - ▶ B-Finalists may proceed to their lanes after the previous race starts
 - ▶ Alternates check in with Referee and wait beside the CJE desk

TAPING REVIEW PROCESS



Taping will be permitted if the following conditions are met:

- Taping reviews will take place prior to each session during warmups. All reviews must be completed no later than 20 minutes prior to the start of the session.
- Taping shall be on the same part of the body and in the same pattern throughout the meet.
- Coaches must submit one taping request form for each athlete prior to their first session.
- Taping Request Forms are available at the Administration Desk and must be submitted to the Meet Referee by 8:20 AM for prelims and 4:50 PM for finals.
- The Committee will consist of the Meet Referee, the session referee (should they be different), and one other senior official, preferably with medical training.
- The Committee's decision will be final.
- Any swimmer who races with taping not approved by a Taping Review Committee will be disqualified.
- Any swimmer wearing taping not approved by a Taping Review Committee is ineligible to set a Canadian Record.

DQS AND PROTESTS



- ▶ DQs announced by event/heat/lane
- ▶ Protest Procedure
 - ▶ First talk to session referee
 - ▶ Submit written protest to referee within 30 minutes after event
- ▶ Appeal
 - ▶ Swimming jury of appeal

JURY OF APPEAL

- ▶ Chaired by meet manager (non-voting)
- ▶ Includes 1 coach and either 2 or 4 officials
 - ▶ Not involved in the DQ or disputed decision
- ▶ Governed by C13.2.3
 - ▶ Shall hear evidence from protestor, referee, and officials
 - ▶ Shall decide by majority vote & issue written decision ASAP



AWARDS



- ▶ The top 3 finishers in each individual event will receive Medals
- ▶ The top 3 teams in relay events will receive Medals
- ▶ Provincial relay winners receive a Gold Medal
- ▶ Following the completion of each A Final Race, the top 3 swimmer names will be announced and asked to head to the Podium for medal presentation
- ▶ Awards will be presented as announced throughout each Finals session as official results are processed
- ▶ Awards presented at podium near the turn end at lane 9.

SATURDAY RECEPTION AND SOCIAL



- ▶ Coaches social: Leopolds Tavern
 - ▶ 149 Kensington Blvd, Unit 10
 - ▶ Three minute drive from Shaw Centre
- ▶ Coaches choosing not to attend the social will be entered on a team that will compete in the Provincial Relay on Sunday night. Kidding.

2026 MAN/SK COACH/MEET MANAGEMENT WHATSAPP GROUP



To receive important notifications during the Meet, please join the 2026 Man/SK Championships Coaches WhatsApp Group

OTHER BUSINESS

- ▶ Questions?
- ▶ Reminder – Coach Contact Form Must be Completed by 7:30 AM – Thursday, July 9, 2026



Have a great meet!



2026 Man/SK LC
Senior Provincial Championships Information

website



whatsapp

36



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