



Region B
Meet Information Package

Aug 07 – 09, 2026



HOSTED BY

Alberta Summer Swimming Association (ASSA)

FACILITY

Kinsmen Sport Centre
9100 Walterdale Hill
Edmonton, AB T6E 2V3

Pool Configuration

8 lanes x 25-metre pool
Quantum Touchpads
no warm up/cool down pool

Spectator Seating: 1000+

CONTACTS

Meet Managers:

ASSA Region Reps regionB@assa.ca

Entries:

ASSA - Suzanne Merrills meets@assa.ca

Officials Coordinator:

ASSA Region Rep regionB@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

Devon Dolphins
Hinton Water Devils
North Edmonton Swim Club
Spruce Grove Barracudas
Saint Albert Sailfish
Stony Plain Sharks
Westlock Gators
Whitecourt Blue Dolphins

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 Treaty 6 territory, a traditional gathering place for diverse Indigenous peoples including the Cree, Blackfoot, Métis, Nakota Sioux, Iroquois, Dene, Ojibway/Saulteaux/Anishinaabe, Inuit, and many others whose histories, languages, and cultures continue to influence our vibrant community. 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. Swim Alberta further recommends that 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.

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.

Any discrepancies between this meet package and the operation of the meet are the responsibility of the Meet Manager(s) with the assistance of the advisory referee and ASSA Executive when applicable. All material changes, as defined by the ASSA Executive, are to be made at the sole discretion of the ASSA Executive & Meet Manager(s).

MISCONDUCT RULES

Effective September 1, 2026, Rule C.2.3.2.1 (Misconduct Provisions) will be enforced. The rule, along with guidance on this rule for officials can be found below and in the Swimming Canada rulebook.

2.3.2 The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.

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C2.3.2.1 For the purposes of Rule II 2.3.2, “misconduct” shall include, but is not limited to:

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

This update supports public health and facility hygiene standards as well as reducing facility/equipment damage and associated costs. From now through August 31, 2026, officials will apply an education-first approach – using calm reminders and warnings and penalizing only clear, deliberate acts (not incidental spray, coughing, or normal block foot adjustments).

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.

ELIGIBILITY

This competition is open to all swimmers currently registered as Summer with Swim Alberta and ASSA.

To qualify for individual or relay events in the Regional Championship Meet a swimmer must:

- Be registered with ASSA as an Age Group Swimmer, Open Swimmer, or Para Swimmer.
- Be registered with a club that is assigned to the Region associated with the meet.
- Participate in a minimum of one (1) ASSA Sanctioned swim meet during the current season prior to the Regional Championship Meet.

Exhibition Swimmers are not permitted to participate in Regional Championship meets. Clubs entering Exhibition Swimmers in Regional Championship meets may have their club’s results disqualified subject to review by the ASSA Executive Committee.

All clubs are required to pay their ASSA fees. Failure to do so will render a club ineligible to participate in any regional or provincial competitions until all outstanding fees have been settled.

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, 2026.

PARA SWIMMING

Olympic stream Para Events (50m Free, 100m Free, 50m Back, 50m Breast) will be offered in the competition. Para swimmers may enter other non-Paralympic events as outlined in the meet information package. Para Swimmers will be seeded with all other swimmers based on their age category and/or entry times.

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

- **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 in the event, they may also participate in the finals.
- **Grouping Based on Age and Gender:** Para swimmers are grouped based on their age and gender, allowing them to swim with their peers, with results separated for Olympic Stream Events.
- **Separate Results:** Results for Para swimmers who compete in the Olympic stream events, will be recorded separately for provincial qualification and their recorded times shall be recorded as a timed final.
- **Automatic Qualification:** Any para swimmer who participates in regional competitions in the Olympic Stream Para Event, automatically qualifies for the provincial championships in that event. This ensures that all para swimmers have the opportunity to showcase their skills at the highest level of competition.
- **Option for Event Choice:** Swimmers have the option to choose between participating in able-bodied events, para events or a combination of both.
- **Mixed-Gender Events:** In addition to gender-specific events, para swimmers are allowed to swim in mixed-gender events.

6 & UNDER AGE GROUP COMPETITION GUIDELINES:

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.

- There won't be separate finals. Instead, their rankings will be determined based on their preliminary results only.
- 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.
- General competition rules the 6 & Under age group still apply.

REQUIREMENT FOR TIME TRIAL SANCTIONS

Time Trials are not permitted at Regionals.

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 all 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.

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](#) .

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 and all 25m distance swims):

- Starts will be conducted from Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1

SCHEDULE

	Session 1	Session 2	Session 3*	Session 4	Session 5*
Coach Meeting***	5:30 pm	7:15 am	-----	7:15 am	-----
Warm-up time	6:00 pm	7:30 am	12:30 pm	7:30 am	12:30 pm
Sr. Officials Briefing**	6:00 pm	8:00 am	12:30 pm	8:00 am	12:30 pm
Officials Briefing**	6:30 pm	8:30 am	1:00 pm	8:30 am	1:00 pm
Start time	7:00 pm	9:00 am	1:30 pm	9:00 am	1:30 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.

OFFICIALS

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

- Officials' Room Location: Kinnette Room
- Sr. Officials': Pool Deck Meeting Room
- Officials' Briefing Location: Kinnette Room
- Hospitality Information: Lunch will be provided to any official or volunteer working both sessions in a day. Light snacks will be provided during the sessions. Please bring a refillable water bottle, drinks will be provided with lunch only.
- Dress Code: Timers, Runners White shirt black bottoms, Level 2+ officials Red Shirt Black Bottoms, Marshalls Pink Top, Black bottoms.
- Sign-in Procedures: All officials and volunteers must sign in for each session at the volunteer table located at the top of the stairs at the Kinnette Room in order to receive your accreditation for deck access.

