



Camrose Sea Serpents Newsletter #10

July 11, 2025



Huma Swim Meet July 12, 2025 🌈

University of Alberta Campus Van Vliet Centre- West Pool

If you are attending the swim meet on Saturday all swimmers need to be at the pool no later than **6:30 a.m.** The swim camp will be located in the Main Gym adjacent to the West Pool. Swimmers and parents are not allowed in the Butterdome. In the swim camp, please keep from throwing balls, frisbees, and other objects. All swimmers need to stay in camp until they have finished their races for the day as event numbers will only be announced inside the gym. Please check with one of the coaches (myself or Makenna) before leaving the swimmer camp.

Parking on Saturday: Please allow extra time for parking and getting into the building to the swimmer camp on Saturday morning. [Lot Locations | Parking Services \(ualberta.ca\)](#)

1. Stadium parking lot for \$6.00 for the day (Honk Mobile Zone 5101)
2. Education parking lot for \$7.00 for the day
3. Varsity lot \$6.00 for the day (Honk Mobile Zone 5117)

***Honk Mobile:** Pay for parking from your phone with the HonkMobile App

*** U Park Stations** are also set up in some parking lots.



Camrose Sea Serpents Newsletter # 10

Saturday Events:

Saturday Morning Events	Saturday Afternoon Events
<input type="checkbox"/> 800 Free	<input type="checkbox"/> 200 Free
<input type="checkbox"/> 25 Fly (10 & Under)	<input type="checkbox"/> 50 Fly (10 & Under)
<input type="checkbox"/> 50 Fly	<input type="checkbox"/> 100 Fly
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 25 Back (10 & Under)
<input type="checkbox"/> 100 Back	<input type="checkbox"/> 50 Back
<input type="checkbox"/> 25 Breast (10 & Under)	<input type="checkbox"/> 50 Breast (10 & Under)
<input type="checkbox"/> 50 Breast	<input type="checkbox"/> 100 Breast
<input type="checkbox"/> 50 Free (8 & Under)	<input type="checkbox"/> 25 Free (8 & Under)
<input type="checkbox"/> 100 Free	<input type="checkbox"/> 50 Free
<input type="checkbox"/> 25 Flutter (6 & Under)*	<input type="checkbox"/> 200 IM
<input type="checkbox"/> 100 IM	<input type="checkbox"/> 100 Free Relay (10 & Under)
	<input type="checkbox"/> 200 Free Relay

If you have signed up to volunteer on Saturday there will be a Officials' Briefing at 7:00 a.m. in the main gym (see the map below). Heat sheets will be available through the Meet Mobile app.

Important Upcoming Dates:

July 12: Huma Swim Meet (U of A Pool)

July 12: Deadline to sign up for Sherwood Park Swim Meet

July 15: Turn in Goal Sheets on or before this date

July 19: Sherwood Park Swim Meet

July 25-27: Regionals in Camrose

August 1-3: Provincials in Edmonton

Regional and Provincial Information

****If you know that your swimmer will be attending Regionals please make your declaration as soon as it is posted. This way the coaches can start to create relay teams. Individual events can be chosen at a later time, but before the entry deadline.**

****Please note 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 on the weekend (August 1-3). When you are making your declaration for regionals please add to the note section "yes for relays" or "No for Relays." Please feel free to ask if you have any questions.**

