



Saskatchewan Masters Racing Series #2 - South Division
Saturday December 6, 2025

ENTRY DEADLINE – Thursday November 27, 2025 at 8:00pm



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**Saskatchewan Masters Racing Series #2 – South Division
Hosted by Regina Optimist Dolphins**

Masters Pkg
Sanctioned
Nov 10, 2025

- Swimming Canada Warm-up Competition Safety Procedures will be in effect at this competition. [LINK](#)
- Current Swimming Canada Masters 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](#)

1. Name of Meet:

- Saskatchewan Masters Racing Series #2 – Saturday December 6, 2025

2. Session Times:

- Coaches Meeting: Provided through technical bulletin presentation emailed to coaches prior to the start of the swim meet.
- Warm-Up: 9:00-9:50AM - **Warm-up is only for swimmers registered in the competition.**
Officials Briefing: 9:15AM
- Competition: 10:00AM – approx. 2:00PM

**Meet Management reserves the right to change session start times once entries are received.
Coaches will be notified should the session start times change.**

3. Location: Lawson Aquatic Centre, 1717 Elphinstone Street, Regina, SK S4N 0A1 306-777-7529

4. Facility:

- 8 lanes
- 1 X 25M Competition Pool
- Non-turbulent lane markers
- There will be 3 warm-up/cool-down lanes available in the middle tank
- Backstroke ledges will not be available
- Manual stopwatches will be used
- Depth at Start End: 4.9 meters
- Depth at Turn End: 2.2 meters

5. Meet Management: Orenda Pelzer, (306) 550-2678 orendac@hotmail.com

6. Officials Coordinator: Tracy Archer, (306) 539-7461, traydi82@gmail.com

7. Officials

- Anyone attending is encouraged and welcome to register as an official and/or volunteer at this meet.
- Officials can sign-up online at: <https://www.signupgenius.com/go/9040545A5AC2FA7F94-60119125-saskatchewan> or contact Tracy as per contact information above
- Hospitality will be available. Officials are encouraged to bring their own refillable water bottles.





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8. Eligibility:

- Entries will only be accepted for Masters' swimmers currently registered with a Swimming Canada or World Aquatics affiliated club.
- Masters' swimmers must be a minimum of 18 years of age as of December 6, 2025
- Age as of December 31, 2025, determines age groups for results.
- Masters' swimmers that are also classified PARA swimmers who are registered with Swimming Canada, or a World Aquatics affiliate are eligible to compete.
- This meet is a combined Masters and Age Group swim meet.
- Open to any registered Canadian Masters Swimmer.

9. Qualifying Times:

- There are NO qualifying times for this meet.

10. Entry Deadline Date:

- Entries must be received by: **Thursday November 27, 2025 at 8:00pm**
- All Attending coaches must be listed when uploading the entry file.

11. Entry Fees:

- Masters' swimmers meet surcharge: \$40
- Entry fees can be paid by:
 - cheque made payable to Regina Optimist Dolphin Swim Club
 - e-transfer to: payments@reginadolphins.com no later than Wednesday, December 3, 2025
 - All meet entry fees are to be paid prior to warm-up.
 - No swimmer/team will be allowed to start warm-up until entry fees have been paid.

12. Entries Refund Policy:

- There will be NO refunds.

13. Entry Limit:

- This meet is restricted to 60 Masters swimmers.
- Each Master swimmer is limited to entering four (4) individual events.
 - NOTE: The Age Group portion of the meet is limited to approx. 130 age group swimmers
- Entries will be processed on a first-come, first-entered basis, determined by the date and time the Entry file is uploaded.
- When the meet reaches ~50 entered Masters swimmers, then the next registered team in its entirety will be accepted.

14. Entries:

Entries Chair - Orenda Pelzer, orendac@hotmail.com

- **All entries must be uploaded to the Swimming Canada Online Entries System. No entries will be accepted by email.**
 - i. Entry times are to be entered in Short Course (SC); converted times will be accepted.
 - ii. Estimated/Custom times will also be accepted.
 - iii. If a swimmer does not have a time, then they can be entered with either an NT or a custom time.
 - iv. Please contact Orenda if you have any further questions regarding entries.
 - v. Independent Masters swimmers that do not belong to a club are to please contact Swim Sask at: programcoordinator@swimsask.ca to help you with entries. Entry Fees must be paid to the Regina Optimist Dolphins as per #11 above.

Masters swimmers are only permitted to enter into ONE of the 100 m events # 7 to 10.



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15. Relay Entries:

- There will be no relays offered.

