



2026 Summer ManSask Long Course Provincial Championships July 9 – 12, 2026



Hosted by:

**Saskatoon Goldfins on behalf of
Swim Saskatchewan and Swim Manitoba**





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](#)

Effective September 1, 2026, Rule C.2.3.2.1 (Misconduct Provisions) will explicitly include misconduct immediately prior to the start of a race such as: (1) deliberate or negligent spitting/spouting water/blowing the nose in the pool or on the pool deck, (2) deliberate kicking or striking of the starting platform (including the back plate), and (3) unsafe or uncontrolled pool entry (all swimmers must enter the pool feet-first with control prior to the start). This update supports public health and facility hygiene standards, helps protect participants and officials, and reduces facility/equipment damage and associated costs.

From now through August 31, 2026, officials will apply an education-first approach – using calm reminders and warnings and penalizing only clear, deliberate acts (not incidental spray, coughing, or normal block foot adjustments). As of September 1, 2026, the rule will be fully enforced, and the Referee may disqualify a swimmer for such misconduct.

1. Meet Name, Date, Host

- Name:** 2026 Summer ManSask Long Course Provincial Championships
- Date:** July 9 to 12, 2026
- Host Club:** Saskatoon Goldfins Swim Club

2. Key Dates, Session Dates and Times:

Meet Entry Deadline	Thursday, June 25, 2026 at 9:59 pm CST			
Entry Fee Deadline	Wednesday, July 2, 2026 at 12:00 pm CST			
Coaches/Technical Meeting	Wednesday, July 8, 2026 at 7:00 pm CST			
	Further meetings may be held throughout the weekend if necessary.			
Session	Date	Type	Warm-up	Competition Start Time
1	Thursday, July 9	Prelims	7:30 to 8:30 am	8:40 am
2	Thursday, July 9	Finals	4:00 to 5:00 pm	5:10 pm
3	Friday, July 10	Prelims	7:30 to 8:30 am	8:40 am
4	Friday, July 10	Finals	4:00 to 5:00 pm	5:10 pm
5	Saturday, July 11	Prelims	7:30 to 8:30 am	8:40 am
6	Saturday, July 11	Finals	4:00 to 5:00 pm	5:10 pm
7	Sunday, July 12	Prelims	7:30 to 8:30 am	8:40 am
8	Sunday, July 12	Finals	4:00 to 5:00 pm	5:10 pm

Warm-up is only for swimmers registered in the competition.

Meet Management, in conjunction with Swim Sask, reserves the right to change session start times once entries are received. Coaches will be notified should the session start times change.

Officials Briefing: There will be an Official’s Briefing held each session, 45 minutes prior to the start of competition at 7:55 AM and 4:25 PM. This briefing will take place in the classroom on deck.

There will be a Senior Officials briefing held each session; 1 hour prior to competition (7:40 AM and 4:10 PM).



3. Location:

- Shaw Centre, 122 Bowlt Cres. Saskatoon, SK 306 975-7744

4. Facility:

- One 10 lane, 50-meter competition pool
- One 6 lane, 25-meter warm-up/cool-down pool will be available for the duration of the competition, except for the preliminary session on Thursday, July 9, 2026
- Backstroke ledges will be 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.

5. Meet Manager and Co-Meet Manager:

- Meet Manager: Rick Godbout - rgodbout@sasktel.net – 306-227-7251
- Co-Meet Manager: Ryan Lejbak – meetmanager@goldfins.ca – 306-341-3202

6. Officials Coordinator

- Robin Mowat – officials@goldfins.ca – 306-341-1867

7. Officials

- This is a provincial meet, with the Saskatoon Goldfins hosting on behalf of Swim Sask and Swim Manitoba; officials from all clubs are requested to officiate in at least one session in any position they are qualified.
- Officials Registration Deadline: Monday, July 6, 2026
- Officials should pre-register at: <https://www.goldfins.ca/event/2026-mansask-summer-championships>
- Officials and volunteers are encouraged to bring their own water bottles. There will be hospitality provided for officials and coaches during this competition. If you have specific dietary needs, please reach out to meet management so we can accommodate.

Officials Attire

- Timers and Chief Timer – White shirt, black bottoms and black shoes that can get wet and are safe to walk in on the pool deck.
- All other officials – Red shirt, black bottoms and black shoes that can get wet and are safe to walk in on the pool deck.
- No hats please.

