



Regional and Provincial Competition Guidelines

11759 GROAT ROAD, EDMONTON ALBERTA, CANADA T5M 3K6

REGIONAL CHAMPIONSHIP MEETS

ROLE OF THE ASSA

- Work with the Region Reps to develop the meet package and entry template for all regions.
- Entries and results for the Regional Championships will be managed, and uploaded by the ASSA.

ROLE OF THE REGION REPS AT PROVINCIALS

- Ensure, in collaboration with the ASSA President, that the Regional Championship are held and conducted in accordance with ASSA, Swim Alberta and SNC rules.
- Assist the ASSA in establishing an entry fee or cost recovery plan for the Regional Championship Meet, or, when required, independently establishing an entry fee or cost recovery plan for the Regional Championship Meet.
- Regions Reps will work to develop fair and equitable official placements for the Championship meet.

DATE AND LOCATION

- Regional Championship Competitions shall be held annually on the weekend prior to the Provincial Championship Competition unless otherwise approved by the Executive Committee.
- Regional Championship Competitions shall be held in a 25-meter pool that has a minimum of five (5) lanes. Competitions will be sanctioned in pools as per Swim Alberta's Competition Sanctioning Policy.

HOSTING AND MEET MANAGER

- The appointed region all Meet Manager shall be from a club within the region hosting the competition.

OFFICIALS

- The Swim Alberta Placement of Officials will be used the placing Referees and Starters
- The Meet and Session Referee(s) for Regional Championship Meets should be Senior (Level 4) or Master (Level 5) Officials.
- A Referee certified as a Level 3 official may referee a Regional Championship Meet upon prior approval from the ASSA Officials Chairperson.
- There will be no mentoring or shadowing opportunities at Regionals.
- All Officials will be SC certified and registered in the RTR and have worked several Regional meets in the 2022 season.
- Electronics personnel will have worked several Regional meets. They should be capable and trustworthy to operate the electronic and fulfil the requirements to operate a meet and submit results.

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ELECTRONICS AND EQUIPMENT

- The electronic timing system must be a dependable timing system that is proven to be accurate, consistent and reliable. The ASSA recommends the Hytek system with dolphins or Quantum System with plungers and touch pads. Electronics for early takeovers are not permitted.
- All pool equipment such as backstroke flags, false start rope and filtration systems must be functional.

FACILITY

- Regionals must be held in an approved competition pool.

TECHNICAL BULLETIN

Meet managers wanting to communicate additional meet information not included in the meet package should consider sending out a technical bulletin about 5 days prior to the competition.

Details could include:

- Hospitality information
- Swimmer Camp Areas (ASSA recommends when possible, indoor camp)
- Warm-up lane assignments
- Locations of Officials and Coaches briefings
- Parking
- Facility Rules
- Equipment required (i.e Lap Counters) * all clubs should have bells as per the Swimming Canada Pool Set- up Checklist.

QUALIFICATION AND ENTRY LIMIT

- **There is no limit to the number of participants permitted to enter a Regional Championship Competition.**
- Swimmers in the 6 and under category are permitted to qualify for the Provincial Championships in the following events:
 - 7&8 25 freestyle
 - 7&8 25 Backstroke
 - 7&8 50 freestyle
 - 7&8 50 Backstroke
 - Relay events for the 7&8, 9&10 age groups

*Short breast and butterfly is not offered for the 6&U category and 6 and under swimmers are not eligible to swim up in these events.

- Entry limit for all swimmers Participating in the Regional Championships:
 - 4 Events
 - 2 Relays - **One (1) Medley Relay event, and One (1) Freestyle Relay event.**

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- Relay teams may enter one (1) or two (2) swimmers from a younger age group, swimmers may participate on a relay a maximum of two age groups older than their current age.

COMPETITION AND DIVING READINESS STANDARDS

- All Swimmers must have passed the Swim Alberta's Competition Swim Test. During competitions, swimmers should dive at the Dive Readiness Progression skill level they have achieved. The ASSA requires a Club Verification of Competition Readiness from all clubs to be submitted by the meet manager prior to swimmers entering the water.