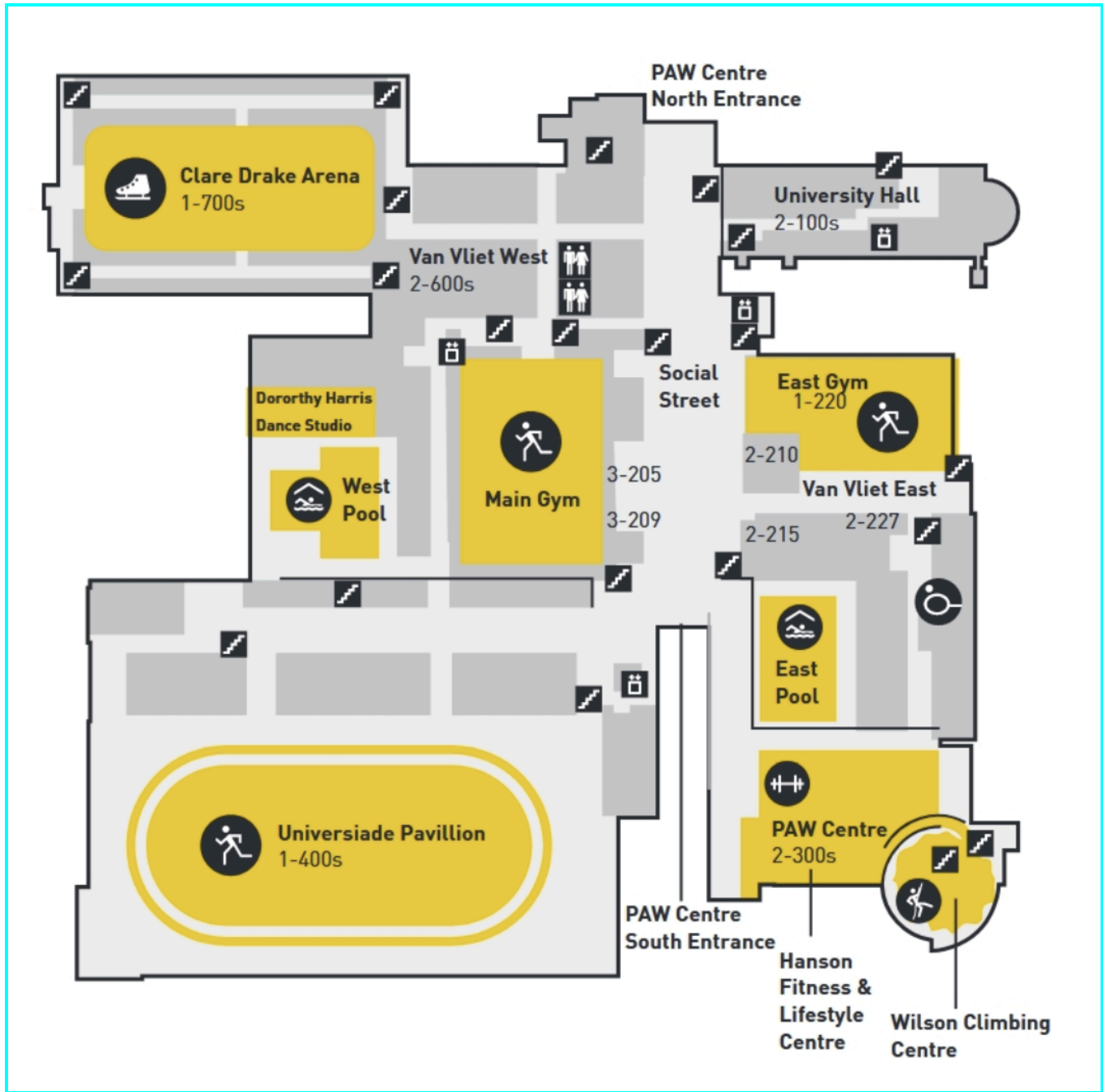
Coach Jana

(780) 281-0204

gau02@hotmail.com

Camrose Sea Serpents Newsletter # 10

Maps:



Camrose Sea Serpents Newsletter # 10





Camrose Sea Serpents Newsletter # 10

Huma Events:

