



## Technical Information Package

Aug 14 – 16, 2026



### HOSTED BY

Alberta Summer Swimming Association (ASSA)

### FACILITY

Kinsmen Sport Centre  
9100 Walterdale Hill  
Edmonton, AB T6E 2V3

### Pool Configuration

2 pools, 8 lanes x 25-metre pool each  
Quantum Touchpads  
warm up/cool down pool, 4 x 25m pool

**Spectator Seating:** 1000+

### CONTACTS

#### Meet Managers:

Suzanne Merrills & Vanessa Leybourne  
provincialmeetmanager@assa.ca

#### Entries:

ASSA meets@assa.ca

#### Officials Coordinator:

ASSA meets@assa.ca

#### Advisory Referee:

Jamie Cutler  
Iris Jackson

**Website:** <https://assa.ca/assa-events/>



Psych sheet, technical bulletin

### MEET TYPE

ASSA Summer Provincial Championship

### SANCTION

This meet is sanctioned by Swim Alberta

### LAND ACKNOWLEDGEMENT

We would like to begin by acknowledging that the facility in which we gather and operate is situated on the traditional territory of the Indigenous peoples of this region. We recognize that the land on which we stand has been a site of human activity and cultivation for thousands of years.

We acknowledge the rich and diverse history of this land, which has been home to numerous First Nations Treaty 6 territory, a traditional gathering place for diverse Indigenous peoples including the Cree, Dene, Saulteaux (Anishinaabe), Nakota Sioux, Blackfoot, and Métis, and many others whose histories, languages, and cultures continue to influence our vibrant community. We extend our deepest respect to the elders, both past and present, who have cared for this land throughout the generations. We recognize the profound spiritual and cultural connections that Indigenous peoples have with the land, waters, and all living beings.

We acknowledge the ongoing impacts of colonization and the continued resilience and strength of Indigenous communities. We commit to engaging in meaningful and respectful relationships with Indigenous peoples, fostering understanding, and working towards reconciliation.

As we gather and operate within this facility, let us remember and honour the Indigenous peoples of this land, their traditions, their languages, and their contributions to our shared community. May we walk together on a path of mutual respect, understanding, and healing.

Ekosi. Thank you.

### SAFE SPORT

Swim Alberta provides a fun, healthy, inclusive and safe environment. Swimming enriches the lives of everyone involved by ensuring that the training and competitive environment is one where athletes, coaches, officials, volunteers and staff know they are safe and are treated with respect and dignity. Swim Alberta believes that all members have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination. Swim Alberta further recommends that 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 space that is both “open” and “observable” to others.

### RULES

The meet will be conducted under published World Aquatics and/or WPS rules and regulations supplemented by published and approved Swimming Canada, Swim Alberta and ASSA rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.

Any discrepancies between this meet package and the operation of the meet are the responsibility of the Meet Manager(s) with the assistance of the advisory referee and ASSA Executive when applicable. All material changes, as defined by the ASSA Executive, are to be made at the sole discretion of the ASSA Executive & Meet Manager(s).

### MISCONDUCT RULES

Effective September 1, 2026, Rule C.2.3.2.1 (Misconduct Provisions) will be enforced. The rule, along with guidance on this rule for officials can be found below and in the Swimming Canada rulebook.

2.3.2 The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.

C2.3.2.1 For the purposes of Rule II 2.3.2, “misconduct” shall include, but is not limited to:

- 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.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- 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.

This update supports public health and facility hygiene standards as well as reducing 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).

## COMPETITION WARM-UP

Swimming Canada competition warmup safety procedures will be in effect at this meet. The full details on the Competition Warm-Up can be found [HERE](#).

25 minute warm-up sessions with last 5 minutes dedicated to dives.