8. Eligibility

- Entries will only be accepted for swimmers currently registered in REMS, with a Swimming Canada Year-round Age Group club. Para Swimmers must have a valid classification listed on the Swimming Canada website: [Classification – Swimming Canada](#)
- PARA swimmers who are registered with Swimming Canada are eligible to compete. Para swimmers must have a minimum Level 2 classification.
- This meet is open to year-round age group clubs outside Manitoba and Saskatchewan, **however at time of sanction, there are enough requests from non-Manitoba and Sask clubs, and therefore the meet is closed.**
Entries will only be accepted and processed for clubs that have reserved spots with Swim Sask and have been given approval to attend from Swim Sask.
- Swimmers must be a minimum of 7 years of age as of the 1st day of competition (July 9, 2026).
- Swimmers compete in their age group based on their age as of 1st day of competition (July 9, 2026).



9. Qualifying Times

- All swimmers must have achieved at least one [2024- 2028 ManSask “AA” time](#) Short Course Standard or Long Course Standard, in any event, in their single age category. A swimmer must qualify in their respective age that they will be at the competition (age as of first day of competition), during the qualifying period. 100 IM cannot be used as a qualifying swim for ManSask Champs.
- Para Swimmers must have achieved at least one Para [MET Standard](#) in one of the eligible events for their Sport Class (i.e. if only classified SB then must qualify in a Breaststroke event for their specific classification. If classified SB4-SB9, SB11-SB14) then must qualify in 100 Breast.
- All qualifying swims must have been achieved during the qualifying period of: Jan 1/2025 – June 25/2026
- Event winners from each of the following age groups from the 2026 Sask SC Summer Junior Provincials will qualify to advance to the 2026 Summer ManSask Long Course Championships.
 - Female Events: 11 &12, 13 & 14, and 15 & over
 - Male Events: 12 & 13, 14 & 15, and 16 & over

Swim Sask will provide Sask coaches with a list of the Sask event winners. Coaches will submit entries for these swimmers along with all their other swimmers that qualified by achieving AA times.

NOTE: Junior Provincial event winners in the 400 IM, 400 Free, 800 Free, and 1500 Free are only eligible to compete in these distance events if they meet the applicable ManSask qualifying standard for the related qualifying event.

For example: A swimmer who wins the 400 IM and has achieved the 200 IM qualifying time may also swim the 400 IM. Or a swimmer who wins the 1500 Free and has achieved the 400 Free qualifying time may also swim the 1500 Free. See “Distance Events as Bonus Swims” for additional details.

10. Entry Deadline Date

- Entry deadline is **Thursday June 25/2026 at 9:59 pm**
- Outside of Manitoba & Sask Clubs – Entries will only be accepted from clubs that have been given approval from Swim Sask Executive Director. (AJAX, CKSC, CP, DST, EVDSC, GO Kingfish, KSS, LRS, NRST, PRASC, TBSC, and Yellowknife Polar Bears). Should entries from any other club get uploaded, they will be rejected.
- All attending coaches must be listed when uploading the entry file.
- If a coach from the same club as swimmers registered will not be attending the meet, the coach must provide the Meet Manager with the name of the coach and club that will be responsible for coaching their swimmers.

11. Entry Fees

Individual:	\$110.00	Individual deck entry (cash only)	\$ 20.00
Relay only swimmer	\$ 40.00	Relay team deck entry (cash only)	\$ 20.00
Relay team events:	\$ 20.00	Official split request (cash only)	\$ 20.00

- Entry fees will be accepted via e-transfer. Send e-transfers to: payments@goldfins.ca please include Man/Sask Meet Fees in the Subject Line.
- **E-transfers must be received by Thursday July 2, 2026 – 12:00 PM** to allow time to confirm receipt of payment prior to the start of the meet.
- No swimmer / team will be allowed to start warm-up until entry fees have been paid.

12. Entries Refund Policy

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



13. Entry Limit

- Swimmers may enter as many events as they have qualified for, up to a maximum of **SEVEN** individual events, plus relays.
- Meet Management reserves the right to limit entries in individual events. If necessary, priority will be given to Manitoba and Saskatchewan club swimmers. Meet Management has the right to limit and/or remove the number of Bonus swims from non-Manitoba/Saskatchewan club swimmers.