Bergstrom, Avey	#21G (d1/s1): F 13-14 100 Medley (1:16.04S Approved) #28C (d1/s1): F 13-14 100 Fly (1:16.90S Approved) #36C (d1/s1): F 13-14 100 Breast (1:23.39S Approved) #40E (d1/s1): F 13-14 50 Free (29.55S Approved)
Calhoon, Brielle	#11A (d1/s1): F 11-12 100 Back (NT Approved) #19C (d1/s1): F 11-12 100 Free (1:40.36S Approved) #32A (d1/s1): F 11-12 50 Back (50.94S Approved) #40C (d1/s1): F 11-12 50 Free (45.68S Approved)
Callicott, Claire	#19E (d1/s1): F 13-14 100 Free (1:25.55S Approved) #21G (d1/s1): F 13-14 100 Medley (1:41.69S Approved) #24E (d1/s1): F 13-14 200 Free (3:09.17S Approved) #40E (d1/s1): F 13-14 50 Free (38.18S Approved)
Castagna, Charlotte	#15A (d1/s1): F 11-12 50 Breast (50.72S Approved) #21E (d1/s1): F 11-12 100 Medley (1:44.26S Approved) #28A (d1/s1): F 11-12 100 Fly (NT Approved) #40C (d1/s1): F 11-12 50 Free (43.09S Approved)
Castagna, Destiny	#7C (d1/s1): F 13-14 50 Fly (32.92S Approved) #19E (d1/s1): F 13-14 100 Free (1:05.30S Approved) #32C (d1/s1): F 13-14 50 Back (32.41S Approved) #40E (d1/s1): F 13-14 50 Free (28.77S Approved)
Castagna, Julia	#7E (d1/s1): F 15-17 50 Fly (42.19S Approved) #15E (d1/s1): F 15-17 50 Breast (45.57S Approved) #36E (d1/s1): F 15-17 100 Breast (1:34.55S Approved) #42E (d1/s1): F 15-17 200 Medley (NT Approved)
Davis, Addilyn	#9C (d1/s1): F 7-8 50 Back (56.47S Approved) #17C (d1/s1): F 7-8 50 Free (51.46S Approved) #30C (d1/s1): F 7-8 25 Back (27.06S Approved) #38C (d1/s1): F 7-8 25 Free (22.66S Approved)
Doll, Cameron	#13C (d1/s1): F 7-8 25 Breast (NT Approved) #17C (d1/s1): F 7-8 50 Free (NT Approved) #34A (d1/s1): F 7-8 50 Breast (NT Approved) #38C (d1/s1): F 7-8 25 Free (NT Approved)
Isik, Serkan	#7F (d1/s1): M 15-17 50 Fly (31.60S Approved) #19H (d1/s1): M 15-17 100 Free (1:00.16S Approved) #32F (d1/s1): M 15-17 50 Back (32.60S Approved) #42F (d1/s1): M 15-17 200 Medley (2:36.97S Approved)
Li, Laura	#19C (d1/s1): F 11-12 100 Free (1:33.29S Approved) #32A (d1/s1): F 11-12 50 Back (50.36S Approved) #40C (d1/s1): F 11-12 50 Free (40.67S Approved) #43A (d1/s1): F 11-14 800 Free (NT Approved)
Lunty, Marielle	#7A (d1/s1): F 11-12 50 Fly (52.99S Approved) #19C (d1/s1): F 11-12 100 Free (1:34.27S Approved) #36A (d1/s1): F 11-12 100 Breast (2:02.23S Approved) #42A (d1/s1): F 11-12 200 Medley (3:56.10S Approved)
Ogbeide, Omosede	#13E (d1/s1): F 9-10 25 Breast (20.98S Approved) #21C (d1/s1): F 9-10 100 Medley (1:50.03S Approved) #34C (d1/s1): F 9-10 50 Breast (48.70S Approved) #40A (d1/s1): F 9-10 50 Free (41.49S Approved)
Ogbeide, Osamudiamen	#7D (d1/s1): M 13-14 50 Fly (31.28S Approved) #15D (d1/s1): M 13-14 50 Breast (33.87S Approved) #28D (d1/s1): M 13-14 100 Fly (1:16.68S Approved) #36D (d1/s1): M 13-14 100 Breast (1:15.45S Approved)
Ogbeide, Uyiosa	#15B (d1/s1): M 11-12 50 Breast (42.24S Approved) #19D (d1/s1): M 11-12 100 Free (1:19.23S Approved) #32B (d1/s1): M 11-12 50 Back (40.19S Approved) #36B (d1/s1): M 11-12 100 Breast (1:38.23S Approved)
O'Hare, Callie	#19C (d1/s1): F 11-12 100 Free (1:22.57S Approved) #24C (d1/s1): F 11-12 200 Free (3:08.47S Approved) #32A (d1/s1): F 11-12 50 Back (45.26S Approved) #40C (d1/s1): F 11-12 50 Free (37.21S Approved)
O'Hare, Colton	#15F (d1/s1): M 15-17 50 Breast (38.42S Approved) #19H (d1/s1): M 15-17 100 Free (1:08.15S Approved) #36F (d1/s1): M 15-17 100 Breast (1:24.20S Approved) #40H (d1/s1): M 15-17 50 Free (29.99S Approved)
O'Hare, Maci-Lee	#19E (d1/s1): F 13-14 100 Free (1:20.37S Approved) #21G (d1/s1): F 13-14 100 Medley (1:33.83S Approved) #24E (d1/s1): F 13-14 200 Free (3:03.93S Approved) #40E (d1/s1): F 13-14 50 Free (36.21S Approved)
Okada, Akari	#21K (d1/s1): F 18 & Over 100 Medley (1:19.89S Approved)
Sokolov, Isaiah	#9F (d1/s1): M 9-10 50 Back (51.63S Approved) #19B (d1/s1): M 9-10 100 Free (1:35.65S Approved) #30F (d1/s1): M 9-10 25 Back (22.82S Approved) #40B (d1/s1): M 9-10 50 Free (40.68S Approved)
Steil, Becca	#9C (d1/s1): F 7-8 50 Back (1:09.92S Approved) #17C (d1/s1): F 7-8 50 Free (1:01.92S Approved) #30C (d1/s1): F 7-8 25 Back (29.18S Approved) #38C (d1/s1): F 7-8 25 Free (26.20S Approved)
Troitsky, Annika	#5C (d1/s1): F 7-8 25 Fly (NT Approved) #17C (d1/s1): F 7-8 50 Free (1:08.19S Approved) #30C (d1/s1): F 7-8 25 Back (33.74S Approved) #38C (d1/s1): F 7-8 25 Free (27.98S Approved)
Troitsky, Rowan	#5F (d1/s1): M 9-10 25 Fly (38.82S Approved) #13F (d1/s1): M 9-10 25 Breast (35.70S Approved) #19B (d1/s1): M 9-10 100 Free (2:42.07S Approved) #34D (d1/s1): M 9-10 50 Breast (NT Approved)
Verbaas, Sage	#7C (d1/s1): F 13-14 50 Fly (36.02S Approved) #19E (d1/s1): F 13-14 100 Free (1:09.87S Approved) #32C (d1/s1): F 13-14 50 Back (39.16S Approved) #40E (d1/s1): F 13-14 50 Free (31.39S Approved)
Zilinski, Whitney	#7C (d1/s1): F 13-14 50 Fly (39.69S Approved) #19E (d1/s1): F 13-14 100 Free (1:19.08S Approved) #32C (d1/s1): F 13-14 50 Back (43.74S Approved) #40E (d1/s1): F 13-14 50 Free (34.05S Approved)