*10 & U only – 30 mins warm up with last 10 minutes dedicated to starts, 5 minutes to dives off the block and 5 minutes to starts on the turn end.*

|                                | WARM UP 1                                     | WARM UP 2                                       | WARM UP 3                                         |
|--------------------------------|-----------------------------------------------|-------------------------------------------------|---------------------------------------------------|
| <b>Friday - Session 1</b>      | <b>11 - 16 Warm-Up</b><br>11:30 am-11:55 am   | <b>10 &amp; Under Warm-Up</b><br>12:00-12:30 pm | <b>17 &amp; Over Warm-Up</b><br>12:30 pm-12:55 pm |
| <b>Saturday AM - Session 2</b> | <b>17 &amp; Over Warm-Up</b><br>7:30-7:55 am  | <b>11 - 16 Warm-Up</b><br>8:00-8:25 am          | <b>10 &amp; Under Warm-Up</b><br>8:30 - 9:00 am   |
| <b>Saturday PM - Session 3</b> | <b>17 &amp; Over Warm-Up</b><br>1:30-1:50 pm  | <b>11 - 16 Warm-Up</b><br>1:50-2:10 pm          | <b>10 &amp; Under Warm-Up</b><br>2:10 - 2:30 pm   |
| <b>Sunday AM - Session 4</b>   | <b>10 &amp; Under Warm-Up</b><br>7:30-7:55 am | <b>17 &amp; Over Warm-Up</b><br>8:00-8:25 am    | <b>11 - 16 Warm-Up</b><br>8:30 - 9:00 am          |
| <b>Sunday PM - Session 5</b>   | <b>10 &amp; Under Warm-Up</b><br>1:30-1:50 pm | <b>17 &amp; Over Warm-Up</b><br>1:50-2:10 pm    | <b>11 - 16 Warm-Up</b><br>2:10 - 2:30 pm          |

## Cool down pool

The dive tank will be available for cool down during each session and relay warm ups.

Dive tank will be closed during Warm up sessions

Max of 40 people in the pool at any 1 time – Safety Marshalls must be present in order to be in the water.

## DIVING RULES

The following rule applies to the start end of the pool:

1. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and SW 4.1.

The following rule applies to the turn end of the pool (for the 4 x 25m relay and all 25m distance swims):

1. Starts will be conducted from Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1

## ASSA – Provincial Championships

### SCHEDULE

|                                 | Session 1<br>Fri | Session 2<br>Sat Am | Session 3*<br>Sat PM | Session 4<br>Sun AM | Session 5*<br>Sun PM |
|---------------------------------|------------------|---------------------|----------------------|---------------------|----------------------|
| <b>Coach Meeting***</b>         | 11:00 am         | -----               | -----                | -----               | -----                |
| <b>Warm-up time</b>             | 11:30 am         | 7:30am              | 1:30 pm              | 7:30am              | 1:30 pm              |
| <b>Sr. Officials Briefing**</b> | 11:45 pm         | 7:45 am             | 1:30 pm              | 7:45 am             | 1:30 pm              |
| <b>Officials Briefing**</b>     | 12:00 pm         | 8:15 am             | 2:00 pm              | 8:15 am             | 2:00 pm              |
| <b>Start time</b>               | 1:00 pm          | 9:00 am             | 2:30 pm              | 9:00 am             | 2:30 pm              |

\*\* All Officials must attend Officials briefing for the sessions they are working.

\*\*\* Additional coaches meetings may be required to pass vital information or collaboratively resolve questions at the discretion of the Meet Referee.

### OFFICIALS

All officials shall attend the Officials' Briefing for the sessions in which they are assigned.

- Officials are asked to pick up their accreditation package in the Kinnette Room – If you are not working the current session, please stop in during quieter times to pick up your accreditation package for your session.

### POSITIVE CHECK-IN

Swimmers in the 400 Free, 800 Free and 1500 Free must positively check-in at the Admin Desk no later than 15 minutes after the start of warm-ups of the session in which the event is swum. There is no penalty for swimmers who do not check in. Failure to check in will be deemed a scratch.

