

Region E Regional Championships

August 6-7, 2022

Meet Information and Meet Package



ASSA - Regional Championships



HOSTED BY

Alberta Summer Swimming Association (ASSA)

FACILITY

MNP Community & Sport Centre
2225 Macleod Trail SE, Calgary AB T2G 5B6
8 Lanes

CONTACTS

Region Representatives: Kevin Fitzsimmons

Meet Manager: Lisa Preston and Region E Rep

Contact Email: preston-fitz@shaw.ca

Meet Phone #: 403-874-9334

Entries: ASSA - Lynnette Thoresen, Morgan Dozeman

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Officials Coordinator: Kevin Fitzsimmons

Contact Email: assaregionerep@gmail.com

DATES

Meet Dates: August 6, 2022, to August 7, 2022,

MEET TYPE

ASSA Summer Regional Championship

CLUBS INVITED

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

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SAFE SPORT

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 FINA and/or WPS rules and regulations supplemented by published and approved Swimming Canada, Swim Alberta and ASSA rules and regulations. Swim Alberta policies and procedures, where appropriate will also apply.

COMPETITION AND DIVING READINESS STANDARDS

Entry to the competition is limited to participants who have passed the 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 Monday August 1, 2022

DIVING RULES

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

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1. Starts will be conducted from Starting Platforms (Blocks) as per FINA FR 2.3, and SW 4.1

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

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

**In pools where there are dive blocks on the turn end, the following Dive rules will apply:
Starts will be conducted from Starting Platforms (Blocks) as per FINA FR 2.3, and SW 4.1**

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SCHEDULE

	Day 1 (Aug 6)	Day2 (Aug 7)
Coach Meeting	6:55 am	7:55 am
Warm-up time	7:00 am	8:00 am
Officials Briefing	7:20 am	8:20 am
Start time	8:15 am	9:15 am
Officials Briefing (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*

ENTRY PROCEDURE

- All entries must be submitted through the [Swimming Canada online system](#).
- Following the entry deadline, Meet Management will send entry confirmations to the clubs.
 - Coaches and clubs will have the opportunity to correct entries and/or entry times, including adding any missed swimmer entries.
 - Meet Management will publish and share draft psych sheets on the Tuesday before the competition.
 - 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 may not exceed the swimmer's entry limit.
 - On Thursday, prior to the competition, final psyche sheets will be published. Once final psych sheets are published, no changes to events will be permitted.

ENTRY TIMELINE

Wednesday, July 27 (10 pm) – Entry Deadline

Thursday, July 28 to Monday, Aug 1 – Entry Corrections (events and times)

Tuesday, August 2 – Draft Psych Sheets Published

Tuesday, August 2 to Wednesday 3 – Entry changes permitted to events where there are less than two entries

Thursday, August 4 – Final psych sheets published (no changes are permitted once psych sheets are published)

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ENTRIES

- This competition is open to all swimmers currently registered as summer swimmer 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 prior to 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

Regional Meet Entry Fees will be charged based on one of the two following options:

a. collected as Region Fees at the beginning of the season based on per swimmer registered in the Region - *Region E will collect a regional fee to offset the costs of Regionals at \$26.00 Per swimmer registered in the club*

b. a one-time meet entry fee of \$25 based on swimmers actual attendance at the Regional Championships

All fees are payable 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
 - Maximum relay entries per swimmer: 2
 - 1 Free Relay
 - 1 Medley Relay

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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-meter 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.
- Para swimmers will be seeded based on time within the event of their age and gender. All para swimmers who participate at regionals will qualify for provincials in the para events.
- The 6 & Under category will compete in the 8 & Under category and are eligible to advance to provincials as an 8 & Under Swimmer. 6 & Under age group do not have finals and will be ranked as time final based on preliminary results only. Time Standards outlined in the general competition rules for the 6 & Under age group apply.
- Clubs in a Region that chooses to host the 1500m freestyle on the Friday night as a 5th session, must provide a minimum of three (3) qualified officials per swimmer for the event.