ENTRY DEADLINE

- 9 days prior to the start of the Regional Championships

ENTRY PROCEDURE

- 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. On the Tuesday before the competition, Meet Management will publish and share draft psych sheets. 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 psych sheets will be published. Once final psych sheets are published, no changes to events will be permitted.
 - a. Entry Timeline
 - 9 Days prior – Entry Deadline at 10:00 pm
 - 8 - 5 days Prior – Entry Corrections (events and times)
 - 4 days prior – Draft Psych Sheets Published
 - 4 to 3 days prior – Entry changes permitted to events where there are less than two entries
 - 1 day prior – Final psych sheets published (no changes are permitted once psych sheets are published)
- Entries for all individual and relay events must be submitted prior to the Entry Deadline.
- 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.
- **All Relays must be submitted during the first round of entry.**

***ONCE THE FINAL PSYCH/ HEAT SHEET HAS BEEN PRODUCED A FINAL COPY MUST BE SUBMITTED TO THE ASSA PRIOR TO THE START OF THE COMPETITION.**

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ENTRY FEES

- Region Representatives shall work with their Region's clubs to determine how to cover the costs of running the Regional Championship Competition. If clubs are unable to establish an appropriate entry fee, the Regional Representatives may independently set an entry fee or other cost recovery alternative.
- 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
 - b) a one time meet entry fee of \$30 for Regionals
- The ASSA will pay the Summer Swim Club Sanctioning fee of \$3.00 per swimmer.
- Clubs and/or Regions shall not use entry fees as a fund-raiser. Clubs and/or Regions should charge a competition entry fee at a rate that will allow them to recover the costs associated with hosting the competition only.
- All fees are payable to the Region

DECK ENTRIES:

- Deck Entries are not permitted at Regional Championship Competitions, except where required to submit relay changes.

COACHES TECHNICAL MEETING

- A Coaches Technical Meeting shall be held no later than thirty (30) minutes prior to the start of warm-up on the first day of the competition unless otherwise dictated by competition management and detailed in the Meet Package.
 - One (1) coach from each club is permitted to attend.

WARM-UP

- Warm-ups shall be a minimum of thirty (30) minutes for each club, including a minimum fifteen (15) minute period where sprint /dive lanes are available
- Warm-up shall be run in compliance with Swimming Canada Warm-Up Procedures.

PARA SWIMMERS

- 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.

FORMAT

- The Regional Championship Competitions shall run using a heats and finals format, except for the 400, 800 and 1500-meter Freestyle events as well as relay events which shall run as time final events. Finals shall be single

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heat finals for each eligible ASSA event. 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.

EVENT SCHEDULE

- When hosted in four sessions, i.e. Saturday and Sunday only, the order of events shall be as outlined in Appendix A, except in extenuating circumstances (ex. weather delays, electronics/pool delays, etc.), at the Competition Manager's discretion on the day of the competition.
- It is permitted for the host Club/Region to run the 1500 Freestyle on a Friday evening by adding a fifth session to the competition.
- All ASSA standard individual and relay events will be run at the Regional and Provincial Championship Competitions, except the 6 & U events which will only be run at Regional Championship Competitions. Mixed Relay events will be offered at Regional and Provincial Championships.
- Relay teams may enter one (1) or two (2) swimmers from a younger age group, swimmers may participate on a relay a maximum of two age groups older than their current age.

EVENTS AND AGE GROUPS

- The ASSA standard events and age groups as described in the ASSA Rules and Regulations will be used.

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SEEDING

- Events will be senior seeded by event, slow to fast, separated by age category for finals and awards based on the chart below.

	6 & U*	7 – 8	9 – 10	11 – 12	13 – 14	15 – 17	Masters	Para
25 Free	.							
50 Free	.							
100 Free								
200 Free								
400 Free								
800 Free								
1500 Free								
25 Back	.							
50 Back	.							
100 Back								
25 Breast		.						
50 Breast		.						
100 Breast								
25 Fly		.						
50 Fly								
100 Fly								
100 IM								
200 IM								

- 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.
- The 6 & Under age group does 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.