Additional information may be provided in the Technical Bulletin.

1500M FREESTYLE EVENT

Each club must provide at least three (3) qualified officials per swimmer for Session 1.

ENTRY PROCEDURE

All entries must be submitted through the Swimming Canada online Registration system.

- Entries for all individual and relay events must be submitted prior to the Entry Deadline.
- All Relays must be submitted during the first round of entry.

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- Following the entry deadline, Meet Management will send entry confirmations to the clubs.
- ASSA will verify qualification times. ASSA may request proof of time for any entry. Clubs will have 48 hours to provide proof of time. If a Club is unable to prove an entry time, the entry may be removed.
- Coaches and clubs will have the opportunity to correct entries and/or entry times, including adding any missed swimmer events, 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.
- 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. Any exception granted must be documented in writing with a rationale and communicated to all affected clubs.
- No changes to events or times should be made without the approval of the ASSA.
- All communication during this process will be sent through REMS to the entry contact listed for each club.

ENTRY TIMELINE

July 28	July 30	Aug 03	Aug 04	Aug 06
Entry Deadline 10:00pm	Entry correction Coach will receive ENTRY LIST at 5:00pm. Submit all corrections through the online form by 5:00pm Aug 02	Draft Psych Sheet produced and sent out to coaches at 5:00pm	Entry Change Deadline Swimmer can be switched to an event where there are less than two (2) entries in the age group/gender. Submit all changes using the online form by 5:00pm	Final Psych Sheets published at 12:00pm (no changes are permitted once psych sheets are published)

ENTRIES

Deck entries will not be permitted for the Regional Championships.

ENTRY FEES

The entry fees for the Regional Championships will be set at \$0.00 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

There is no limit to the number of participants permitted to enter the Regional Championship Competition.

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

DEADLINES FOR RELAYS

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

SEEDING

- All Preliminary events will be circle seeded.
- Finals events will be senior seeded by event, slow to fast, separated by age category.
- 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.

POSITIVE CHECKIN

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.

AWARDS

Scoring (individual and relay events):

8-Lanes = 9,7,6,5,4,3,2,1 (8 lanes)

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.

Region Specific Awards

Trophies and banners awarded at Regional Championships, and its criteria, are at the discretion of the Region.

Region B Trophies will be awarded to:

- **Region B Overall Team – Small & Overall Team – Large**
The top small and large club based on total points earned during the competition for all age groups (17 & U) and para events. Team size will be based on each club's percentage of annual total registration for the current season as of June 30th, in relation to total regions registrations, rounded to the nearest tenth, as of the entry deadline. The small team will be under the median and the large teams over.
- **Region B Overall Team - Open**
Based on total points earned during this competition for all 18+ swimmers.
- **Region B Overall Team**
Based on the top team score of all swimmers in all age groups and events offered.

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 except for any event that has only one provincial qualifier spot in which case the following rules for swim offs will be followed.

If there is a tie for second place in any event 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 in accordance with Swimming Canada Rule Book.

Failure to attend a swim-off results in forfeiture of provincial qualifications.

PHOTOGRAPHY/VIDEOGRAPHY

To minimize risk, all photographs and video taken at Swimming Canada and Swim Alberta sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. The full details on the Event Photography and Videography Procedure can be found [HERE](#) .

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.

DECK ACCESS

Pool deck access is restricted to accredited individuals only. All other individuals, including spectators and parents, must remain in designated spectator areas unless otherwise authorized by Meet Management.

ACCREDITATION

- All swimmers registered in the meet through REMS are considered accredited.
- Clubs will receive one coach accreditation per 10 swimmers entered – coaches must be registered in REMS through the entries submission process.
- Clubs will receive 1 Parent Chaperon accreditation per 10 swimmers under the age of 12 years. Clubs must provide a list of chaperons to the meet manager 48 hours prior to the start of the meet.
- Officials, support person, volunteers and event staff in an assigned role.
- Approved photographers or videographers by meet management.

RESULTS

Unofficial results will be posted in Meet Mobile. Official results will be posted on the results board located on the changeroom wall on the pool deck.

LOST & FOUND

Lost and found items will be collected throughout the competition. Items may be claimed from the lost and found table located in the North East pool deck entrance 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.

AWARDS PRESENTATION

Medals will be presented in accordance with the competition schedule or as announced during the meet.

Where practical, swimmers should report promptly to the awards presentation area wearing appropriate club apparel.

Awards Presentation Location: North West Corner of the pool deck

Awards Schedule: Awards will be presented during breaks and after relays. A schedule will be included in the tech bulletin.

Ribbons can be collected from the Awards office following the conclusion of the awards ceremony. Awards not collected during the competition are not guaranteed to be mailed. Distribution of unclaimed awards shall be at the discretion of the Host Region.

REGIONALS OFFICIALS SIGN UP

Senior Officials: [bit.ly/457qLtq](https://forms.cloud.microsoft/r/6iLPvx0LRz)

Officials and 'wet'-side Volunteers: <https://forms.cloud.microsoft/r/6iLPvx0LRz>

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 (10 & 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 (11 & 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*

2026 Provincial Championships

Information about
2026 Provincials
Championships
will be available online

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



Referees

Starter

CJE

Admin
Desk

Judge of
Stroke



Electronic
Operator

Recorder

Field of
Play

Inspector
of Turn

Timer

Safety
Marshal

Marshalling

Runner

Awards

Announcer