



Region A TECHNICAL BULLETIN

Aug 08 – 09, 2026



HOSTED BY

Alberta Summer Swimming Association (ASSA)

FACILITY

Eastlink Centre
10 Knowledge Way
Grande Prairie AB T8W 2V9

Pool Configuration

8 lanes x 25-metre pool
Quantum Timing system
no warm up/cool down pool

Spectator Seating

In designated areas – spectators are not permitted on the pool deck

CONTACTS

Meet Managers:

ASSA Region Reps regionA@assa.ca

Entries:

ASSA - Suzanne Merrills meets@assa.ca

Officials Coordinator:

ASSA Region Rep regionA@assa.ca

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



Psych sheet, technical bulletin

ENTRY DEADLINE

July 28, 2026 10:00pm

MEET TYPE

ASSA Summer Regional Championship

SANCTION

This meet is sanctioned by Swim Alberta

CLUBS INVITED

Beaverlodge Barracudas
Fairview Olympians
Grande Prairie Aquarians
Grimshaw Gators
High Level Stingrays
High Prairie Dolphins
Peace River Porpoises
Slave Lake Sharks
Smoky River Manatees
Spirit River Seawolves
Valleyview Vipers.

REGISTRATION

Coaches' packages will be available for pick up in the on-deck classroom.

OFFICIALS

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

- Officials' Morning Briefing Location: On deck classroom
- Officials' Afternoon Briefing Location: Second floor kitchen
- Hospitality Information: Snacks will be available in the on-deck classroom throughout the sessions. Lunch will be on the second floor in the kitchen.
- Dress Code: Either white top or red, depending on your level of certification. Black bottoms, comfortable shoes.
- Sign-in Procedures: Attendance will occur at each official briefing

HOSPITALITY

We will provide lunch and snacks for coaches, officials and volunteers (working a full day). We ask that you bring your own refillable water bottle as we will not be providing disposable bottles. There will be no coffee on site and beverages will only be provided during lunch.

SCHEDULE

	Session 1	Session 2*	Session 3	Session 4*
Coach Meeting***	7:15 am	-----	7:15 am	-----
Warm-up time 10 & Over	7:30 am-7:50 am	1:00 pm – 1:30pm	7:30 am-7:50 am	1:00 pm – 1:30pm
Warm-up time 9 & Under	7:55 am-8:15 am		7:55 am-8:15 am	
Sr. Officials Briefing**	7:30 am	12:45 pm	7:30 am	12:45 pm
Officials Briefing**	8:00 am	1:15 pm	8:00 am	1:15 pm
Start time	8:45 am	1: 45 pm	8:45 am	1:45 pm

* Afternoon officials briefing, lunch and afternoon racing start times will be based on entries and session timeouts; times may change and will be communicated in the technical bulletin.

** 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.

- Finals events will be senior seeded by event, slow to fast, separated by age category.
- Finals events may be combined by age group and where Time Final events are combined, swimmers from each distinct age category shall be seeded in adjacent lanes.
- Timed Finals events 400m, 800m, 1500m Freestyle and Relay events may be combined by gender, and by age group.

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 Photography/Videography [HERE](#) . All lanes will be circle swimming until the coaches decide to change their lanes into one-way diving lanes. All swimmers must clear the lane before diving begins.

SATURDAY AM WARM-UPS:

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

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
7:30 am – 7:50 am	Beaverlodge	Peace River	Slave Lake	Fairview	Valleyview	Smoky River	Spirit River	Grimshaw	High Prairie	Grande Prairie
7:55 am – 8:15am	Beaverlodge	Peace River	Slave Lake	Fairview	Valleyview	Smoky River	Spirit River	Grimshaw	High Prairie	Grande Prairie

SUNDAY AM WARM-UPS:

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

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
7:30 am – 7:50 am	Beaverlodge	Peace River	Slave Lake	Fairview	Valleyview	Smoky River	Spirit River	Grimshaw	High Prairie	Grande Prairie
7:55 am – 8:15am	Beaverlodge	Peace River	Slave Lake	Fairview	Valleyview	Smoky River	Spirit River	Grimshaw	High Prairie	Grande Prairie

AFTERNOON WARM UP SESSIONS (SATURDAY & SUNDAY):

- Changes to the afternoon warm up sessions, if applicable, will be announced after the completion of the morning preliminary events.
- There will be 2 afternoon sessions that will be 15 minutes in length, and the lane assignments will remain the same as the morning warm-ups.
- The afternoon warm-ups will be 30 minutes only. The first 15-minute session will be for swimmers age 10 & under, and the second 15-minute session will be for swimmers age 11+.
- The afternoon warmups will be open only to finalists and relay team members.
- Coaches must be present to supervise their swimmers.

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

- Before Friday 12:00pm – Scratches will be submitted through the Online Scratch form only.
- After Friday 12:00pm - All further scratches & relay name requests must be submitted to the Admin Desk using the Scratch Form.

