

Region D Regional Championships

August 9th to 11th, 2024

Meet Information and Meet Package





ASSA - Regional Championships

- HOSTED BY** Alberta Summer Swimming Association (ASSA)
- FACILITY** Lacombe Kinsmen Aquatic Centre
5429 53 Street
Lacombe, AB T4L 1H8
- CONTACTS** **Region Representatives:** Darla Mikkelsen-Wright & Lisa Driesen
- Meet Manager:** Darla Mikkelsen-Wright & Lisa Driesen
Contact E-mail: regiond@assa.ca
Meet Phone #: 403-854-1446
- Entries:** ASSA - Lynnette Thoresen, Heather Rasmuson
Contact E-Mail: meets@assa.ca
- Officials Coordinator:** ASSA Region Representatives
Contact E-mail: regiond@assa.ca
- Facility Liaison:** Daniel Wilson
Contact E-mail: dolphinswimclublacombe@gmail.com
- DATES** Meet Dates: August 9, 2024 to August 11, 2024
- MEET TYPE** ASSA Summer Regional Championship
- CLUBS INVITED**
- Castor Tritons**
 - Forestburg Aquanauts**
 - Hanna Seals**
 - Innisfail Dolphins**
 - Killam Cyclones**
 - Lacombe Dolphins**
 - Oyen Otters**
 - Ponoka Gators**
 - Red Deer Marlins**

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LAND ACKNOWLEDGEMENT

We would like to begin by acknowledging that the facility in which we gather and operate is situated on the traditional territory of the Indigenous peoples of this region. We recognize that the land on which we stand has been a site of human activity and cultivation for thousands of years.

We acknowledge the rich and diverse history of this land, which has been home to numerous First Nations on Treaty 6 land *the traditional and ancestral territory of the Cree, Dene, Blackfoot, Saulteaux and Nakota Sioux as well as the Metis*. We extend our deepest respect to the elders, both past and present, who have cared for this land throughout the generations. We recognize the profound spiritual and cultural connections that Indigenous peoples have with the land, waters, and all living beings.

We acknowledge the ongoing impacts of colonization and the continued resilience and strength of Indigenous communities. We commit to engaging in meaningful and respectful relationships with Indigenous peoples, fostering understanding, and working towards reconciliation.

As we gather and operate within this facility, let us remember and honour the Indigenous peoples of this land, their traditions, their languages, and their contributions to our shared community. May we walk together on a path of mutual respect, understanding, and healing.

Ekosi. Thank you.

SAFE SPORT

Swim Alberta provides a fun, healthy, inclusive and safe environment. Swimming enriches the lives of everyone involved by ensuring that the training and competitive environment is one where athletes, coaches, officials, volunteers and staff know they are safe and are treated with respect and dignity. Swim Alberta believes that all members have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

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RULES

The meet will be conducted under published World Aquatics and/or WPS rules and regulations supplemented by published and approved Swimming Canada, Swim Alberta and ASSA rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.

It is mandatory for all clubs to ensure payment of ASSA fees. Failure to pay these fees will result in clubs being ineligible to participate in regional and provincial competitions.

COMPETITION AND DIVING READINESS STANDARDS

Entry to the competition is limited to participants who have passed Swim Alberta's Competition Swim Test. During competitions, swimmers should dive at the Dive Readiness Progression skill level they have achieved.

We require a Club Verification of Competition Readiness from all clubs prior to swimmers entering the water. Please sign and return the Competition Readiness Form found [here](#) to the meet manager by July 31, 2024.

SWIMWEAR AT COMPETITIONS

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Alberta. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

REQUIREMENT FOR TIME TRIAL SANCTIONS

Time Trials are not permitted at Regionals

DIVING RULES

The following rule applies to the start end of the pool:

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and SW 4.1.

The following rule applies to the turn end of the pool (for the 4 x 25m relay):

- In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

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SCHEDULE

	Day 1 (Aug 09)	Day 2 (Aug 10)	Day 3 (Aug 11)
Coach Meeting***		6:30 am	
Warm-up time	6:30 pm	6:45 am	6:30 am
Sr. Officials Briefing**	6:30 pm	7:30 am	7:30 am
Officials Briefing**	6:45 pm	7:45am	7:45am
Start time	7:00 pm	8:30 am	8:30 am
	Day 1 (Aug 09)	Day 2 (Aug 10)	Day 3 (Aug 11)
Officials Briefing ** (SAT/SUN PM)		TBA*	TBA*
Warm-up time (SAT/SUN PM)		TBA*	TBA*

* Afternoon Officials Briefing, Lunch and afternoon racing start times will be based on entries and session timeouts; the expected times will be communicated prior to the start of the competition.

