



Region F

TECHNICAL BULLETIN

Aug 07 – 09, 2026



HOSTED BY

Alberta Summer Swimming Association (ASSA)

FACILITY

Maxbell Aquatic Centre
4401 University Dr. West
Lethbridge, AB T1K 3M4

Pool Configuration

8 lanes x 25-metre pool
Touchpads Aries Timing System
8 Lane cool down pool

Spectator Seating

CONTACTS

Meet Managers:

ASSA Region Reps regionF@assa.ca

Entries:

ASSA - Suzanne Merrills meets@assa.ca

Officials Coordinator:

ASSA Region Rep regionF@assa.ca

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

Meet Updates



Follow us on Facebook
ASSA Region F Summer Swimming

ENTRY DEADLINE

July 28, 2026 10:00pm

MEET TYPE

ASSA Summer Regional Championship

SANCTION

This meet is sanctioned by Swim Alberta

CLUBS INVITED

Brooks Barracudas
Claresholm Krakens
Crowsnest Pass Piranhas
Fort MacLeod Sharks
Lethbridge Orcas
Medicine Hat Manta Rays
Nanton Marlines
Pincher Creek Dolphins
Taber Vipers

ASSA – Region F Regional Championships

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:** Pool Classroom
- **Officials' Briefing Location:** Pool Classroom
- **Hospitality Information:** Saturday & Sunday Only, served to On Deck Officials
- **Dress Code:** White Shirts, Black Bottoms for Timers and Marshalls, Red Shirts and Black Bottoms for all Level 2+ Officials.
- **Sign-in Procedures:** Sign in at the start of each session to receive your session wristband, Sign in Desk will be in the pool classroom back hallway.

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*
Deck Access	5:45 pm	7:00 am		7:00 am	
Coach Meeting***	-----	7:15 am	-----	7:15 am	-----
Warm-up time	6:00 pm	7:30 am	TBD*	7:30 am	TBD*
Sr. Officials Briefing**	5:45 pm	7:30 am	12:30 pm*	7:30 am	11:45 pm*
Officials Briefing**	6:00 pm	8:00 am	12:45 pm*	8:00 am	12:00 pm*
Opening Ceremonies		8:40am			
Start time	6:30pm	9:00 am	1:15 pm*	8:30 am	12:30 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](#) .

ASSA – Region F Regional Championships

FRIDAY WARM-UPS:

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

Main Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:00 – 6:20 pm	No Lane assignments							

SATURDAY AM WARM-UPS:

25 minute warm-up sessions with last 10 minutes dedicated to dives.

Main Pool		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 – 7:55 am	U10	CNP	MDHT	BRKS	BRKS	NANT	NANT	TABR	TABR
7:55 – 8:20 am	11+								
Dive Tank		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 – 7:55 am	U10	LETH	LETH	LETH	PINC	PINC	FTMC	CLAR	CLAR
7:55 – 8:20 am	11+								

SUNDAY AM WARM UPS:

25 minute warm-up sessions with last 10 minutes dedicated to dives.

Main Pool		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 – 7:55 am	U10	LETH	LETH	LETH	PINC	PINC	FTMC	CLAR	CLAR
7:55 – 8:20 am	11+								
Dive Tank		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 – 7:55 am	U10	CNP	MDHT	BRKS	BRKS	NANT	NANT	TABR	TABR
7:55 – 8:20 am	11+								

AFTERNOON WARM UP SESSIONS (SATURDAY & SUNDAY):

- The afternoon warmups will be open only to finalists and relay team members in the dive tank pool. 30 min before the start of the afternoon sessions. They can continue to be used throughout the afternoon finals as both warmup and cool down pools
- Coaches must be present to supervise their swimmers.
- Maximum 40 swimmers in pool at one time

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.

ASSA – Region F Regional Championships

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.**
- **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 outside the Guard Office. 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 will be posted on the results board located on the windows outside the Viewing Gallery. 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. Spectators are asked to watch from Viewing Gallery.

CHAPERONES

Chaperones role is limited to supervising your group of swimmers, sending kids 10 & under to the marshalling area and keeping their area clean. Chaperones are not to leave the swim camp area. Chaperones names must be submitted by their club by Thursday August 6th @12:00pm

ASSA – Region F Regional Championships

Clubs will be permitted one on-deck chaperone for every 8 swimmers aged 10 & under. The names of chaperones and the shifts they will be working must be submitted to regionf@assa.ca by coaches in advance as they will require wristbands to access the pool deck. Chaperones will be responsible for bringing their own lunch.

REGION CAP SALES

The New 2026 Region F Swim Caps will be available for purchase for \$15 upstairs outside the Viewing Gallery. Cash or e-transfer will be accepted

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 off 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.



Information about
2026 Provincials Championships
available online

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



EVENT**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	
Warmups	
1500 Free	
Saturday	
Session 2	Session 3
Warmups	Warmups
Opening Ceremonies	400 Free*
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 4	Session 5
200 Free (9 & over)	Iver Gueadrau Award Presentation
50 Fly (9-10)	200 Free (9 & over)
100 Fly (11 & over)	50 Fly (9-10)
25 Back (10 & under)	100 Fly (11 & over)
50 Back (11 & over) **	25 Back (10 & under)
50 Breast (7-10) **	50 Back (11 & over) **
100 Breast (11 & over)	50 Breast (7-10) **
25 Free (8 & under)	100 Breast (11 & over)
50 Free (9 & over) **	25 Free (8 & under)
200 IM (11 & over)	50 Free (9 & 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*