ASSA REGIONAL CHAMPIONSHIPS

Region B
TECHNICAL BULLETIN

Aug 07 – 09, 2026

ALBERTA SUMMER SWIMMING ASSA

HOSTED BY
Alberta Summer Swimming Association (ASSA)

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

Pool Configuration
8 lanes x 25-metre pool
Quantum Touchpads
no warm up/cool down pool

Spectator Seating: 1000+

CONTACTS
Meet Managers:
ASSA Region Reps regionB@assa.ca

Entries:
ASSA - Suzanne Merrills meets@assa.ca

Officials Coordinator:
ASSA Region Rep regionB@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
Devon Dolphins
Hinton Water Devils
North Edmonton Swim Club
Spruce Grove Barracudas
Saint Albert Sailfish
Stony Plain Sharks
Westlock Gators
Whitecourt Blue Dolphins

REGISTRATION

Coaches' packages will be available for pick up on your assigned tables

OFFICIALES

Our Officials Roster will be posted/updated here:
https://assa.ca/me-events/region-b-meet-as...-championships-b/
Please report on deck as per the schedule below.
**Please note the Officials Roster is subject to change and should be checked 30 mins prior to the start of each session.*

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

- Officials' Room Location: Kinnette Room
- Sr. Officials': Pool Deck Meeting Room
- Officials' Briefing Location: Kinnette Room
- Hospitality Information: Lunch will be provided to any official or volunteer working both sessions in a day. Light snacks will be provided during the sessions. Please bring a refillable water bottle, drinks will be provided with lunch only.
- Dress Code: Timers, Runners White shirt black bottoms, Level 2+ officials Red Shirt Black Bottoms, Marshallers Pink Top, Black bottoms.
- Sign-in Procedures: All officials and volunteers must sign in for each session at the volunteer table located at the top of the stairs at the Kinnette Room in order to receive your accreditation for deck access.

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	Session 5*
Coach Meeting* **	5:30 pm	7:15 am	------	7:15 am	------
Warm-up time	6:20 pm	7:30 am	12:30 pm	7:30 am	12:30 pm
Sr. Officials Briefing**	6:00 pm	8:00 am	12:30 pm	8:00 am	12:30 pm
Officials Briefing**	6:30 pm	8:30 am	1:00 pm	8:30 am	1:00 pm
Start time	7:00 pm	9:00 am	1:30 pm	9:00 am	1:30 pm

* Afternoon Officials Briefing, Lunch and afternoon racing start times will be based on entries and session timeouts; times may change.

** 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.

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 .

FRIDAY WARM-UPS:

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

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane5	Lane 6	Lane 7	Lane 8	Lane 9
6:20 pm – 6:45 pm	**No Lane assignments**									

AM WARM-UP SESSIONS SATURDAY:

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

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane5	Lane 6	Lane 7	Lane 8	Lane 9
7:30 am – 7:55 am	**WTCT**	**WTCT**	**SPGR**	**SPGR**	**SPGR**	**STAL**	**STAL**	**STAL**	**STAL**	**STAL**
8:00 am – 8:25am	**WTCT**	**STPL**	**STPL**	**SPGR**	**SPGR**	**NESC**	**NESC**	**STAL**	**STAL**	**STAL**
8:30 am – 8:55 am	**STPL**	**STPL**	**STPL**	**WTLK HWD**	**WTLK HWD**	**NESC**	**NESC**	**NESC**	**DDSC**	**DDSC**

AM WARM-UP SESSIONS SUNDAY

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

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane5	Lane 6	Lane 7	Lane 8	Lane 9
7:30 am – 7:55 am	**STPL**	**STPL**	**STPL**	**WTLK HWD**	**WTLK HWD**	**NESC**	**NESC**	**NESC**	**DDSC**	**DDSC**
8:00 am – 8:25am	**WTCT**	**STPL**	**STPL**	**SPGR**	**SPGR**	**NESC**	**NESC**	**STAL**	**STAL**	**STAL**
8:30 am – 8:55 am	**WTCT**	**WTCT**	**SPGR**	**SPGR**	**SPGR**	**STAL**	**STAL**	**STAL**	**STAL**	**STAL**

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 there will be no team lane assignments.
- Lanes 7 and 8 and 9 will be dedicated dive lanes.
- The first 15-minute session will be for swimmers age 12 & under and the second 15-minute session will be for swimmers age 13+.
- The afternoon warmups will be open only to finalists and relay team members.
- Coaches must be present to supervise their swimmers.

DISTANCE EVENTS

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.

Please note, you are required to provide your own bell and lap counter, please drop both off at the Timming Table. An on deck official will be assigned to count laps.

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:

- 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 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

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.***
- **Name Change Deadline:** ***The deadline will be a minimum of 30 minutes prior to the first relay event based on session timeouts, regardless of which event (age or gender) the team is entered in***. 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. 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.

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.

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

AWARDS DISTRIBUTION

Awards will be distributed in mini sessions throughout Regionals. A schedule will be posted on Friday Aug 07.

SPECTATORS

Spectators will be permitted in viewing areas only. Spectators will not be permitted on the pool deck at any time. Please be courteous and respect all signage and volunteer directions. Spectators and swimmers are to enter via

the main doors and go through the cafeteria to access the viewing area. Swimmers can access the pool deck via the back stairwell.

CHAPERONES

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.

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 regionb@assa.ca in advance as they will require wristbands to access the pool deck. Chaperones will be responsible for bringing their own lunch.

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.

PHOTOGRAPHY

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
Instagram: https://www.instagram.com/swim.reneekardashphotography/
Email: hello@reneekardashphotography.com

REGIONAL CHUCK-A-DUCK EXTRAVAGANZA

- Two chances to play and win - Saturday AND Sunday during the lunch break!
- Ducks can be purchased on-site during the meet from a table on the mezzanine ($2 each -cash only)
- Funds will go directly to offsetting meet costs for Regionals
- Prize baskets will be up for grabs with an assortment of fun!!

PARKING

Parking will be first come, first served. Sat & Sun 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.



ALBERTA SUMMER SWIMMING ASSA

ASSA Region "B" Regionals
Designated KSC Event User

Parking Permitted - EAST LOT
August 8-9, 2026

2026 PROVINCIAL CHAMPIONSHIPS

Information about
2026 Provincials Championships
available online

https://assa.ca/assa-events



EVENTS

Regionals 3 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.

Friday	
Session 1	
Opening Ceremonies	
Warmups	
1500 Free	
Saturday	
Session 2	**Session 3**
Warmups	Warmups
25 Fly (10 & under)	400 Free*
50 Fly (11 & over)	25 Fly (10 & under)
50 Back (10 & under) **	50 Fly (11 & over)
100 Back (11& over)	50 Back (10 & under)
25 Breast (10 & under)	100 Back (11& over)
50 Breast (11& over) **	25 Breast (10 & under) **
50 Free (8 & under) **	50 Breast (11& over) **
100 Free (9 & over) **	50 Free (8 & under) **
100 IM (7 & over)	100 Free (9 & over)
	100 IM (7 & over)
	100 Medley Relay (10 & under) *
	200 Medley Relay* (11&over)
Sunday	
Session 4	**Session 5**
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) **	50 Back (11& over) **
50 Breast (7-10) **	50 Breast (7-10) **
100 Breast (11 & over)	100 Breast (11 & over)
25 Free (8 & under)	25 Free (8 & under)
50 Free (9 & over) **	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 to finals event
** Event includes *Paralympic stream swimmers*