** All Officials are expected to 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

ENTRY PROCEDURE

- All entries must be submitted to meets@assa.ca.
- Entries for all individual and relay events must be submitted prior to the Entry Deadline.
- Following the entry deadline, Meet Management will send entry confirmations to the clubs. All Relays must be submitted during the first round of entry.
- Coaches and clubs will have the opportunity to correct entries and/or entry times, including adding any missed swimmer entries, so long as the swimmer is already registered in the meet.
- Once draft psych sheets are published, coaches and clubs will be permitted to enter swimmers and relays in events where there are less than 2 entries, these entries must not exceed the swimmer's entry limit.
- Once the final psych sheets are published, no changes to events will be permitted.
- Scratches will be allowed up until 48 hours before the start of the meet.
- Regardless of ASSA rules, regulations, policies and procedures, where an error negatively impacts an ASSA Swimmer when of no fault of the swimmer, and the error has been caused by an adult and/or technology, the ASSA executive may provide an exception on a case-by-case basis.
- No changes to events or times should be made without the approval of the ASSA.

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ENTRY TIMELINE

Wed July 31st	Thu Aug 01 – Mon Aug 05	Tue Aug 06	Tue Aug 06 – Wed Aug 07	Thu Aug 08
ENTRY DEADLINE 10:00pm	ENTRY CORRECTION (Events & Times only, no athletes)	DRAFT PSYCH SHEETS PUBLISHED	ENTRY CHANGES PERMITTED TO EVENTS WHERE THERE ARE LESS THAN TWO ENTRIES	FINAL PSYCH SHEETS PUBLISHED (NO CHANGES ARE PERMITTED ONCE PSYCH SHEETS ARE PUBLISHED)

*All entry deadline will be based on email times stamped

ENTRIES

- This competition is open to all swimmers currently registered as summer swimmers with Swim Alberta and the ASSA.
- To be eligible for the Regional Championships, a swimmer must be a registered summer swimmer and have swum in at least one (1) individual event at a sanctioned competition during the current season before the Regional Championship Competition.
- Exhibition Swimmers are not permitted to participate in the Regional Championship Competitions. Clubs entering Exhibition Swimmers in Regional Championship Competitions may have their club’s results disqualified, subject to review by the ASSA Executive Committee.
- Only swimmers from clubs assigned to the Region hosting the Regional Championship Competition are eligible to compete at the Regional Championship Competition.
- There is no limit to the number of participants permitted to enter the Regional Championship Competition.
- Deck entries will not be permitted for the Regional Championships.

ENTRY FEES

The entry fees for the Regional Championships will be set at \$35 per swimmer.

It is important to note that these fees are intended to cover the expenses associated with the championships and should not be utilized as a means of fundraising. **All fees must be paid directly to the Region.**

** The ASSA will pay the Summer Swim Club Sanctioning fee of \$3.00 per swimmer.*

ENTRY LIMIT

- Entries for all individual and relay events must be submitted prior to the Entry Deadline
- Maximum individual entries per swimmer: 4

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- Maximum relay entries per swimmer: 2
 - 1 Free Relay
 - 1 Medley Relay
- All swimmers must have a recorded time entered for each event. Times can be practice times provided by coaches, but they must be reasonable and practical. "No Time" (NT) will not be allowed.

MEET FORMAT

- **Meet Format: Heats and Finals** - The Regional Championship Competitions will run using a heats and finals format, except for the 400, 800 and 1500 metre Freestyle events and relay events, which will be run as Time Final events. Finals shall be single heat finals for each eligible ASSA event.
- **Events and Age Groups:** The ASSA standard events and age groups as per the ASSA Rules and Regulations, will be used.

ELECTRONICS AND EQUIPMENT

- The Electronic timing system must be a dependable timing system that is proven to be accurate, consistent and reliable.
- Electronics for early takeovers are not permitted.
- Backstroke Ledges are not permitted.

PARA SWIMMING

To support inclusivity in the Regional and Provincial Championships the following rules are implemented:

- **Automatic Qualification:** Any para swimmer who participates in regional competitions automatically qualifies for the provincial championships in the para event. This ensures that all para swimmers have the opportunity to showcase their skills at the highest level of competition.
- **Grouping Based on Age and Gender:** Para swimmers are grouped based on their age and gender, allowing them to swim with their peers.
- **Separate Results:** Para swimmers will compete in the Olympic stream events, noting their results will be recorded separately for provincial qualification.
- **Participation in Preliminary Heats and Finals:** Para swimmers are required to participate in the preliminary heats of their events. If their recorded times place them among the top performers, they may also participate in the finals.
- **Timed Finals for Prelim-only Swimmers:** If a para swimmer chooses to swim only in the preliminary heats, their recorded times shall be recorded as a timed final.

