



Region D
TECHNICAL BULLETIN

Aug 07 – 09, 2026



HOSTED BY

Alberta Summer Swimming Association (ASSA)

FACILITY

Lacombe Aquatic Centre
5429 53 St
Lacombe, AB T4L 1H8

Pool Configuration

6 Lanes x 25-metre pool
Dolphin timing system
no warm up/cool down pool

Spectator Seating

CONTACTS

Meet Managers:

ASSA Region Reps regionD@assa.ca

Entries:

ASSA - Suzanne Merrills meets@assa.ca

Officials Coordinator:

ASSA Region Rep regionD@assa.ca

Facility Liaison:

Daniel Wilson
dolphinswimclublacombe@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

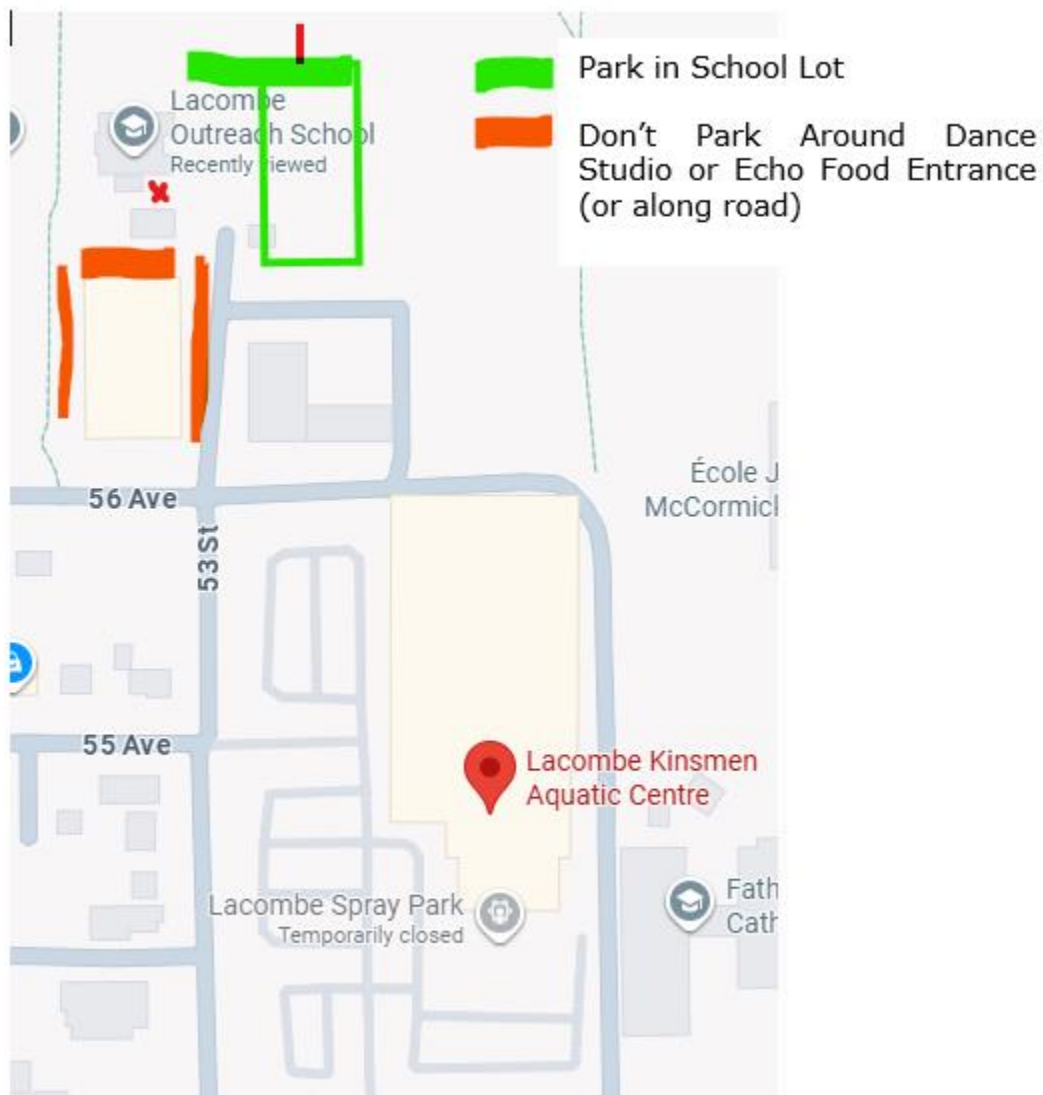
This meet is sanctioned by Swim Alberta

CLUBS INVITED

Castor Tritons
Forestburg Aquanauts
Hanna Seals
Innisfail Dolphins
Killam Cyclones
Lacombe Dolphins
Oyen Otters
Ponoka Gators
Red Deer Marlins

ASSA – Region D Regional Championships

There will be camping permitted in the Outreach School Parking lot (same as last year). Any campers left in the pool/curling rink parking lot overnight maybe ticketed/towed by the City of Lacombe.



REGISTRATION

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

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.

ASSA – Region D Regional Championships

OFFICIALS

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

- Officials' Room Location: upstairs viewing area over looking the pool
- Officials' Briefing Location: upstairs viewing area over looking the pool
- Dress Code:

Shirts:

- **Timers / Chief Timers:** Solid white t-shirt or polo shirt. **Other Deck Officials:** Solid red t-shirt or polo shirt.

Bottoms/Pants: Solid black.

- Sign-in Procedures: Sign in at the officials meeting.

SCHEDULE

	Session 1	Session 2	Session 3*	Session 4	Session 5*
Coach Meeting***	---	6:30 am	-----		-----
Warm-up time	6:30 pm	6:45 am	TBA*	6:30 am	TBA*
Sr. Officials Briefing**	6:30 pm	7:15 am	TBA*	7:30 am	TBA*
Officials Briefing**	6:45 pm	7:45 am	TBA*	7:45 am	TBA*
Start time	7:00 pm	8:30 am	1:00pm (est)	8:15am	1:00pm (est)

* 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](#) .