14. Entries

- a. All entries must be uploaded to the Swimming Canadas Online Entry System (REMS) by **Thursday June 25, 2026, 9:59pm. No entries will be accepted by email.**
- b. All coaches attending the competition must be declared in the entry upload.
- c. If a coach from the same club as the registered swimmers is not attending the meet, that coach must provide the Meet Manager with the name of the coach and club that will assume responsibility for coaching their swimmers during the meet.
- d. Entry times will be accepted in SC or LC meters. Meet Management will convert entry times.
- e. **Converted times will not be accepted. Entry times for all individual event entries must pass validation.**
- f. There are 7 Para specific events, listed as 300 series event numbers (see list of events). Para swimmers may enter these Para specific events or an Olympic stream event. Para swimmers are to enter the event that is applicable to their sport class (i.e. 50 or 100 Breast). The top ten swimmers of each gender in each Para event will advance to the Para finals. Times achieved from preliminary Para events will be scored on the Swimming Canada Para Swimming Points calculator to determine the top ten swimmers to advance to the final.
- g. **A successful entry upload is only the validation of a swimmer's registration information against the national registration database (REMS) and entry time validation. It does not guarantee a club's entries will be approved/accepted. Coaches will receive an email once their entries have been imported. The email will either indicate that entries are approved or will ask for changes and a new file.**
- h. Direct all questions regarding entries to Marj Walton – marjwalton@swimsask.ca

Bonus Swims Entries

- All qualified swimmers may enter Bonus Swims provided they **DO NOT** exceed the entry limit of **SEVEN** individual events. (i.e. 1 QT plus 6 Bonus Swims or 4 QTs plus 3 Bonus Swims)
- No-Time (NT) entries will be accepted for Bonus Swims.
- Meet Management reserves the right to limit the number of Bonus swims or the number of bonus swims in any event, if registrations exceed pool or time capacity or impact session timelines.

Distance Events as Bonus Swims

- Swimmers who achieve one Man/Sask (AA) qualifying time in 400m Freestyle, 800m Freestyle, and/or 1500m Freestyle will be eligible to use the 400m Freestyle, 800m Freestyle and/or 1500m Freestyle as a Bonus Swim.
- Swimmers who achieve the ManSask (AA) qualifying time in 200 IM are eligible to enter the 400 IM as a Bonus Swim.

Bonus Swims for Para Swimmers

- Para athletes who have qualified for ManSask through their Para sport class qualifying standards will be eligible to swim non-sport class specific events. Para athletes entering non-para events will be seeded according to the Olympic stream entry rules. Para athletes will be eligible for finals in non-Para events.
- Para Swimmers who have achieved a Junior Standard in 400 Free for their sport class are allowed to enter 800 Free and/or 1500 free as a Bonus Swim.



Proof of Times

- All individual entries must utilize a time available in the Swimming Canada results system and **must pass time validation.**
- Should a club have non-validated entry times, the entry chairperson will email the coach with the time validation report that was generated during the entry upload process and will be given a date and time by which they must review the time validation report and upload a new entry file for any individual times that did not pass validation.
- Failure to be able to prove any requested time within the timeline given will result in the swimmer being scratched from that event. There will be no refund of entry fees from a failure to prove a time.

15. Relay Entries

- Swim clubs may enter a maximum of **TWO** relay teams per event per age group, and **FOUR** for the 4 x50 Mixed Medley on Thursday night.
- No qualifying times are required for relays, but coaches are encouraged to submit entry times for seeding.
- Clubs are encouraged to enter relays with names.
- If no names are submitted with entries, then Relay cards with complete swimmer names must be submitted to the Administration Desk:
 - within 30 minutes of the conclusion of the preliminary session on the day of that relay event, for relays on Friday and Saturday.
- Final relay order may be changed through the Administration Desk up to 30 minutes prior to the start of the finals session in which the relay is being held. Failure to submit relay order changes prior to the deadline may result in swimmers swimming out of order is an infraction and referees will issue disqualifications.
- All relay events will be Timed Finals.
- Relay swimmers must be properly entered in at least ONE individual event.
EXCEPTION: a club entering only one relay team in an event may bring out “relay only” swimmers to a maximum of two per age group to complete a relay team. “Relay only” swimmers must be listed in the entries as “relay only” swimmers. Relay only swimmers must pay the relay only swimmer fee.
- A swimmer may only participate in ONE relay team in their age group and may only swim one leg of a relay per event per age group. In addition to swimming a relay in their own age category, swimmers may swim up an age category. A maximum of 2 swimmers/relay team may swim up an age category.