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- **Option for Event Choice:** Swimmers have the option to choose between participating in able-bodied events or para events.
- **Mixed-Gender Events:** In addition to gender-specific events, para swimmers are allowed to swim in mixed-gender events.

SEEDING

- All Preliminary events will be circle seeded.
- Finals events will be senior seeded by event, slow to fast, separated by age category for finals and awards based as listed in the Regional & Provincial Competition Guidelines.
- Finals events may be combined by age group and where Time Final events are combined, swimmers from each distinct age category shall be seeded in adjacent lanes.
- Timed Finals events 400m, 800m, 1500m Freestyle and Relay events may be combined by gender, and by age group.
- Para Swimmers will be seeded by time with swimmers of their age, and gender.
- 6 & Under
 - The swimmers in the 6 & Under category will participate in the 8 & Under category and can qualify for the provincials as an 8 & Under swimmer.
 - For the 6 & Under age group, there won't be separate finals. Instead, their rankings will be determined based on their preliminary results only. The time standards specified in the general competition rules for the 6 & Under age group will be applicable.
 - The finals for the 6 & Under swimmers will take place in the morning. However, if their time is fast enough to place them in the finals, they will be allowed to compete in the finals along with the 8 & Under swimmers.

SCRATCHES

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet.

The meet information package should clearly state the deadline for receiving scratches by the meet manager after the entry deadline. Any scratches that are not received by the published deadline will need to be submitted to the Admin desk. Scratches for the session's events are to be submitted to the Admin desk 30 minutes prior to the start of each session.

There shall be no penalty for swimmers who 'no show' or submit a 'late scratch' for their event.

DEADLINES FOR RELAYS

All Relays must be submitted during the first round of entry.

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RELAY CHANGES

Relay change rules for the Regional Championship Competitions shall be:

- Relay changes cannot 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 to another where applicable (based on the age of the relay team's members)
- The deadline for relay changes 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.

AWARDS

- Scoring (individual and relay events): Top eight (8) places - 9, 7, 6, 5, 4, 3, 2, 1

MEDALS

- The top three (3) finishers in each individual and relay event shall receive a medal:
 - 1st place – Gold
 - 2nd place – Silver
 - 3rd place – Bronze

RIBBONS

- Swimmers and Relay Teams placing 4th to 8th shall receive a ribbon.
- Para awards: Will be ranked and awarded based on their time, regardless of gender.

TEAM TROPHIES

- The Large Club & the Small Club earning the highest score shall receive the Large Club Regional Champions Trophy and Small Club Champions Regional Trophy respectively.

TIE-BREAKING FOR PROVINCIAL QUALIFIERS

- If there is a **tie for first place** in an event, both swimmers will progress to the next round, occupying the first and second positions. There is no requirement for a swim-off in this scenario.
- If there is a **tie for second place** in all events during a Regional Championship Competition, both swimmers involved will need to participate in a swim-off. The specific time for the swim-off will be determined by the meet manager and Meet Referee.

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EVENTS –

Regionals 3 Day Format

Events to be offered at the competition.

Friday	
Opening Ceremonies	
Warm Ups	
1500 Free	
Saturday	
Morning Events	Afternoon Events
Warm Ups, Opening Ceremonies	Warm Ups
25 Fly (10 & Under)	400 Free*
50 Fly	25 Fly (10 & Under)
50 Back (10 & Under)	50 Fly
100 Back	50 Back (10 & Under)
25 Breast (10 & Under)	100 Back
50 Breast	25 Breast (10 & Under)
50 Free (8 & Under)	50 Breast
100 Free	50 Free (8 & Under)
100 IM	100 Free
	100 IM
	100 Medley Relay (10 & Under)*
	200 Medley Relay*
Sunday	
Morning Events	Afternoon Events
Warm Ups	Warm Ups
200 Free	200 Free
50 Fly (10 & Under)	50 Fly (10 & Under)
100 Fly	100 Fly
25 Back (10 & Under)	25 Back (10 & Under)
50 Back	50 Back
50 Breast (10 & Under)	50 Breast (10 & Under)
100 Breast	100 Breast
25 Free (8 & Under)	25 Free (8 & Under)
50 Free	50 Free
200 IM	200 IM
	800 Free*
	100 Free Relay (10 & Under)*
	200 Free Relay*

* Timed event

The order of events must remain unchanged.

Any changes to events without approval of the ASSA may result in penalties or disqualification.