

CAMROSE SWIM CLUB

FLIP TURNS
STYLING 120
COACHES
FREESTYLE
SPLASH
GOALS
PARENTS
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TEAM WORK
DEDICATION
FRIENDS
SWIMMERS TAKE YOUR MARK
BACHING
FLIP TURNS
STYLING 120
COACHES
FREESTYLE
SPLASH
GOALS
PARENTS
HEAR
DQ
25 m
20 m
400 m
800 m
1600 m
100 m
50 m
100 yd
200 yd
400 yd
800 yd
1600 yd
1000 yd
1500 yd
2000 yd
2500 yd
30

August 1-3: Provincials in Edmonton

Camrose Sea Serpents Newsletter #11



PLEASE REMEMBER

The week of practices prior to Provincials (July 28th-31) is only for swimmers that have qualified for Provincials.

Regional Event List: July 25-27th Camrose Mayer Aquatic Centre

Morning will be preliminary swims. Afternoon is the finals. Finals consist of the top 8 finishers from the morning races. Swimmers can automatically qualify for ASSA Provincials at Regionals by winning first or second in an event final. In order to ensure there are full heats of swimmers racing at Provincials, all remaining places are selected using a 'Wild Card' procedure that selects the next fastest eligible swimmers in the province, regardless of their region. These swimmers will be notified by myself on July 29th. Wildcard information is also posted on the ASSA website.

Regional Event List:

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

Camrose Sea Serpents Newsletter #11



Tentative Provincial Schedule. *Subject to Change

Provincials 3 Day Format

Events to be offered at the competition. All events are timed finals.

Friday Afternoon Events		
Opening Ceremonies and Warm-ups		
1500 Free		
25 Fly (10 & Under)		
50 Fly		
50 Back (10 & Under)		
100 Back		
100 Medley Relay (10 & Under)	- Sea Serpent	
200 Medley Relay	Relay teams that qualify	
Saturday		
Morning Events	Afternoon Events	
400 Free	50 Fly (10 & Under)	
25 Breast (10 & Under)	100 Fly	
50 Breast	25 Back (10 & Under)	
50 Free (8 & Under)	50 Back	
100 Free	100 Freestyle Relay (10 & Under)	- Sea Serpent Relay
100 IM	200 Freestyle Relay	teams that qualify
Sunday		
Morning Events	Afternoon Events	
200 Free	800 Free	
50 Breast (10 & Under)	100 Regional Relay (10 & Under)	
100 Breast	200 Regional Relay	- These are relay teams consisting of
25 Free (8 & Under)		swimmers from
50 Free		different teams within
200 IM		Region C

Coach Jana