Mixed Relay Event

- The 4 x 50 Mixed Medley relay **must** consist of teams comprised of 2 female and 2 male athletes and will be swum as: 14 & under and 15 & over. Athletes in the younger age group may swim up with the older relays, provided that at least 2 of the members are age appropriate.
- Only 2 relay teams per club can score.

Provincial Medley Relay Entries (Open to all provinces; not limited to just MB and SK)

- The Provincial Relays will occur at the conclusion of the Sunday night final’s session and will be held as 4 x 50 Medley.
- Each province may enter ONE relay team in each of the male and female age groups for the Olympic Stream Relay.
- Coaches will select the swimmers to swim each leg of the relay from the fastest time in that stroke **swum at the meet.**
 - The fastest time is determined from any of the following: (i) the individual 50 event, (ii) a lead off relay split or (iii) the 50 split from an individual 100 or 200 meter event.
- The Para Provincial Relay will be run as Mixed Gender and Open age category. Ideally this should be 2 male and 2 female Para athletes, however if a province does not have 2 Para athletes in a particular gender, then the relay can be comprised of any combination of gender.
- Each province may enter ONE Para relay team.
- **Provincial Relay cards for all the Provincial Relays are due no later than 10 minutes after the conclusion of the Final of Event #46 (50 Back).**



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 800FR and 1500FR events
- 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
 - Relay Deck Entry: \$20

16. Meet Format/Competition

- The 400M Individual Medley will be swum as Timed Finals, with the slower heats of each gender in the morning preliminary session and the fastest heat of gender, regardless of age, swimming in the final's session.
- The 800M Free and 1500M Free events will be swum as Timed Finals, with the slower heats of each gender in the morning preliminary session and will alternate one heat of female and then one heat of male. The fastest heat of each gender, regardless of age, will swim in the final's session.
- The 800M and 1500M Free events will be swum fastest to slowest.
 - Meet Management reserves the right to limit entries in the 400, 800 and 1500 Free and 400 IM if registration exceeds pool-time capacity. In such cases, priority will be given to Manitoba and Saskatchewan club swimmers.
- All other individual events for all age groups will be swum as Preliminaries and Finals.
- **400 Free will be A Final only.**
- Consolation finals will only be held for events 200 meters and under with **24 or more athletes** entered **at the entry deadline** for each age category and gender.
- The 'A' final will swim before the 'B' final where there is a consolation final.
- Finals will be swum via the following Age Categories for all individual and relay events:

Female, including Provincial Relay	12 & under	13 & 14	15 & over
Male, including Provincial Relay	13 & under	14 & 15	16 & over
Mixed Medley Relay	14 & under	15 & over	
Provincial Para Relay	Open		

- Para swimmers will be fully integrated in heats and finals for any event that is not offered as a specific Para event. For events that do not have a specific Para Final, Para swimmers may advance to a final in their proper gender and age category. In events that offer a specific Para Final, they may only advance to the Para final.
- Para swimmers will be judged under WPS Rules and Regulations with the **exception that Para specific events will be run as heats and finals regardless of the number of swimmers in an event. This may mean that a swimmer swims an event all by themselves.**



17. Seeding

Time Final Events:

- 400 IM will be senior seeded, slowest to fastest with the fastest 10 swimmers of each gender, regardless of age, swimming in finals.
- The 800 Free and 1500 Free events will be senior seeded fastest to slowest, alternating one heat of female and then one heat of male, with the fastest 10 swimmers of each gender, regardless of age, swimming in finals.
- Meet Management reserves the right to adjust the seeding criteria to maintain session timeline requirements and/or provide the 10 fastest swimmers with the best competition available.

All other events: (Preliminaries)

- Prelims, including Bonus swims, will be senior seeded by time only (not by age) from slowest to fastest.
- The last 3 heats in each event will be circle-seeded by time and gender, regardless of age.
- Para swimmers entered in Olympic stream events will be seeded by entry time.
- Finals for Olympic stream individual events will be swum by gender & age groups.
- Para specific events will be swum as mixed classification but separate genders. Heats will be seeded via time and then times achieved from preliminaries will be scored on the Swimming Canada Para Swimming Points calculator for seeding placement in finals.
- **Para specific events will be swum as heats and finals regardless of the number of swimmers in an event. This may mean that a swimmer swims an event alone.**

Positive Check-In for 400m IM, 800m Freestyle and 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 final events, including relays scheduled for that day.

