



ASSA Special Event: Regional Relays

Regional Relays primarily provide friendly competition amongst all Regions for all athletes in all age groups to compete on teams that are made up of the top swimmers across the region but not necessarily all from the same club. The relay event teams are comprised of four (4) swimmers, and the Region team will be the total number of nominated athletes among all age groups. In addition, Regional Relays is a special event for ultimate bragging rights and will include special awards.. This event will not count for records or to event entry limits.

QUALIFYING

Regional relays in each age, male and female categories, shall be determined based on swimmers' performance at the Regional Championships. **Please note that the 18 and over regional relay team is NOT an open team and must have at least two 18 and over swimmers on it.**

REGIONAL MEDLEY RELAY

Regional medley relay teams shall consist of the fastest team as determined by the Regional Meet finals results. (ordinarily, the first-place finishers in each of the 8 and under 50 free and 9 and over 100m free, 10 and under 25m and 50m 11 and over for the remaining events butterfly, back and breast events). Swimmers will be chosen by the following order Butterfly, Breaststroke, Backstroke, and Freestyle.

REGIONAL FREE RELAY

The 4 fastest times of provincial qualifiers from regional results first, then published provincial rankings if required to get 4 swimmers.

***If the same swimmer had placed first in either free event, the following fast swimmers will be chosen.**

REGIONAL TEAM ANNOUNCEMENT

The ASSA will announce the Regional Relay teams during the wildcard process following the Regional Championships. This list shall include the swimmer's name and ASSA #, club, leg of the relay to be swum and a time for the team (based on final times obtained at Regionals, not the swimmer's best times).