PRELIMS

- Heats (Prelims) shall be combined and senior seeded by event category, such that the age groups for the shorter distance in each event category are combined, and the age groups in the longer distance in each event category are combined.
- Once combined and senior seeded, heats shall run slowest to fastest. Finals and time finals shall be seeded in accordance with SW 3.2

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FINALS

- Finals and time finals shall be seeded in accordance with SW 3.2
- 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.
- Time Final events may be combined by age group; additionally, the 800 and 1500 Freestyle events may be combined by gender, by age group, or both

PARA SWIMMERS

- Para Swimmers may be seeded and swim in the Senior Seeded Prelim events and their times are considered as Timed Finals.
- Para Swimmers may swim as combined gender.

SCORING

- For the Purpose of Regional Championship Competitions, scoring for individual and relay events shall be:
 - a) Top eight (8) places - 9, 7, 6, 5, 4, 3, 2, 1 - when hosted in an 8 lane pool, or
 - b) Top seven (7) places - 8, 6, 5, 4, 3, 2, 1 - when hosted in a 7 lane pool, or
 - c) Top six (6) places - 7, 5, 4, 3, 2, 1 - when hosted in a 6 lane pool, or
 - d) Top five (5) places - 6, 4, 3, 2, 1 - when hosted in a 5 lane pool.

Example:

- In an eight lane pool, two Swimmers tie for 3rd, points from 3rd and 4th place are summed and divided by two: $(6 + 5)/2 = 5.5$; each Swimmer/relay team receives 5.5 points.
- In the case of a tie, the points for the positions of the tied swimmers/relay teams will be summed and divided equally between each swimmer/relay team in question
- Clubs' Scores shall consist of the sum of points awarded to all swimmers and relay teams representing the club.
- Points shall be awarded to swimmers and relay teams based on the above criteria;

SCRATCHES AND PENALTIES

- The Swim Alberta Scratch Rule is in effect for all Regional competitions
- There shall be no penalty for swimmers who 'No Show' for their event.

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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)

MEDALS, RIBBONS, TROPHIES AND AWARDS

- Team Trophies:
The Club earning the highest score shall receive the Regional Champions Trophy.

RESULTS

- Regional meet results must be submitted immediately after the meet by 6:00 pm Sunday evening. If there is a delay with results for any reason, the region reps shall contact the ASSA president immediately.

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 Meet, a swim-off shall be held at the Regional Championship meet to determine which swimmer will move forward to the Provincial Championship meet as a Region Qualifier. And, Canadian Swim- Off rules (CSW 3.2.3.1 – 3.2.3.3) shall apply.

EXPENSES COVERED BY ASSA

- The ASSA will reimburse Individuals and/or Clubs and/or Regions for the cost of certain expenses associated with hosting Regional Championship Competitions in accordance with the ASSA Finance Policy.

MEET REPORTING

- Meet managers must submit a printed copy of the **Heat sheet** (prior to the start of the competition), **scratch summary and results** to the ASSA immediately upon the completion of the competition

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PROVINCIAL CHAMPIONSHIP MEET

DATE AND LOCATION

- The Provincial Championship Competition shall be held annually on the second weekend following the long weekend in August, whenever possible.
- The Board of Directors shall choose the venue and announce the date and venue selection at either the Annual General Meeting.
- The Provincial Championship Competition shall be held in a 25-meter pool that has a minimum of eight (8) lanes. Competitions will be sanctioned in pools as per Swim Alberta's list of Approved Competition Pools.

ELECTRONICS AND EQUIPMENT

- The electronic timing system must be a dependable timing system that is proven to be accurate, consistent and reliable. The ASSA recommends the Hytek system with dolphins or Quantum System with plungers and touch pads. Electronics for early takeovers are not permitted.
- All pool equipment such as backstroke flags, false start rope and filtration systems must be functional.

HOSTING AND COMPETITION MANAGER

- Each Region shall take turns hosting the Provincial Championship Competition based on the following order of rotation:
 - Region A
 - Region D
 - Region E
 - Region B
 - Region C
 - Region F
- Under special circumstances, a Region may defer their turn by submitting a formal request to the ASSA President. A decision on this request shall be rendered by the ASSA Executive committee.
- The appointed Provincial Competition Manager shall be from the host Region.
- The appointed Assistant Provincial Competition Manager shall be from the region scheduled to host the Provincial Championship Competition the following year.

