

EVENTS AND AGE GROUPS FOR ASSA SWIMMERS



1. General

- 1.1. For the purpose of ASSA events, a swimmer's age is determined as of May 1st of the current season.
- 1.2. Genders may be combined in all races as described in the Swim Alberta Sanctioning policy, including any para-swimming or mixed relay events.
- 1.3. Age groups may be combined where the gender and distances are the same.
- 1.4. All Swimmers before entering any competition must complete the Competition Readiness Standards, including the Swim Test and Dive Progression.

2. ASSA Standard Events and Age Groups

	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			

*Events subject to qualifying times – see sections 4.2.6 through 4.2.14

The table below outlines the ASSA standard relay events:

Age Group	Medley Relay		Freestyle Relay	
	Boys/Girls	Mixed	Boys/Girls	Mixed
8 & U	100 m	100 m	100 m	100 m
10 & U	100 m	100 m	100 m	100 m
12 & U	200 m	200 m	200 m	200 m
14 & U	200 m	200 m	200 m	200 m
17 & U	200 m	200 m	200 m	200 m
Open	200 m	200 m	200 m	200 m

- 2.1. Entry into the 6 & U and 7 & 8 50 m Freestyle shall be permitted once a qualification time in the 25 m Freestyle of 40 seconds is achieved at an ASSA sanctioned competition.

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- 2.2. Entry into the 6 & U and 7 & 8 50 m Backstroke shall be permitted once a qualification time in the 25m Backstroke of 40 seconds is achieved at an ASSA sanctioned competition.
- 2.3. Entry into the 7 & 8 50 m Breaststroke shall be permitted once a qualification time in the 25m Breaststroke of 40 seconds is achieved at an ASSA sanctioned competition
- 2.4. Entry into the 7 & 8 5 25 m Butterfly shall be permitted once a qualification time in the 25 m Backstroke or Freestyle of 40 seconds is achieved at an ASSA sanctioned competition.
- 2.5. Entry into the 7 & 8 100 m Individual medleys shall be permitted once a qualification time in the 25m Backstroke, Freestyle, Butterfly and breaststroke of 40 seconds is achieved at an ASSA sanctioned competition
- 2.6. Entry into the 400 m Freestyle shall be permitted once a qualification time of 4:00.00 in the 200m Freestyle has been achieved.
- 2.7. Entry into the 800m and 1500m Freestyle shall be permitted once a qualification time of 7:00.00 in the 400 m Freestyle has been achieved.

3. *Para-Swimming*

- 3.1. Para-Swimming events are restricted to Para swimmers only, the competition information package must outline the requirements for para-swimming events.

4. *Additional Events*

- 4.1. Only ASSA standard events will be run at the Regional and Provincial Championships.
- 4.2. Where “Un-Official” or “Fun” events are being hosted, the host club shall establish the rules for such events and these rules shall be outlined in the meet package. Participation in such events is limited to registered swimmers only.
- 4.3. Additional non-standard ASSA events include
 - 6 and Under and 8 and Under Flutter board event
 - 25m Sprint
- 4.4. Any swimmers with a recorded time in the 50m freestyle shall not be permitted to do any kickboard (Flutter Board) event.