



GO POLAR BEAR OFFICIALS - REMINDERS/UPDATES

January 16-18, 2026

Hi Everyone,

Hello, and thank you to everyone for giving up time this coming weekend to work the deck with us at the Polar Bear Invite 2026, especially on the heels of today's crazy snowstorm. A special thanks to those who added extra sessions to make sure our deck is fully covered for the swimmers. They are our why, and the reason we do the trainings, clinics, early mornings, endless running around, constant grocery trips, and manage the humidity of the deck.

The meet will take place Friday afternoon, all day Saturday and Sunday morning at Montpetit Hall at University of Ottawa, 125 University Private. The uOttawa train station is a 2-minute walk.

PARKING: The following lots are to be used for parking, or you can use the city streets. The Hotspot app can be used to submit payment.



Please note if you are a Safety Marshal for a session, please plan to arrive on the deck at time below to get instructions from the Referee.

Session	Date	Format	Time Finals	Safety Marshalls	Warm Up	Officials Briefing	Start	Finish
1	January 16	LCM (50m)	13 & over	4:05pm	4:20 – 5:10pm	4:30pm	5:15pm	8:05pm
2	January 17	SCM (25m)	12 & under	8:30am	8:45 – 9:40am	9:00am	9:45am	12:30pm
3	January 17	LCM (50m)	13 & over	1:15pm	1:30 – 2:25pm	1:45pm	2:30pm	5:25pm
4	January 18	SCM (25m)	12 & under	7:15am	7:30 – 8:25am	7:45am	8:30am	11:50am

OFFICIALS BRIEFING ROOMS – FRIDAY in MNT204 (doesn't open until 4pm) & SAT/SUN in MNT103 - You will be able to leave your outer clothes and street shoes in this room during the session.

WHAT TO WEAR:

Attire for the **Chief Timer** and all **lane timers** over the course of the weekend shall be a white top with black bottoms. **All other officials** on the deck shall wear red tops with black bottoms. Black footwear is preferred, but please wear footwear that is safe on a slippery pool deck and can get wet. Please bring a water bottle to fill up at refilling stations.

OFFICIALS BRIEFING - All officials are required to attend the general briefing in the rooms and times noted above (under time table). **THIS BRIEFING WILL PROVIDE MORE INFORMATION ABOUT THE SESSION AND YOUR DUTIES.**

REFEREES – Please arrive for the start of warm up in order for the Karen Hogan, our Competition Coordinator to provide you with a briefing of the session & expectations.

Thank you again and I look forward to seeing and working with you this weekend.

Jocelyn Jay

Event Coordinator