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OFFICIALS

- The ASSA President or Officials Coordinator shall not participate as an on-deck official at the ASSA Provincial Championship Competition, but shall be present in their official board capacity.
- Placement of advisory refs, referees and starters for the Provincial Championships will be done in consultation with Swim Alberta and in accordance with Placement of Officials for Swim Alberta Designated Competitions.
- Each Pool at the Provincial Championship shall have two (2) Session Referees.
- Session Referee(s) for Provincial Championship Meets should be Senior (Level 4) Officials. A Referee certified as a Level 3 official may referee the Championship Meet upon prior approval of the ASSA and the AOC.
- All Officials for the Provincial Championship Meet shall be both selected prior to the meet and coordinated during the meet by the ASSA.
- All Officials positions for the Provincial Championship Meet shall be filled by qualified officials with SWIMMING CANADA certification for their respective position
- All Officials will be registered in the national registry and have worked in several competitions in the 2022 season.
- There will be no mentoring or shadowing opportunities at the Championship Meet.
- Electronics personnel will have worked in several competitions. They should be capable and trustworthy to operate the electronic and fulfil the requirements to operate a meet and submit results.

ELIGIBLE PARTICIPANTS

- Only swimmers classified as Summer Registration, Masters Swimmers or Para Swimmers may participate at the Provincial Championship meet.
- To be eligible a swimmer must have swam in the Regional Championship Competition and be a registered summer swimming member. .
- Swimmers in the 6 and under category shall only enter the 25m Freestyle and Backstroke, 50m Freestyle or Backstroke in the 8 and under category and relay events for the 7&8, 9&10 age group at Provincials.
- All Swimmers must have passed Swim Alberta's Competition Swim Test. During competitions, swimmers should dive at the Dive Readiness Progression skill level they have achieved. The ASSA must have on record a Club Verification of Competition Readiness from all clubs to be submitted by the meet manager prior to swimmers entering the water.
- There is no limit to the number of participants permitted to enter the Provincial Championship Competition.
- Only Clubs in good standing with ASSA and Swim Alberta will be permitted to participate.

QUALIFICATION AND ENTRY LIMIT

- Qualification selections will be based on the results from the six (6) Regional Championship Competitions; swimmers who qualify for individual or relay events as a Region Qualifier or a 'Wild Card' Qualifier.

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Region Qualifiers consist of:

- a) The top one (1) placing swimmer in the 800 and 1500 Freestyle events,
- b) All classified Para swimmers will advance to the Provincial Championships in any para events they have swam at Regionals.
- c) The top two (2) placing swimmers in all ASSA standard individual events except as listed above, and
- d) The top two (2) relay teams in all ASSA standard relay events.
- e) 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

“Wild Card” Qualifiers consist of:

- a) The number of available positions for each event to fill all eight (8) or sixteen (16) lanes for individual and relay events after the Region Qualifiers have been finalized.
 - The 800m and 1500m freestyle will only have one heat per age group, wild card selections will fill these events up to a maximum of 8 swimmers.
 - All other individual and relay events will have a maximum of two heats per age group, wild card selections will fill these events up to a maximum of 16 swimmers.
- b) “Wild Card” Qualifiers will be selected in accordance with the above criteria following the Wild Card Draw Procedure listed in Section 52.1
- c) In the case where there is a tie for eighth (8th) place in the 800 and/or 1500 Freestyle or a tie for sixteenth (16th) place in all other events the swimmer who has the most other provincial qualifying events or the highest ranking in their other qualifying events if neither swimmer qualify, shall break the tie.
- d) Alternates for each event will be identified as part of the “Wild Card” Draw Procedure.
- e) If there is a scratch following step seven (7) in the Wild Card Draw Procedure (Section 53) or a Swimmer is a “No Show” for an event during the competition, the next available alternate will become a “Wild Card” qualifier and be substituted in to fill the position in the lane in which the scratched/“No Show” Swimmer was seeded.

ENTRY PROCEDURE AND “WILD CARD” DRAW PROCEDURE

- The Swim Alberta Office will set-up an online Declaration of Participation form.
- Regional entrants complete the online form if they are available to attend Provincials. This form can be opened at any time during the season and will close at the end of Regionals.

