



Region E TECHNICAL BULLETIN

Aug 08 – 09, 2026



HOSTED BY

Alberta Summer Swimming Association (ASSA)

FACILITY

Brookfield Residential YMCA at Seton
4995 Market St SE
Calgary, AB T3M 2P9

Pool Configuration

10 lanes x 25-metre pool
timing system
6 warm up/cool down lanes

Spectator Seating

CONTACTS

Meet Managers:

ASSA Region Reps erinf@assa.ca and
nicolem@assa.ca

Entries:

ASSA - Suzanne Merrills meets@assa.ca

Officials Coordinator:

ASSA Region Rep erinf@assa.ca and
nicolem@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

Calgary Swordfish
Calgary Tritons
Cochrane Piranhas
Didsbury Aqua-Jets
High River Otters
Okotoks Stingrays

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REGISTRATION

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

OFFICIALS

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

- Officials' Room Location: MP4 Room
- Officials' Briefing Location: MP4 Room
- Hospitality Information:
 - Light breakfast, snacks and lunch will be available for all Sessions 1 & 3 officials
 - Lunch and snacks will be available for all Session 2 & 4 officials
- Dress Code: per position requirements
- Sign-in Procedures: please report to the officials room
- Please be mindful to change into indoor shoes prior to entering pool deck

HOSPITALITY

We will provide breakfast, lunch and snacks for coaches, officials and volunteers. We ask that you bring your own refillable water bottle as we will not be providing disposable bottles. Snacks and beverages will be available throughout the sessions

SCHEDULE

	Session 1	Session 2*	Session 3	Session 4*
Coach Meeting***	7:15 am	-----	7:15 am	-----
Warm-up time*	7:30 am	12:30 pm	7:30 am	12:15 pm
Sr. Officials Briefing**	7:30 am	12:45 pm	7:30 am	12:15pm
Officials Briefing**	7:45 am	1:00 pm	7:45 am	12:30 pm
Start time*	8:30 am	1:30 pm	8:30 am	1:00 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 [HERE](#) .

WARM-UP LANE ASSIGNMENTS

- Racing will take place in the West end of the pool. 6 lanes East of the bulkhead will be available for warm-up and cool-down throughout the meet (including during warm-up).
- Teams have been assigned the following lanes throughout the duration of warm-up for all sessions. Coaches, if you are finished with your lanes, please be courteous and let the other clubs know. If a club would like to designate their lane for starts, please just let the Safety Marshall(s) know and clear the lane prior to allowing starts.

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
West Pool 7:30-8:15 PM* time TBA	DAJ	HRO	OS	OS	CP	CP	CS	CS	CT	CT
East Pool 7:30-8:15 PM* time TBA	NA	OS	CP	CT	CT	CS	CS	NA	NA	NA

*DAJ- Didsbury HRO-High River OS-Okotoks CP-Cochrane CS-Swordfish CT-Tritons

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.
- 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. Failure to check in will be deemed a scratch.

SCRATCHES

- All Scratches will be submitted through the Online Scratch form.

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

- Prelims:
 - Saturday & Sunday Prelims: Due 30 minutes before the start of the session.
- All Finals, including Timed Finals:
 - Due within 15 minutes following of the conclusion of prelims on the same day.
- As a courtesy, we request that coaches declare any further known no-shows at least 30 minutes prior to the start of each session.

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 30 mins prior to the start of the session in which they will be swum, 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.

ALTERNATES:

- Alternates should introduce themselves to the Referee before their event and be race ready.

LOST & FOUND

Lost and found items will be collected throughout the competition and located on a table by the lifeguard room on the pool deck. 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, results will be posted on the results board located near the viewing area. All final results will be published to Swimming Canada following the conclusion of the meet.

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. YMCA has asked that viewing on the bridge is standing room only, no camping chairs permitted on the bridge

CHAPERONES

Chaperones 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 pool deck except to accompany a swimmer off-deck. Only swimmers registered in ASSA are permitted on deck with their clubs.

Clubs will be permitted one on-deck chaperone for every 10 swimmers aged 10 & under. The names of chaperones and the shifts they will be working must be submitted to nicolem@assa.ca by coaches in advance as they will require wristbands to access the pool deck. Chaperones should be dressed as an official or in team clothing.

SWIMMERS AREA

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

NO CHAIRS or FULL BODY MATS are permitted on the pool deck. Swimmers should be set up in the bleachers or tucked in to the bleachers. A clear path between the coaches tables and swim camp must always be maintained.

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Swimmers should be respectful of officials and YMCA staff and comply with any requests to move their possessions. Clubs are asked to be mindful that deck space is limited and shift so that teams can sit together.

AWARDS:

- Medal presentations will immediately follow the afternoon session on Saturday and on Sunday after the morning session and following the Sunday afternoon session.
- Subject to time-out, Sunday's relay medals may be provided to clubs for distribution.

PHOTOGRAPHY AND VIDEOGRAPHY

- On-deck photography and videography is limited to coaches and approved volunteers only.
- Volunteer photographers must be dressed as an official (white shirt or club shirt) and may be asked to wear a name tag or other credentials
- The facility has a rulebook associated with on-deck photography that can be forwarded upon request.
- All photographers need to be identified in advance to Meet Management. Meet Management reserves the right to limit the number of photographers on-deck for any session

GENERAL

- Parent spectators must remain in the viewing area.
- Swimmers should plan to remain on deck between swims.
- Swimmers are permitted to bring and consume food and beverages and are responsible for clean-up of the bleacher area. Excessive mess may result in charges for Region E and costs will be passed along to the offending club.
- Swimmers are requested to take all belongings onto deck or leave in the spectator area. Lockers are not for swimmer use.
- Swimmers are not permitted to use the non-meet related facilities (except washrooms) before, during or after the meet without separate entry fees.
- No camping equipment on deck please. Space is very limited and swimmers should be respectful of their teammates and other clubs.
- Please note: The last meet at this facility required significant effort to make space for all swimmers. Coaches and Chaperones are expected to facilitate creating space for all clubs.
- Please respect all facility restrictions and guidelines. **Note** that the facility and ASSA restricts the taking of photos and videos (see photography section). Please abide by restrictions.
- The event will be using MarshalMe in conjunction with marshalling. Swimmers are reminded to listen to marshalling announcements. Events move quickly in the finals sessions.



Information about
2026 Provincials Championships
available online

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



EVENTS

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) **	50 Back (10 & under) **
100 Back (11& over)	100 Back (11& over)
25 Breast (10 & under)	25 Breast (10 & under)
50 Breast (11& over) **	50 Breast (11& over) **
50 Free (8 & under) **	50 Free (8 & under) **
100 Free (9 & over) **	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) **	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*

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.

ALBERTA SUMMER SWIMMING ASSOCIATION REGION E



Brookfield Residential YMCA
at Seton

4995 Market St, Calgary, AB
T3M 2P9

rentals@ymcocalgary.org

Valid:

Saturday August 8, 2026

Sunday August 9, 2026

ATHLETE & PARTICIPANT
USE ONLY



REGIONAL CHAMPIONSHIP

Terms and Conditions



Children under 10 years old must be accompanied by an adult in the change rooms.

Individuals 18 years of age and older must present a valid YMCA Calgary membership card or an Access Pass and a valid piece of photo identification at the scan-in station to gain access.

Access Passes may only be used during scheduled rental times. Access Passes used outside of these times will not be accepted.

Individuals using Access Passes are only permitted to access designated rental spaces. Accessing other amenities may result in disciplinary action.