SEEDING

- All events will be senior seeded by gender, slow to fast and separated by age category for finals and awards.
- Time Final events may be senior seeded and separated by age category for awards. Where Time Final events are combined, swimmers from each distinct age category shall be seeded in adjacent lanes. The 800 and 1500 Freestyle events may be combined by gender.
- Finals and time finals shall be seeded in accordance with SW 3.2
- Para Swimmers will be seeded by time with swimmers of their age, and gender.

SCRATCHES

Scratches should be submitted to the meet manager prior as per the Swim Alberta Scratch Rule as described in Appendix A

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 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 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.
- Mixed-age relays do not have an age max range (there can be more than 2 years difference). The mixed-age relay will swim with the age group of the oldest swimmer in the relay. (2022 Swim Season only)

AWARDS

- Scoring (individual and relay events):
 - 8-Lanes = 9,7,6,5,4,3,2,1 (8 lanes)
- Ribbons:
 - Individual events - Swimmers placing in the top 8 in their event shall receive a ribbon.
 - Relay events – Swimmers placing in the top 8 as relay team members shall receive a ribbon.
- Para awards: Will be ranked and awarded based on their time, regardless of gender.
- Aggregate Awards: Medals will be presented to the top three males and top three females in each age group based on the total points earned in their individual swims:
 - 8 & Under, 9&10, 11&12, 13& 14, 15-17, Para

TIE-BREAKING FOR PROVINCIAL QUALIFIERS

In the case(s) where there is a tie for first (1st) place in the 800 and/or 1500 Freestyle or a tie for second (2nd) place in all other events at a Regional Championship Competition, both swimmers will advance to the Provincial Championships

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EVENTS

Events to be offered at the competition.

Saturday	
Morning Events	Afternoon Events
<input type="checkbox"/> 1500 Free*	<input type="checkbox"/> 400 Free*
<input type="checkbox"/> 25 Fly (10 & Under)	<input type="checkbox"/> 25 Fly (10 & Under)
<input type="checkbox"/> 50 Fly	<input type="checkbox"/> 50 Fly
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 50 Back (10 & Under)
<input type="checkbox"/> 100 Back	<input type="checkbox"/> 100 Back
<input type="checkbox"/> 25 Breast (10 & Under)	<input type="checkbox"/> 25 Breast (10 & Under)
<input type="checkbox"/> 50 Breast	<input type="checkbox"/> 50 Breast
<input type="checkbox"/> 50 Free (8 & Under)	<input type="checkbox"/> 50 Free (8 & Under)
<input type="checkbox"/> 100 Free	<input type="checkbox"/> 100 Free
<input type="checkbox"/> 100 IM	<input type="checkbox"/> 100 IM
	<input type="checkbox"/> 100 Medley Relay (10 & Under)*
	<input type="checkbox"/> 200 Medley Relay*
Sunday	
Morning Events	Afternoon Events
<input type="checkbox"/> 200 Free	<input type="checkbox"/> 200 Free
<input type="checkbox"/> 50 Fly (10 & Under)	<input type="checkbox"/> 50 Fly (10 & Under)
<input type="checkbox"/> 100 Fly	<input type="checkbox"/> 100 Fly
<input type="checkbox"/> 25 Back (10 & Under)	<input type="checkbox"/> 25 Back (10 & Under)
<input type="checkbox"/> 50 Back	<input type="checkbox"/> 50 Back
<input type="checkbox"/> 50 Breast (10 & Under)	<input type="checkbox"/> 50 Breast (10 & Under)
<input type="checkbox"/> 100 Breast	<input type="checkbox"/> 100 Breast
<input type="checkbox"/> 25 Free (8 & Under)	<input type="checkbox"/> 25 Free (8 & Under)
<input type="checkbox"/> 50 Free	<input type="checkbox"/> 50 Free
<input type="checkbox"/> 200 IM	<input type="checkbox"/> 200 IM
	<input type="checkbox"/> 800 Free*
	<input type="checkbox"/> 100 Free Relay (10 & Under)*
	<input type="checkbox"/> 200 Free Relay*

*Timed finals

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APPENDIX A

SWIM ALBERTA SCRATCH RULE

Background and Link to Swimming Rules

The Swimming Rules of Swimming Canada state that the following needs to be considered:

