

All ASSA individual Competitions should follow the standard order. Regional and Provincial Championships will run as prescribed, and the hosting club will not be permitted to alter the order. All Regions in Alberta Summer Swimming will have the same order of events.

Please keep in mind that the girl's events will precede the corresponding boy's events. Girls are the odd-numbered events, and boys are the even-numbered events.

## ASSA Regular Season Meet Sample Schedule of Events

(ASSA Hy-Tek Template default)

Saturday Morning Events	Saturday Afternoon Events
1500 Free	200 Free
400 Free	50 Fly (10 & Under)
25 Fly (10 & Under)	100 Fly
50 Fly	25 Back (10 & Under)
50 Back (10 & Under)	50 Back
100 Back	50 Breast (10 & Under)
25 Breast (10 & Under)	100 Breast
50 Breast	25 Free (8 & Under)
50 Free (8 & Under)	25 Free (9 & Over)
100 Free	50 Free
100 IM	200 IM
25 Flutter (6 & Under or 8 & Under)*	800 Free
	100 Free Relay (10 & Under)
	200 Free Relay
	100 Medley Relay (10 & Under)
	200 Medley Relay

### Medals & Awards Presentation

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## ASSA Regional Championship Meet Schedule of Events

Saturday Morning Events	Sunday Morning Events - Heats
Opening Ceremonies and Warm-ups	200 Free
1500 Free - Time Final	50 Fly (10 & Under)
25 Fly (10 & Under)	100 Fly
50 Fly	25 Back (10 & Under)
50 Back (10 & Under)	50 Back
100 Back	50 Breast (10 & Under)
25 Breast (10 & Under)	100 Breast
50 Breast	25 Free (8 & Under)
50 Free (8 & Under)	50 Free
100 Free	200 IM
100 IM	
Saturday Afternoon Events - Time Finals	Sunday Afternoon Events - Time Finals
400 Free - Time Final	200 Free
25 Fly (10 & Under)	50 Fly (10 & Under)
50 Fly	100 Fly
50 Back (10 & Under)	25 Back (10 & Under)
100 Back	50 Back
25 Breast (10 & Under)	50 Breast (10 & Under)
50 Breast	100 Breast
50 Free (8 & Under)	25 Free (8 & Under)
100 Free	50 Free
100 IM	200 IM
100 Medley Relay (10 & Under)	800 Free
200 Medley Relay	100 Free Relay (10 & Under)
	200 Free Relay

### Medals & Awards Presentation

\*The 1500m Freestyle is permitted to begin on a Friday night, but all other events should follow the natural order on the days described above.

Para events should be scheduled with able-bodied events.

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## ASSA Provincial Championship Meet Schedule of Events

### Two (2) Pool Format - 2 Day Competition

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

### Medals & Awards Presentation

Awards Presentation:

Top Senior Age Group Swimmers:

Female (Rachor Trophy)

Male (Award of Excellence)

Top Teams:

Para

Age Group - Small

Age Group - Large

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## ASSA Provincial Championship Meet Schedule of Events Two (2) Pool Format - 3 Day Competition

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

Awards Presentation:  
 Top Senior Age Group Swimmers:  
 Female (Rachor Trophy)  
 Male (Award of Excellence)  
 Top Teams:  
 Para  
 Age Group – Small  
 Age Group - Large

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