16. Deck Entries:

- Deck entries may be allowed at the discretion of Meet Management and only if space permits; additional heats will not be created.
- Deck Entry Fee: \$15 per event.
- Deck entries and fess must be submitted by 9:15 a.m.
- Deck entries do not count toward a swimmer's maximum of 4 individual events.
- Deck entries are for additional swims only and for swimmers that have already entered the competition and have passed registration validation.
- *Deck entries are not for day-of-competition entries.*
- All deck entries will be considered "exhibition" and will not be scored.

17. Meet Format/Competition

- All events will be offered as Timed Finals.
- All Masters events will be offered as Mixed events.
- There are no PARA-specific events or entry standards.

18. Seeding:

- Masters' events will be senior seeded. This meet will be seeded slowest to fastest.
- Masters swimmers swim in separate heats and events than Age Group swimmers.
- Para swimmers will be seeded according to their entry time.

19. Start

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatic rule II.16.14 and Swimming Canada Rules 4.1
- Starts will be conducted from Starting Platforms (blocks) as per World as per World Aquatics Rule II.16.1.4 and Swimming Canada Rules 4.1
- Starts will be conducted from the Deck or Bulkhead as per Swimming Canada Rule C4.1.1
- In-water starts will also be allowed and will be conducted as per Swimming Canada Rule C4.1.2
- There will be no backstroke starting ledges available at this swim meet.
- This competition can provide the following accommodation for swimmers who are D/deaf or Hard of hearing:
 - Non-verbal instruction provided by a support person that has a status of "Active: in the Swimming Canada Registration system.
 - Hand signals given by the starter/referee
 - An external strobe light

20. Scratch rules:

- Scratches simply create empty lanes, as there will be no re-seeding.
- Scratches may be made at any time without penalty except for loss of entry fee.
- Clubs are requested to report any scratches no later than 9:20AM

21. Scoring

- There will be no scoring of the Masters' events.

22. Awards

- There are no awards presented.



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23. Results

- Official results will be posted on the Swimming Canada website following the completion of the competition.
- Unofficial results may be made available during the event on the Meet Mobile app.
- Results will be published in age groups as specified in the Swimming Canada Masters Rule [C3.1.0](#)

24. Official Splits

- Official split requests must be submitted to Meet Management a minimum of 20 minutes prior to the start of the session.
- The team requesting the official split may be required to provide additional trained timers to help take the official split.

25. Meet Safety Rules

- Diving Lanes will Be Available 15 Minutes from the end of the Warm-Up session.
- There will be separate warm-up lanes for Masters Swimmers and Age Group Swimmers. Lanes will be assigned by meet management.
- A Para swimming lane may be designated based on coach request. Please contact the Meet Manager to make this request.

26. General or Facility Information

- Any changes to the meet format will be shared with the coaches in the Coaches Technical Bulletin that will be emailed to attending coaches prior to the start of the swim meet.
- No deck changing will be allowed. Swimmers must use the change rooms. Swimmers who change on deck may be removed from the competition.
- Glass containers and breakables are not allowed on the pool deck.
- The Regina Optimist Dolphins will not accept responsibility for lost or for stolen items. It is the responsibility of each swimmer entered into the meet to ensure their personal belongings are stored in a secured manner.

27. Other Meet Related Events

- Not applicable

28. Community Information and Accommodations

- Not applicable

30. Photography/Videography

- 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.
- For full details see the Event Photography and Videography Procedure Policy 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.



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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 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 reasonable be seen to create a technical advantage in terms of speed, buoyancy, or endurance.



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Event Schedule/Order of Events
Racing Series #2

Warm-ups: 9:00AM - 9:50AM

Competition: 10:00AM – approx. 2:00PM

Saskatchewan Racing Series #2 Events			
Mixed Events			
1	Mixed Open	200M	Freestyle
2	Mixed Open	400M	Freestyle
3	Masters Mixed	400M	Freestyle
4	Mixed Open	50M	Fly
5	Mixed Open	25M	Fly
6	Mixed Open	200M	Backstroke
7	Masters Mixed	100M	Fly
8	Masters Mixed	100M	Backstroke
9	Masters Mixed	100M	Breaststroke
10	Masters Mixed	100M	Freestyle
11	Mixed Open	100M	Backstroke
12	Mixed Open	50M	Backstroke
13	Mixed Open	25M	Backstroke
14	Masters Mixed	50M	Backstroke
15	Mixed Open	200 M	Individual Medley
16	Mixed Open	50M	Breaststroke
17	Mixed Open	25M	Breaststroke
18	Masters Mixed	50M	Breaststroke
19	Mixed Open	100M	Freestyle
20	Mixed Open	50M	Freestyle
21	Mixed Open	25M	Freestyle

**Masters Swimmers are only permitted to enter into one of the 100M events (events # 7 to 10)
And may only swim in a maximum of 4 events.**

