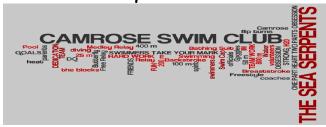


Camrose Sea Serpents Newsletter #11

July 17, 2025



Information for Regionals

Today, you are able to sign up for our Regional Swim Meet! The deadline for sign up is <u>Saturday</u>, <u>July 19th</u>. This is a very quick turn around. Please sign up at your earliest convenience. If you know you are attending please do not wait for the deadline. If you are not attending our Regional swim meet please decline the event so that you are not missed during the registration process, as no late entries are accepted. Please make sure you sign up for the events that your child would like to swim, or write in the note section "coaches choice."

When you are making your declaration for regionals please add to the note section "yes for relays" or "no for relays."

Remember that if you choose "Yes" for relays for Regionals you are also committing to attend Provincials and the week of practices prior to Provincials, (July 28-31) if your team qualifies. Provincials are the following weekend (August 1-3). If you are only able to attend Regionals please add that to the note section as well.

If you have any questions about Regionals or Provincials as you are signing up, please call/text me at (780) 281-0204.

Important Upcoming Dates:

Due Now: Turn in your goal sheet to your coach

July 19: Sherwood Park Swim Meet at 6:45 am

July 19: Deadline to Sign up for Regionals [7] (all swimmers encouraged to attend this meet). No late entries can be accepted.

July 25-27: Regional Swim Meet in Camrose

July 28th-31 All swimmers that qualify for Provincials are able to come to **all** practices this week. (schedule coming out later).

July 28: Dryland practice 9:00- 10:30 am * Time change*

August 1-3: Provincials in Edmonton

SERPENTS

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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* | | |



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Tentative Provincial Schedule. *Subject to Change

| | Provincials 3 Day Format | |
|---------------------------------|---|---------------------------|
| events to be offered at the com | petition. All events are timed finals. | |
| | Friday Afternoon Events | |
| Opening Ceremonies and Warn | n-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 Re |
| 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) - These are relay | |
| 100 Breast | 200 Regional Relay | teams consisting of |
| 25 Free (8 & Under) | | swimmers from |
| 50 Free | | different teams within |
| 200 IM | | Region C |

Coach Jana