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- Following the end of Sunday's events, the full results will be posted and Swim Alberta will follow the below process.
- Swim Alberta will download the results from all regional Competitions on Monday, compile the region qualifiers per event and identify the Wildcards compared to the declarations.
- A list of all qualifiers including wildcards and alternates will be posted on the Website on Monday. Communication regarding wildcards will be sent to all coaches, club contacts and region reps when the list is posted.
- The list of qualifiers will be sent to all emails provided via the Declaration of Participation.
- Once all qualifiers (Region Qualifiers + Wildcards) are identified and communicated, Swim Alberta will do all Competition entries based on results achieved at regionals. (download all competition results to Team Manager, use the provincial Hy-Tek template and do entries based on their regional results.)

TECHNICAL BULLETIN

Additional meet information not included in the meet package will be sent out through a technical bulletin about 3d ays prior to the competition

Details include:

- Hospitality information
- Swimmer Camp Areas (ASSA recommends when possible, indoor camp)
- Warm-up lane assignments
- Locations of Officials and Coaches briefings
- Parking
- Facility Rules
- Official Check-in and sign-up
- Equipment required (i.e Lap Counters) * all clubs should have bells as per the Swimming Canada Pool Set- up Checklist.

ENTRY FEES

- There is no entry fee for the ASSA Provincial Championships
- The ASSA will pay the Summer Swim Club Sanctioning fee of \$3.00 per swimmer.

RELAY CHANGES

- Substitutions are only allowed for medical reasons with a current doctor's note received in writing and approved by the ASSA appointed Provincial Swim Competition Committee
- A Club relay team member may be substituted by another swimmer from the same Club at the Provincial Championship Competition, provided that the following criteria are met:

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The Provincial Competition management team will consist of:

- ASSA Coaches' Representative
- ASSA Meet Manager
- ASSA Vice President
- Up to two (2) other ASSA Board Members

* The Competition management team will not exceed 5 members."

- A Club's relay substitution request shall be received no later than ninety (90) minutes prior to the start of the relay event in question.
- A Club relay substitution swimmer shall be an eligible ASSA swimmer registered with the Club in question who:
 - Participated at the Regional Championship Competition during the current season, and
 - Has not qualified for the Provincial Championship Competition on a relay team in the same type of relay event.

COACHES TECHNICAL MEETING

- A Coaches Technical Meeting shall be held no later than thirty (30) minutes prior to the start of warm up on the first day of the Competition.
 - One (1) coach from each club is permitted to attend

WARM-UP

- Warm-ups shall be a minimum of sixty (60) minutes, including a minimum thirty (30) minute period where sprint lanes are available; the Meet package shall detail:
 - a) Start and end times
 - b) Sprint / Dive lane designation
 - c) Sprint / Dive lane start and end times
 - d) Warm up shall be run in compliance with Swim Canada Warm Up Procedures
 - e) There shall be no lane assignment, other than to designate sprint and/or pace lanes.

FORMAT

- All events at the Provincial Championship Competition shall run as time finals.
- A maximum of two (2) heats shall be run in all ASSA standard individual and relay events except the 800,1500 Freestyle where only one (1) heat shall be run. Para Events may run additional heats as required.
- Swimmers in the 6 and under category are permitted to qualify for the Provincial Championships in the following events:

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- 7&8 25 freestyle
- 7&8 25 Backstroke
- 7&8 50 freestyle
- 7&8 50 Backstroke
- Relay events for the 7&8, 9&10 age groups

SEEDING

- Entry times will be based on Regional Championship Competitions' Finals results.
- Time finals shall be seeded in accordance with SW 3.1.2
- In the event there is a tie for 8th place, the swimmer with the fastest seed time at the Regional Championship Competition in the event in question shall be seeded as the 8th place qualifier and the swimmer with the slower seed time at the Regional Championship Competition in the event in question shall be seeded as the 9th place qualifier.
- Para Swimmers may swim as combined gender.

