



## **Goldfins' Winter Whiteout – February 6-8, 2026**

### **Coaches Technical Bulletin**

- 1. Welcome & Introductions**
  - a. Thank you for registering your swimmers to compete in this swim meet.
  - b. Meet Management Team: Ryan Lejbak, Michelle Jarcan
  - c. Meet Referee: Belinda Bilous
- 2. Warm-Up Information:**
  - a. Warm-Up:
    - i. 5:00 - 5:50 PM Session 1 - Friday PM
    - ii. 8:00 - 8:50 AM Session 2 - Saturday AM
    - iii. 5:00 - 5:50 PM Session 3 - Saturday PM
    - iv. 8:00-8:50 AM Session 4 - Sunday AM
  - b. Lane 9 for Para Swimmers Only
  - c. Diving Lanes will open at 8:30 AM (Lanes 0, 1 (backstroke), 8) One way swimming only
    - i. If you require an extended period for dives, please speak to meet management.
  - d. Lane 7 will be a pace lane starting at 8:30AM
  - e. Scratch Deadline: 8:30 AM and 5:30 PM for PM sessions
  - f. Deck Entries Must be Submitted by: 8:40 AM and 5:40 PM
  - g. Warm-Up will conclude at 8:50 AM and 5:50 PM
  - h. Please remind swimmers to enter feet first.
3. Competition is to start at 9:00 AM and 6:00 PM
4. There will be no marshalling for this meet
5. There are starting ledges for the Backstroke
6. Hospitality will be offered in the classroom for coaches and for officials.
7. 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.
8. Medals will be awarded to the swimmer in each Gender/Age Group for the Top World Aquatic Point Score of the day.
9. Awards will be announced and presented to swimmers following the Relay Events and/or prior to the start of the next finals session. On the final day of the swim meet, awards will be



presented following the Mixed Medley Relays. Session 4 medals will be mailed out at a later date

10. 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.
11. 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.
12. 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.
13. 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.
14. 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.**
15. Deck access is intended for Swimmers, Coaches, and Officials Only.
16. No Videography or Photography behind the starting blocks will be permitted.
17. Results will be posted on Meet Mobile. Meet mobile results are unofficial. Hy-tek results file will be made available for download within REMS.
18. 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-winter-whiteout-lcm> Officials can contact Robin Mowat to inquire as to position availability – [officials@goldfins.ca](mailto:officials@goldfins.ca)
19. There will be a Coaches 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 Winter Whiteout – What's App Group:  
[https://chat.whatsapp.com/KFW7ZeVMo787738LLvimps?mode=gi\\_t](https://chat.whatsapp.com/KFW7ZeVMo787738LLvimps?mode=gi_t)



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WHAT'S APP GROUP