- 3.6 SCRATCHES, SUBSTITUTIONS, & DECK ENTRIES** (applies to local Provincial Meets)
- CSW 3.6.1** Once entered in an event, a swimmer who is not an alternate, may only withdraw or “scratch” from that event without penalty according to rules set down by the Provincial Section or written in the Meet Information package.
- CSW 3.6.2** **HEATS & FINALS:** Scratch Deadlines shall be clearly stated in the Meet Information.
TIME-FINAL EVENTS: For individual events or relays that are Time Finals, the Scratch Deadlines shall be clearly stated in the Meet Information.
- CSW 3.6.3** **PENALTIES:** Penalties for failure by a swimmer to scratch from Preliminaries, Finals, or Time Final events shall be clearly stated in the Meet Information.
- CSW 3.6.4** **‘NAME CHANGE’ DEADLINES:** ‘Name Change’ deadlines for relays should be stated in the meet information and announced at the Coaches Technical Meeting.

To assist the clubs in Alberta the recommended scratch rules are listed below and shall be the rules applied for all Provincial Competitions. If a swim club wishes to institute a different scratch rule/deadline the rules must be clearly communicated in the Meet information package. Swim Alberta does not allow the use of monetary fines in scratch rules.

TIME FINAL MEETS INCLUDING SWIM ALBERTA WINTER & SUMMER FESTIVALS AND ALL SUMMER SWIMMING COMPETITIONS:

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 Clerk of Course. Scratches for the session’s events are to be submitted to the Clerk of Course 30 minutes prior to the start of each session.

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

HEATS & FINAL MEETS INCLUDING SWIM ALBERTA SHORT COURSE & LONG COURSE PROVINCIALS AND SWIM ALBERTA SPRING & SUMMER CHAMPIONSHIPS

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 Clerk of Course according to the information detailed below:

SCRATCH DEADLINE AND PENALTIES FOR PRELIMINARIES:

- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the preliminary session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session. No re-seeding will occur, without the approval of the referee.
- There will be no penalty for scratching from preliminary events. No-shows, step-downs, and unexcused incomplete swims will have no penalty assessed.

SCRATCH DEADLINE FOR TIME FINAL EVENTS (INCLUDING RELAYS):

- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session in which a Time Final Event is scheduled. No re-seeding will occur, without the approval of the referee.
- 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 finals, including relays, scheduled for that session.

SCRATCH DEADLINE FOR TIME FINAL EVENTS UTILIZING POSITIVE CHECK-IN

- The deadline for Positive Check-in shall be clearly communicated in the meet package and communicated to coaches at the technical meeting.

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- Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event. There is no penalty for swimmers who fail to check-in.
- Once checked—a swimmer is not entitled to scratch from the event. No-shows, step downs and unexcused incomplete swims will result in the swimmer being scratched from all remaining finals, including relays, scheduled for that session and any other session in which the event in question is swum.

SCRATCH DEADLINE AND PENALTIES FOR FINALS:

- Scratches are to be submitted to the clerk of course 30 minutes after conclusion of the preliminary session. The conclusion of the preliminary session will be the completion of the final race of the session or when the 800/1500 are the last events of the session, the scratch deadline shall be 30 minutes after the completion of the last race immediately preceding the start of the 800/1500.
- The Late Scratch Deadline shall be 30 minutes prior to the start of the finals session. However, there shall be no re-seeding to include scratches made after the initial scratch deadline.
- The Late Scratch Deadline only applies if the coach of the late scratch swimmer notifies the referee and the coach of the alternate. The alternative is under no obligation to swim. Should the alternate decline to swim the coach of the late scratch swimmer must contact the coach of the 2nd alternate.
- 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.
- Although alternates are not required to swim, all swimmers not intending to swim finals should scratch by the scratch deadline. This will ensure that those swimmers, who would be intent on swimming in a final and qualify, would be provided the opportunity.

DEADLINES FOR RELAYS

The deadline for relay name submissions shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin. The deadline for name changes shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin. 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.