SCRATCHES AND PENALTIES

- Scratch Rules for the Provincial Championship Competition shall be:
 - The Swim Alberta's Scratch Rule will be in effect for the Provincial Championships.
 - Following the Wildcard draw procedure but prior to the start of the Competition, coaches are requested to submit any known scratches to the Competition manager so that another swimmer may have the opportunity to move up on the wildcard list.
 - There shall be no penalty for swimmers who 'No Show' for their event.

EVENT LIST

- The event list for the Provincial Championship Competitions shall be limited to the ASSA standard individual and relay events, as described in ASSA Rules and Regulations.

EVENT SCHEDULE

- When run in two pools, the order of events for the Provincial Championship Competition shall be as outlined in Appendix C,

SCORING

- For the Purpose of the Provincial Championship Competition, scoring for individual and relay events shall be:

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- Top eight (8) places - 9, 7, 6, 5, 4, 3, 2, 1
- Team Scores shall consist of the sum of points awarded to all swimmers and relay teams representing the club in age groups involving swimmers 17&U, including para events, excluding the Open Relays.
- Clubs' Masters Scores shall consist of the sum of points awarded to all swimmers and relay teams representing the club in 18&O events, including Open Relays.
- Regions' Scores shall consist of the sum of points awarded to all swimmers and relay teams within the Region, regardless of event age group.

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 16th shall receive a ribbon.

ASSA AWARD OF EXCELLENCE & RACHOR TROPHY

- The ASSA Award of Excellence shall be presented annually to the Top Age Group male who accumulates the most points in the 15-17 age category in his four individual events at the Provincial Championship Competition. The award includes the engraving of the recipient's name on the large ASSA trophy and a giveaway trophy for the Swimmer to keep.
- The Rachor Trophy shall be presented annually to the Top Age Group female who accumulates the most points in the 15-17 age category in her four individual events at the Provincial Championship Competition. The award includes the engraving of the recipient's name on the ASSA trophy and a giveaway trophy for the Swimmer to keep.
- In the event of a tie for the ASSA Award of Excellence or Rachor Trophy, all ties shall be broken based on the individual swimmers top FINA points swim. If required the swimmers next highest FINA point swim will be used, until the tie is broken.

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TEAM AWARDS

- Banners will be awarded to the top small, medium and large club based on points earned during the competition for all age groups (17 & U) and para events. Team size will be based on each clubs' percentage of provincial competitive registrations, rounded to the nearest tenth, as of the entry deadline. The small team will be under 1.5%, the medium team will be 1.5-2.4% and the large team will be 2.5% and over.

MASTERS PROVINCIAL CHAMPIONS TEAM AWARD

- The Club earning the highest Masters score shall be awarded the Masters Team Provincial Champions Trophy. Master's Team Award will be calculated based on the sum of the scores from the individual events and open relays swam at the competition.

REGION AWARD

- The Region earning the highest score shall be awarded the Region Trophy.
- All team awards include the engraving of the recipient's name on the ASSA trophy.

EXPENSES COVERED BY ASSA

- Expenses for Provincial Championship Competition will be covered by ASSA in accordance with the ASSA Finance Policy.

RECORDS

- ASSA records shall be maintained in all ASSA standard individual events, except 18&O events. And, ASSA records shall be maintained in all ASSA standard relay events, including the Open Relays.
- To establish an ASSA record, the existing record time must be tied or bettered.
- To be eligible for records, times must have been achieved in a 25m facility approved for records as per Swim Alberta's Approved Competition Pool list.
- Only official results from Summer Swimming sanctioned competitions occurring during the summer swimming season shall be eligible for ASSA Records.
- The ASSA shall review and approve (or decline) all pending records,
- For ASSA records set during the season, certificates will be delivered to the region reps August board meeting.
- For ASSA records set at ASSA Provincials, certifications will be delivered to the region reps at the fall board meeting.

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APPENDIX A

Regionals - 2 Day Format

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"/> 800 Free*
	<input type="checkbox"/> 100 Free Relay (10 & Under)*
	<input type="checkbox"/> 200 Free Relay*

*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.

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APPENDIX B

Regionals 3 Day Format

Events to be offered at the competition.

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

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APPENDIX C

Provincials 3 Day Format

TBD

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