



Region C
TECHNICAL BULLETIN

Aug 07 – 09, 2026



HOSTED BY

Alberta Summer Swimming Association
(ASSA)

FACILITY

Millennium Place
2000 Premier Way,
Sherwood Park AB.

Pool Configuration

10 lanes x 25-metre pool
Omega Swiss Timing Touch Pads (Quantum)

Spectator Seating

CONTACTS

Meet Managers:

ASSA Region Reps regionC@assa.ca

Entries:

ASSA - Suzanne Merrills meets@assa.ca

Officials Coordinator:

ASSA Region Rep regionC@assa.ca

Facility Liaison:

Joanne Marvin
Email presidentnmssc@gmail.com

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

Edmonton HUMA
Lloydminster Rebels
Vermilion Vipers
Wainwright Torpedoes
Provost Piranha's
Fort Saskatchewan Piranha's
Derrick Devil Rays
Wetaskiwin Olympians
Camrose Sea Serpents

ASSA – Region C Regional Championships

REGISTRATION

Coaches' information will be on their assigned tables, where possible we will be paperless and using QR codes

OFFICIALS

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

- **Officials' Room Location:** *Hospitality Room, Rooms 1 and 2.*
- **Officials' Briefing Location:** *Hospitality Room, Rooms 1 and 2.*
- **Hospitality Information:** *Hospitality Room, Rooms 1 and 2.*
- **Dress Code:** Timers, Runners White shirt black bottoms, Level 2+ officials Red Shirt Black Bottoms
- **Sign-In Procedures:** All Officials and volunteers must sign in for each session at the volunteer table located in the Activity Room
- **Officials Grid** will be emailed out.

HOSPITALITY

We ask that you bring your own refillable water bottle, as we will not be providing disposable bottles. Region C hospitality will be held in the hospitality room (rooms 1 & 2) across from the camp. A continental breakfast and snacks will be provided. Coaches and full-day officials will receive lunch in the hospitality room.

SCHEDULE

	Session 1	Session 2	Session 3*	Session 4	Session 5*
Coach Meeting***	5:15 pm	7:00 am	-----	7:00 am	-----
Warm-up time	5:30 pm	7:15 am	1:00 pm	7:15 am	1:00 pm
Officials Briefing**	6:00 pm	8:00 am	1:30 pm	8:00 am	1:30 pm
Start time	6:30 pm	8:30 am	2:00 pm	8:30 am	2:00 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.

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](#) .

FRIDAY WARM-UPS:

20-minute warm-up sessions and the last 5 minutes dives

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
5:30-6:00	Open Warm Up for All Swimmers								Dive Lanes	

SATURDAY and SUNDAY AM WARM-UPS:

20 minute warm-up sessions and the last 5 minutes dives

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
7:15-7:35	DDR	DDR	DDR	DDR	DDR	DDR	DDR	Sherwood Park	Sherwood Park	Vermilion
7:35-7:55	HUMA + Para	HUMA	HUMA	HUMA	HUMA	HUMA	HUMA	HUMA	Wetaskiwin	Wetaskiwin + Provost
7:55-8:15	Ft. Saskatchewan	Ft. Saskatchewan	Ft. Saskatchewan	Ft. Saskatchewan	Lloydminster Rebels	Lloydminster Rebels	Camrose	Camrose	Wainwright	Open Lane

SATURDAY and SUNDAY - PM WARMUPS

20-minute warm-up sessions and the last 5 minutes dives

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
TBD	Open Warm Up for All								PARA	

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 team lane assignments.
- 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 warm ups 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

- 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.

LAP COUNTERS AND BELLS: REGIONALS PROCEDURE

To promote consistency between regionals and provincials, the Inspector of Turns will manage lap counters during distance events. Where staffing is one Inspector of Turns for every two lanes at the turn end, the additional Judge of Stroke (only one per side is required during distance events), along with any spare Inspectors of Turns or Judges of Stroke, will assist so that one official is assigned to each lane to manage lap counters.

Club Responsibility: Clubs are responsible for bringing sufficient lap counters and bells for their swimmers or coordinating with other clubs when needed.

LOST & FOUND

Lost and found items will be collected throughout the competition and located in the marshalling area of the swimmers' camp area. 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 designated viewing area only. Please be courteous and follow the signage for access to the bleachers area. Spectators are asked to follow the directions posted.

**Please see the map on page 8 for details.*

NO SPECTATORS OR PARENTS WILL BE PERMITTED ON-DECK AND ARE NOT PERMITTED TO CUT THROUGH THE POOL TO THE BLEACHERS.

SWIM CAMP

Swim Camp is located in Field 2. Swimmers, coaches and approved volunteers will take priority in Camp. Swimmers are permitted to leave their belongings in Camp overnight at their own risk. All swimmers are responsible for cleaning up their camp.

ADDITIONAL INFORMATION

- Regional merchandise will be available for purchase in Camp.
- Awards will not be distributed until the camp area is clean.
- Please remind your team to use the garbage bags and recycling receptacles provided. Bleachers must be cleared of all garbage by the end of the session. It would be greatly appreciated if you could assist us in this area.



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 (10 & 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 (11 & 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*

FACILITY MAP:

Millennium Place Main Floor Map