18. Start

- Starts will be conducted from Starting Platforms (blocks) as per Swimming Canada Part II 4.1
- Starts for Para swimmers as per WPS Rule 11.1 and sub clauses.

d/Deaf and Hard of Hearing

- This competition can provide the following accommodation for swimmers who are D/deaf or Hard of hearing:
 - An external strobe light
 - Non-verbal instruction provided by a support person that has a status of “Active” in the Swimming Canada Registration system.



19. Scratch Rule

- a. **Coaches are requested to submit scratches as a courtesy to all swimmers, coaches, officials and Meet Management as this helps run an efficient meet. When scratches are not submitted it can hold up the meet. Please submit scratches as soon as possible.**
- b. After entry deadline and prior to day of competition, coaches are requested to submit any known scratches via email to the Entries Chairperson and Meet Manager. No refunds will be issued after entry deadline has passed.
- c. Once competition commences all scratches must be submitted to the Administration Desk on official scratch cards.
- d. 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.
- e. 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.
- f. 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.
- g. Scratches for finals, that result from a preliminary swim, must be submitted 30 minutes following the completion of the morning preliminary session.**

Scratch Penalties

Penalty for not scratching from final events - the offending swimmer will be scratched from all their remaining final events, including relays, scheduled for that day. A relay team that includes a swimmer that has an unexcused late scratch, no show, step down etc. would also be prohibited from swimming. Relay team would have loss of entry fee. There shall be no monetary penalty fee assessed for individual swims.

Alternate Swimmers

In Finals, if a swimmer has not reported to the blocks when their race is called, the Referee shall replace the swimmer with an alternate who has reported and is present and ready to swim. The alternate shall become one of the finalists.

20. Scoring

- Individual events Age Group High Point Awards: 5 – 2 – 1
- The top 20 score in all events regardless of whether there is a consolation final or not.

Individual events for Provincial Age Group Awards:

50-30-20-18-17-16-15-14-13-12 /10-9-8-7-6-5-4-3-2-1

Individual events (including PARA events that have a specific PARA Final) for team awards:

50-30-20-18-17-16-15-14-13-12 /10-9-8-7-6-5-4-3-2-1

NOTE: Para events that swim together (i.e. events 307 & 309 Female Para 200 Free for S1-5 & S14 and Para 400 Free for (S6-S13) are considered one event and therefore only one swimmer scores the 50-30-20 etc. points. Same for Male events.

Relay events: 50-30-20-18-17-16-15-14-13-12 (only 2 relays per club will score)



21. Awards

Individual Awards:

- 1st to 3rd place for Final events: Medals

Para awards: 1st to 3rd place for PARA Final events: Medals

NOTE: Para events that swim together (i.e. events 307 & 309 Female Para 200 Free for S1-5 & S14 and Para 400 Free for S6-13) are considered one event and therefore only one 1, 2 & 3rd place medal awarded. Same for the Male events.

Relay events:

- 1st to 3rd place: Medals for all relay team members for all relays including the Mixed relay.
- 1st place for Provincial Relay: Medals to all relay team members

Provincial Age Group Awards:

- High point award for the top female and top male for each age category, for each: Manitoba and Saskatchewan.
- High Point award for the top female and male Saskatchewan Para swimmer.

Individual High Point Trophy:

- High point award overall for the top female and top male for each age category.

Betty Lou Dean Award: Award for best performance on the World Performance Charts.

- One award each for the top female swim of the meet and the top male swim of the meet.

Philip Clark Memorial Award: Award for the best performance on the Para Swimming Points calculator

- One award each for the top Para female swim of the meet and the top Para male swim of the meet.

Club Awards:

Manitoba Small Club:

Awarded to the Manitoba swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the highest aggregate points.

Saskatchewan Small Club:

Awarded to the Saskatchewan swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the highest aggregate points.

Top Manitoba Club:

Awarded to the Manitoba swim club with the highest aggregate points.

Top Saskatchewan Club:

Awarded to the Saskatchewan swim club with the highest aggregate points.

Overall Top Manitoba or Saskatchewan Small Club:

Awarded to the Manitoba or Saskatchewan swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the overall highest aggregate points.

Overall Top Manitoba or Saskatchewan Club:

Awarded to the Manitoba or Saskatchewan swim club with the highest aggregate points overall.