ASSA – Region D Regional Championships

FRIDAY WARM-UPS: 6:30 – 6:55 pm

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

- No lane assignments for Friday, August 7th.

SATURDAY & SUNDAY AM WARM-UPS:

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

<u>Saturday - 6:45-7:15</u> <u>Sunday - 7:30-8:00</u>	<u>Saturday - 7:15-7:45</u> <u>Sunday - 7:00-7:30</u>	<u>Saturday - 7:45-8:15</u> <u>Sunday - 6:30-7:00</u>
Ponoka (Lane 1 - 3) Lacombe (4-6)	Red Deer (Lane 1 - 5) Castor/Oyen (Lane 6)	Innisfail (Lane 1 - 2) Hanna (Lane 3-4) Forestburg (Lane 5) Killam (Lane 6)

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. (Tentatively scheduled for 12:15 – 12:45 pm)
- There will be 1 afternoon session that will be 30 minutes in length and there will be no team lane assignments.
- The afternoon warm ups will be open only to finalists, those who are in a timed final, 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

-

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.

Please note the following Alberta Swimming Scratch Rule regarding Finals:

Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining events, including relays, scheduled for that day.

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 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 and on the results board located in the hallway of the curling rink. All final results will be published to Swimming Canada following the conclusion of the meet.

SPECTATORS

Spectators will be permitted in viewing area at the end of the pool only. Please be courteous and respect all signage and volunteer directions.

MASHALLING

Marshalling will be started in the curling rink, swimmers are to go there first when their event is called. Then, swimmers will move on deck with their heat when taken by the marshaller.

SWIM CAMP

The main swim camp will be located in the curling rink. Please ensure that the area is cleaned up and all garbage disposed off correctly prior to leaving each day.

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*