



Goldfins Pentathlon – February 7-8, 2026

Shaw Centre

Saskatoon, SK

Coaches Technical Bulletin

1. Welcome & Introductions
 - Thank you for registering your swimmers to compete in this swim meet
 - Meet Management Team: Nicole Gillis-Fehr, Tori Veikle
 - Meet Referees: Sharon Lyons, Bob Cowan, Jennifer Abrahamson
 - Officials' Coordinator: Jennifer Robinson
2. Warm-Up Information:
 - a. Warm-Up:
 - Session One: 11:45 AM – 12:30 PM
 - Session Two: 11:45 AM – 12:30 PM
 - b. Diving Lanes will be opened at 12:15 PM
 - Lanes 0 & 9 for dives from the start end
 - Lane 1 will have backstroke ledges available during this time and will be a designated backstroke start lane
 - One-way swimming only in dive/ start lanes
 - If you require an extended period for dives, please speak to meet management
 - Additional lanes may be opened for dive starts if required.
 - c. Scratch Deadline: 12:10 PM
 - d. There will not be any deck entries permitted
 - e. Warm-Up will conclude at 12:30 PM
 - f. Please remind swimmers to enter feet first
3. Positive check-in required 30 minutes prior to the completion of Session One (on Saturday February 6) for the 200 free and 200 Individual Medley
 - These events may be reseeded based on meet management's discretion
4. Competition is to start at 12:40 PM for both sessions



5. The officials' briefing will be held at 12:00 PM for both sessions
6. The senior officials' briefing will be held at 11:45 AM for both sessions
7. There will be heat marshalling for this meet
8. Starting ledges for the backstroke events will be available
9. This is a timed finals meet with males and females competing in separate heats
10. Results will be listed separately as Girls age 10 & under, 11-12, 13 & over and Boys age 11 & under, 12-13, 14 & over
11. Hospitality will be offered in the meeting room for coaches and for officials
12. 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.
13. This meet will have bell heat prizes
 - The winner of the bell heat will receive their prize from the awards table immediately after the conclusion of their heat
 - The winner of the bell heat will also receive a ticket to enter a draw for a larger bell heat prize
 - The larger bell heat prizes will be drawn at the conclusion of each session
14. This meet will have a prize to be given to the swimmers who achieve the highest three aggregate point totals in each Gender/Age group
 - Each event is scored and points will be given to the swimmer as outlined in the meet package
 - These awards will be presented at the conclusion of Session Two (Sunday February 8)
15. 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.
16. 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.
17. 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.
18. 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.
19. 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.**
- 20. Deck access is intended for Swimmers, Coaches, and Officials Only.
- 21. No Videography or Photography behind the starting blocks will be permitted.
- 22. Results will be posted on Meet Mobile. Meet mobile results are unofficial. Hy-tek results file will be made available for download within REMS.
- 23. 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/goldfins-pentathlon/job-signup>
- 24. 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 Goldfins Pentathlon – What's App Group:

https://chat.whatsapp.com/Km9F1gNahWM5CzsgYPItne?mode=gi_t