22. Results

- Unofficial results will be posted in real time on meet mobile throughout the competition.
- Results will be posted in the lobby located outside of the competition pool.
- The result file will be uploaded to REMS.
- Results will be reported in the following Age Categories for all individual and relay events:

Female, including Provincial Relay	12 & under	13 & 14	15 & over
Male, including Provincial Relay	13 & under	14 & 15	16 & over
Mixed Medley Relay	14 & under	15 & over	
Provincial Para Relay	Open		

23. Official Splits

- As per SNC Swimming Rule C13.3.3.1 - Meet Management requires that a coach wishing to rely on a time achieved by a swimmer for an interval shorter than the total distance of the event, must advise the Referee and Meet Management prior to the commencement of the event in question.
- 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. The Official Split Request Form is available through Meet Management or by downloading [here](#).
- Any club requesting an official split may be required to supply additional qualified timer(s)
- Such Official split shall then be reported as a separate event in the meet results.
- The split for the lead swimmer in relays will be regarded as an official split and therefore no request by coaches is required.
- **\$20 Official Split request fee – payable at the Administration Desk, cash only.**

24. Meet 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, one outside lane will be designated for para swimmers only
- During the last 30 minutes of warm-up, a minimum of two lanes, one of which will be designated for backstroke, will be designated as sprint lanes where an entrance dive is permitted. During this period, one-way swimming only is allowed.
- During the last 30 minutes of warm-up pace lanes may be designated as required.
- 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.**



25. General Info

- Any changes to the meet information or format will be provided to the coaches via email prior to the meet or at the Coaches Technical meeting.
- All meet information, including, but not limited to, Heat Sheets, results, etc., will be posted on the Saskatoon Goldfins: <https://www.goldfins.ca/menu/2026-man-sk-lc-senior-provincial-championships>
- All swimmers must use the change room and not change on deck.
- Glass containers and breakables are not allowed on the pool deck.
- Clubs will be responsible for their personal valuables. The Shaw and the Saskatoon Goldfins will not accept responsibility for any lost or stolen items.
- All clubs are responsible for the conduct of their swimmers. Inappropriate behavior at the pool may result in disciplinary action by Meet Management.
- Please have your club's area in the stands and on deck cleaned up before you leave each session.
- Swimmers caught vandalizing pool property or using offensive language will be disqualified from the meet and any expenses incurred as a result of the vandalism will be billed to their club.
- Smoking and vaping are prohibited in all areas of the pool, according to City of Saskatoon Bylaws.
- Food is also prohibited on the pool deck, including sunflower seeds with shells.
- Only the host club shall be allowed to sell equipment and merchandise.
- Your cooperation is expected in helping the officials to provide quiet for the start of each race.
- Only approved photographers with meet credentials will be permitted on deck, contact Meet Manager for more information.

26. Other Meet Related Events

Spectators:

- There will be limited spectator seating in the upper gallery. Due to the fire marshal numbers that are allowed on deck, the spectator seating area will need to be used by some teams. As a result spectator seating will be reduced.

27. Community Information and Accommodations

This event will be LIVESTREAMED. Links will be provided to coaches prior to the start of the meet.

Hotel Reservations can be made at: SANDMAN SIGNATURE SASKATOON SOUTH HOTEL.

Teams should contact: - sales_saskatoon@sandman.ca - 306-477-4844 ext. 3

Block Name: 2026Man/SK Long Course Provincial Championships

Block Code: 2026LONGCOURSEMAN_SK

Individuals can call: 306-518-7263 and reference the following details to book under the master block:

Block ID Number; 657740

Block deadline is June 18, 2026



28. Other

Photography/Videography

In order 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.

The full details of the Event Photography and Videography Procedure can be found [HERE](#)

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.

Meet Management may issue an accreditation/name tag identifying such person. If a tag is issued, then it must be worn at all times.

Safe Sport

Swimming Canada and Swim Saskatchewan believe 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.

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or spaces that is both “open” and “observable” to others.

Swimming Canada Safe Sport Policy found [HERE](#) and Swim Sask Safe Sport Policy and Resources [HERE](#)

Only participating swimmers, officials, registered coaches, and authorized people are allowed on deck.

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 swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Taping

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.