The Swim Alberta Scratch rule will be in effect for this competition with the following exceptions:

- Prelims:
 - Saturday & Sunday Prelims: Due 60 minutes before the start of the session.
- All Finals, including Timed Finals:
 - Due within 15 minutes of the conclusion of prelims on the same day, or if no prelims on the same day they are due 60 minutes before the start of the session.
- As a courtesy, we request that coaches declare any further known no-shows to the Admin Desk 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

Relay change rules for the Regional Championship Competitions shall be:

- Relay changes may not be used to create additional relay entries but may be used to switch relay team members and move a relay team from one age group or gender group to another where applicable (based on the age of the relay team's members). Deadline for Relay Changes is 15 minutes after the end of Preliminary events.
- Final relay name changes will be 30 minutes prior to the start of the relays, as defined by the draft timeline posted at the Admin desk. Any exceptions will be at the discretion of the referee. Name changes cannot change the age group or gender group of the relay.
- Mixed-age relays do not have an age maximum range. The mixed-age relay will swim with the age group of the oldest swimmer in the relay.

LOST & FOUND

Lost and found items will be collected throughout the competition and located at the Admin desk. Items may be claimed 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.

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.

SPECTATORS

Spectators will be permitted in the upstairs viewing area only. Spectators will not be permitted on the pool deck at any time. Please be courteous and respect all signage and volunteer directions.

CHAPERONES

Chaperone's 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.

Clubs will be permitted one on-deck chaperone for every 10 swimmers aged 12 & under. The names of chaperones and the shifts they will be working must be submitted to the meet manager. Either by adding them to the sign up that was sent out or emailing regionala@assa.ca in advance as they will be identified during each session by the meet manager. Chaperones will be responsible for bringing their own lunch.

The facility's policy is anyone under the age of 8 requires a chaperone. One chaperone can watch up to 3 children. Please ensure you have enough coaches and chaperones on deck. Please encourage all other spectators to view from the second floor viewing area.

SWIM CAMP

The main swim camp will be located on the pool deck. Swimmers are not permitted to leave their belongings in the camp area overnight, please ensure that the area is cleaned up and all garbage disposed of correctly prior to leaving each day.

Bleachers will be down for swim camp – NO CHAIRS or FULL BODY MATS are permitted in Swim Camp. Swimmers should be set up in the bleachers or tucked in to the bleachers. Clear path between the coaches tables and swim camp must always be maintained.

FACILITY ACCESS

The facility would like us to use the **Squash court entrance for this event**. These doors are at the back of the building on the South/west side, then we will proceed through the doors by the 25m pool for deck access. Coaches, officials, and swimmers may have early access only, starting @ 7am. Spectators will have access when the facility opens @ 8 am. Racing will start @ 8:45am.

Spectators must view from the second floor viewing area, as per the facility admission policy.

REGIONAL MEETING

We will have our Annual Regional meeting on Saturday once the afternoon session is complete. After all swims are finished and awards are distributed. Please have one or two individuals attend from your club. We will be in the on-deck classroom for this meeting. We will decide on the next region representatives, and the swim meet schedule for 2027, along with the fees for 2027 Regionals.

CAMPING

Camping is available in the Eastlink Centre staff parking lot D.

Users **cannot overload the breaker by running air conditioners**, as this could result in a complete power outage for up to one full day.

REGIONAL APPAREL

Crystal Clark from **Clark Creations** will be on-site throughout the weekend creating personalized Regional apparel. Saturday 10-5pm and Sunday 10-2pm, on the second floor by the entrance to the spectator area. Crystal has generously agreed to donate **20% of her profits back to Region A**, so we encourage everyone to purchase their Regional clothing and show their Region A pride. Your support will help offset the costs of hosting Regionals in 2027.



Information about
2026 Provincials Championships
available online

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



Regionals - 2 Day Format

Events to be offered at the competition.

The order of events must remain unchanged any changes to events without approval of the ASSA Executive approval may result in penalties or disqualification.

Saturday		
Session 1		Session 2
Opening Ceremonies, Warmups		Warmups
1500 Free (11 & over)*		400 Free (9 & over)*
25 Fly (10 & under)		25 Fly (10 & under)
50 Fly (11 & over)		50 Fly (11 & over)
50 Back (10 & under)	<i>Para Olympic stream event</i>	50 Back (10 & under)
100 Back (11& over)		100 Back (11& over)
25 Breast (10 & under)		25 Breast (10 & under)
50 Breast (11& over)	<i>Para Olympic stream event</i>	50 Breast (11& over)
50 Free (8 & under)	<i>Para Olympic stream event</i>	50 Free (8& under)
100 Free (9 & over)	<i>Para Olympic stream event</i>	100 Free (9 & over)
100 IM (7 & over)		100 IM (7 & over)
		100 Medley Relay (10 & under) *
		200 Medley Relay (11 & over)*
Sunday		
Session 3		Session 4
Warmups		Warmups
200 Free (9 & over)		200 Free (9 & over)
50 Fly (9-10)		50 Fly (9-10)
100 Fly (11 & over)		100 Fly (11 & over)
25 Back (10 & under)		25 Back (10 & under)
50 Back (11& over)	<i>Para Olympic stream event</i>	50 Back (11& over)
50 Breast (7-10)	<i>Para Olympic stream event</i>	50 Breast (7-10)
100 Breast (11 & over)		100 Breast (11 & over)
25 Free (8 & under)		25 Free (8 & under)
50 Free (9 & over)	<i>Para Olympic stream event</i>	50 Free (9 & over)
200 IM (11 & over)		200 IM (11 & over)
		800 Free (11& over)*
		100 Free Relay (10 & under) *
		200 Free Relay (11 & over)*

* Timed finals event

1500M freestyle must run after the scheduled start of the meet and is not permitted to run prior to general warm-ups or over the lunch hour.