### SCRATCHES

- All Scratches will be submitted through the Online Scratch form only.
- The Swim Alberta Scratch rule will be in effect for this competition with the following exceptions:
  - Session 1: Scratch deadline will be 8:00am Friday Aug 14, 2026
  - Session 2-5: Scratch deadline will be the end of the session prior to the session.
  - As a courtesy, we request that coaches declare any further known no-shows using the online scratch form at least 30 minutes prior to the start of each session. Please make your scratches to save us all time and empty lanes.

### RELAY CHANGES

- A Club relay team member may be substituted by another swimmer from the same Club at the Provincial Championship Competition for medical reasons, provided the following criteria are met:

## ASSA – Provincial Championships

- **Medical Eligibility for Substitution**  
Substitutions are permitted only for medical reasons and must be supported by a current doctor's note submitted in writing. The substitution must be approved by the Provincial Competition Advisory Panel. The substitute swimmer must swim the same leg of the relay as the originally listed athlete.
- **Submission Deadline**  
A Club's relay substitution request must be submitted no later than ninety (90) minutes prior to the start of the relay event in question.
- **Eligibility of Substitute Swimmer**  
The substitute swimmer must be an eligible ASSA swimmer registered with the Club and must:
  - Have participated in the Regional Championship Competition during the current season; and
  - Not have already qualified for the Provincial Championship Competition on a relay team in the same type of relay event.

## HEAT SHEETS & RESULTS

Heat sheets will not be available for sale at the event. Psych sheets will be shared with clubs via email prior to the start of the meet. Heat sheets will be published to and available on Meet Mobile. Unofficial results will be posted to Meet Mobile. All final results will be published to Swimming Canada following the conclusion of the meet.

Sheets will not be published until the day of. Heat sheets will be posted next to results and will be provided to coaches.

## PHOTOGRAPHY/VIDEOGRAPHY

Renee Kardash will be taking photos - aiming to photograph each swimmer before, during and after races throughout the event. Renee will have a booth on the mezzanine on Sunday where you can order your photos. Everything will be categorized in a private gallery by event # and each heat, so it will be easy to find your swimmer(s)!

**Website:** [www.swim.reneekardash.com](http://www.swim.reneekardash.com)

**Instagram:** <https://www.instagram.com/swim.reneekardashphotography/>

**Email:** [hello@reneekardashphotography.com](mailto:hello@reneekardashphotography.com)

## SWIMWEAR AT COMPETITIONS

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Alberta. 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.

## DECK ACCESS

Pool deck access is restricted to accredited individuals only. All other individuals, including spectators and parents, must remain in designated spectator areas unless otherwise authorized by Meet Management.

Field of Play must remain clear of all individuals not acting in a current position within the swim meet. Field of Play, Security, Meet managers and Referees volunteers may ask anyone at any time to clear the Field of Play.

The Chaperone role is limited to supervising your group of swimmers, sending kids 12 & under to the marshalling area and keeping their area clean. Chaperones are not to leave the swim camp area.

Coaches table are for active session coaches, off work coaches, swimmers, chaperons must limit conversations to the minimum and return to swim camp.

### ACCREDITATION

- All swimmers registered in the meet through REMS are considered accredited.
- Clubs will receive one coach accreditation per 10 swimmers entered – coaches must be registered in REMS.
- Clubs will receive 1 Parent Chaperon accreditation per 10 swimmers under the age of 12 years. Clubs must provide a list of chaperons to the meet manager 48 hours prior to the start of the meet.
- Officials, support person, volunteers and event staff in an assigned role.
- Approved photographers or videographers by meet management.

### LOST & FOUND

Lost and found items will be collected throughout the competition. Items may be claimed from the lost and found table located in the North East pool deck entrance during the meet. Any unclaimed items remaining following the conclusion of the competition will be disposed of or managed in accordance with the host facility's policies. are not guaranteed to be mailed. Distribution of unclaimed awards shall be at the discretion of the Host Region.

### PARKING

Parking will be first come, first served. parking will be in the EAST Lot. Parking Passes can be printed off or shown digitally, please have parking passes ready to show the parking guard upon arriving at the facility.

The map below shows parking locations. The permit is valid for the purple east parking area, which is designated for your event. Anyone who parks behind the facility will be towed.