**Coach/Technical Meeting – July 8, 2026 – 7:00 PM****2026 Man/Sask Provincial Championships Meet Event List****Day 1**

Session 1		Warm up: 7:30 AM		Thursday July 9, 2026 – Prelims/Timed Finals		Start time: 8:40 AM	
	#	Gender	Event	#	Gender		
Prelims	1	Female	200m Individual Medley	2	Male		
			Events 301 and 303 will be swum together and Events 302 and 304 will be swum together				
Prelims	301	Female	Para 150m IM (SM1-4)	302	Male		
Prelims	303	Female	Para 200m IM (SM5-14)	304	Male		
Prelims	3	Female	100m Fly	4	Male		
			<i>Break – 2 minutes set up backstroke ledges</i>				
Prelims	5	Female	200m Backstroke	6	Male		
			<i>Break – 15 minutes Officials Break/change over</i>				
Timed Final	7	Female	1500m Freestyle (Slower Heats)	8	Male		

***1500 Free will be swum fastest to slowest and alternating one heat of female then one heat of male**

Session 2		Warm up: 4:00 PM		Thursday July 9, 2026 – Finals/Timed Finals		Start time: 5:10 PM	
	#	Gender	Event	#	Gender		
Finals	1	Female	200m Individual Medley	2	Male		
			Events 301 and 303 will be swum together and Events 302 and 304 will be swum together				
Finals	301	Female	Para 150m IM (SM1-4)	302	Male		
Finals	303	Female	Para 200m IM (SM5-14)	304	Male		
Finals	3	Female	100m Fly	4	Male		
			<i>Break – 2 minutes set up backstroke ledges</i>				
Finals	5	Female	200m Backstroke	6	Male		
Timed Final	7	Female	1500m Freestyle (Fastest Heat)	8	Male		
			<i>Break – 2 Minutes</i>				
Timed Final	9	MIXED	200m Medley Relay 14 & under**				
Timed final	10	MIXED	200m Medley Relay 15 & over**				

**200m Medley Relay must consist of 2 swimmers of each gender



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**SASK LOTTERIES**



2026 Man/Sask Provincial Championships Meet Event List

Day 2

Session 3		Warm up: 7:30 AM		Friday, July 10, 2026 - Prelims		Start time: 8:40 AM	
	#	Gender	Event	#	Gender		
Prelims	11	Female	200m Breaststroke	12	Male		
Prelims	305	Female	Para 50m Free (S1-14)	306	Male		
Prelims	13	Female	50m Freestyle	14	Male		
			Events 307 and 309 will be swum together and Events 308 and 310 will be swum together				
Prelims	307	Female	Para 200m Free (S1-5 & 14)	308	Male		
Prelims	309	Female	Para 400m Free (S6-13)	310	Male		
Prelims	15	Female	400m Freestyle	16	Male		
			<i>Break – 2 minutes set up backstroke ledges</i>				
Prelims	17	Female	100m Backstroke	18	Male		
Session 4		Warm up: 4:00 PM		Friday, July 10, 2026 – FINALS/TIMED FINALS		Start time: 5:10 PM	
	#	Gender	Event	#	Gender		
Finals	11	Female	200m Breaststroke	12	Male		
Finals	305	Female	50m Free (S1-S14) - Para	306	Male		
Finals	13	Female	50m Freestyle	14	Male		
			Events 307 and 309 will be swum together and Events 308 and 310 will be swum together				
Finals	307	Female	Para 200m Free (S1-5 & 14)	308	Male		
Finals	309	Female	Para 400m Free (S6-13)	310	Male		
Finals	15	Female	400m Freestyle	16	Male		
			<i>Break – 2 minutes set up backstroke ledges</i>				
Finals	17	Female	100m Backstroke	18	Male		
Timed Finals	19	Female	200m Freestyle Relay 12 & under				
Timed Finals			200m Freestyle Relay 13 & under	20	Male		
Timed Finals	21	Female	200m Freestyle Relay 13 – 14				
Timed Finals			200m Freestyle Relay 14 – 15	22	Male		
Timed Finals	23	Female	200m Freestyle Relay 15 & over				
Timed Finals			200m Freestyle Relay 16 & over	24	Male		



2026 Man/Sask Provincial Championships Meet Event List

Day 3

Session 4		Warm up: 7:30 AM		Saturday, July 11, 2026 - Prelims		Start time: 8:40 AM	
	Event #	Gender	Event	Event #	Gender		
Prelims	25	Female	200m Butterfly	26	Male		
Prelims	311	Female	100m Free - Para (S1-S14)	312	Male		
Prelims	27	Female	100 Free	28	Male		
			Events 313 & 315 will be swum together, and Events 314 & 316 will be swum together				
Prelims	313	Female	Para 50m Breast (SB1-3)	314	Male		
Prelims	315	Female	Para 100m Breast (SB4-14)	316	Male		
Prelims	29	Female	50m Breaststroke	30	Male		
Timed Finals	31	Female	400m Individual Medley (Slower Heats)	32	Male		
Session 6		Warm up: 4:00 PM		Saturday, July 11, 2026 – FINALS/TIMED FINALS		Start time: 5:10 PM	
	Event #	Gender	Event	Event #	Gender		
Finals	25	Female	200m Butterfly	26	Male		
Finals	311	Female	100m Free - Para (S1-S14)	312	Male		
Finals	27	Female	100m Freestyle	28	Male		
			Events 313 & 315 will be swum together, and Events 314 & 316 will be swum together				
Finals	313	Female	Para 50m Breast (SB1-3)	314	Male		
Finals	315	Female	Para 100m Breast (SB4-14)	316	Male		
Finals	29	Female	50m Breaststroke	30	Male		
Timed Finals	31	Female	400m Individual Medley (Fastest Heat)	32	Male		
			<i>Break – 2 minutes set up backstroke ledges</i>				
Timed Finals	33	Female	200m Medley Relay 12 & under				
Timed Finals			200m Medley Relay 13 & under	34	Male		
Timed Finals	35	Female	200m Medley Relay 13 – 14				
Timed Finals			200m Medley Relay 14 – 15	36	Male		
Timed Finals	37	Female	200m Medley Relay 15 & over				
Timed Finals			200m Medley Relay 16 & over	38	Male		



2026 Man/Sask Provincial Championships Meet Event List

Day 4

Session 7		Warm up: 7:30 AM		Sunday, July 12, 2026 - Prelims		Start time: 8:40 PM	
	#	Gender	Event		#	Gender	
Prelims	39	Female	200M Freestyle		40	Male	
			Events #317 & #319 will be swum together and				
			Events #318 and #320 will be swum together				
Prelims	317	Female	Para 50m Butterfly (S1-S7)		318	Male	
Prelims	319	Female	Para 100m Butterfly (S8-S14)		320	Male	
Prelims	41	Female	50m Butterfly		42	Male	
Prelims	43	Female	100m Breaststroke		44	Male	
			Events #321 and #323 will be swum together and				
			Events #322 and #324 will be swum together				
Prelims	321	Female	Para 50m Back (S1 – S5)		322	Male	
Prelims	323	Female	Para 100m Back (S6-S14)		324	Male	
			<i>Break – 2 minutes set up backstroke ledges</i>				
Prelims	45	Female	50m Backstroke		46	Male	
Timed Finals	47	Female	800m Freestyle (Slower Heats)		48	Male	
*800 Free will be swum fastest to slowest and alternating one heat of female then one heat of male							
Session 8		Warm up: 4:00 pm		Sunday July 12, 2026 - FINALS		Start time: 5:10 pm	
	#	Gender	Event		#	Gender	
Finals	39		200m Freestyle		40		
			Events #317 & #319 will be swum together and				
			Events #318 and #320 will be swum together				
Finals	317	Female	Para 50m Butterfly (S1-S7)		318	Male	
Finals	319	Female	Para 100m Butterfly (S8-S14)		320	Male	
Finals	41	Female	50m Butterfly		42	Male	
Finals	43	Female	100m Breaststroke		44	Male	
			Events #321 and #323 will be swum together and				
			Events #322 and #324 will be swum together				
Finals	321	Female	Para 50m Back (S1 – S5)		322	Male	
Finals	323	Female	Para 100m Back (S6-S14)		324	Male	
			<i>Break – 2 minutes set up backstroke ledges</i>				
Finals	45	Female	50m Backstroke		46	Male	
Timed Finals	47	Female	800m Freestyle (Fastest Heat)		48	Male	
Timed Finals	325	MIXED	Para 200m Mixed Medley Provincial Relay				
			<i>Break – 2 minutes set up backstroke ledges</i>				
Timed Finals	49	Female	200m Medley Provincial Relay 12 & under				
Timed Finals			200m Medley Provincial Relay 13 & under		50	Male	
Timed Finals	51	Female	200m Medley Provincial Relay 13 & 14				
Timed Finals			200m Medley Provincial Relay 14 & 15		52	Male	
Timed Finals	53	Female	200m Medley Provincial Relay 15 & over				
Timed Finals			200m Medley Provincial Relay 16 & over		54	Male	