

Aquanaut August 13, 2007: Provincial Newsletter

Provincial Championships

When: Saturday August 18 & Sunday August 19, 2007

Where: Talismen Centre, Calgary Alberta

Cost: No Cost

Saturday, August 18		Sunday, August 19
Warm-ups:	7:45AM	8:00AM
Morning Events	100 Fly 400 Freestyle Breaststroke Backstroke	200 Free 1500 / 800 Free 50 Fly Individual Medley Long Free
Afternoon Events	Short Free Medley Relay Free Relay	Regional Medley Relay Regional Free Relay Coaches Relay

**If you are not competing Sunday you are not required to attend Sunday*

I am staying at the Delta Bow Valley Hotel (short drive from Talismen Centre). Ph: 403-266-1980. Limited number of rooms available. Ask for the Swim Alberta room rate. *Many Rooms have been renovated and now hold 2 queen beds.*

Provincial Qualifiers

A big congratulations to all our provincial qualifiers this weekend! Please see the list below to see if you have qualified for an event. If for any reason you will not be accepting your place at provincials please call me immediately so I can inform the Provincial meet committee. Tyler Totman: 875-0551

Individual Event Qualifiers

Swimmer	Event #: Name	Status
CAVANAGH, REBEKAH	75: G 9&10 50 Breast	WildCard Qualifier
HOWLAND, HALEY	55: G 17&O 50 Fly	Region Qualifier
HOWLAND, HALEY	69: G 17&O 100 Back	Region Qualifier
HOWLAND, HALEY	111: G 17&O 200 IM	Region Qualifier
HOWLAND, HALEY	125: G 15&O 100 Fly	Region Qualifier
KELLY, JESSICA	53: G 15&16 50 Fly	Region Qualifier
KELLY, JESSICA	67: G 15&16 100 Back	Region Qualifier
KELLY, JESSICA	95: G 15&16 50 Free	Region Qualifier
KELLY, JESSICA	109: G 15&16 200 IM	Region Qualifier
MOKELKY, A.J.	68: B 15&16 100 Back	WildCard Qualifier
MOKELKY, A.J.	82: B 15&16 100 Breast	Region Qualifier
MOKELKY, A.J.	110: B 15&16 200 IM	WildCard Qualifier
MOKELKY, KEELEY	41: G 17&O 100 Free	Region Qualifier
MOKELKY, KEELEY	115: G 13&O 200 Free	Region Qualifier
MOKELKY, KEELEY	119: G 13&O 400 Free	WildCard Qualifier
MOKELKY, KEELEY	121: G Open 800 Free	Region Qualifier
MUYRES, LUKE	50: B 11&12 50 Fly	Region Qualifier
MUYRES, LUKE	78: B 11&12 50 Breast	Region Qualifier
MUYRES, LUKE	106: B 11&12 100 IM	Region Qualifier
NAUDE, FRIEDRICH	64: B 11&12 50 Back	Region Qualifier
PIDKOWA, NATASHA	41: G 17&O 100 Free	Region Qualifier
PIDKOWA, NATASHA	97: G 17&O 50 Free	Region Qualifier

SIEMENS, JORDAN	118: B 12&U 400 Free	Alternate
TOTMAN, CORY	70: B 17&O 100 Back	Region Qualifier
TOTMAN, CORY	112: B 17&O 200 IM	Region Qualifier
TOTMAN, CORY	120: B 13&O 400 Free	Wildcard Qualifier
TOTMAN, CORY	122: B Open 1500 Free	Region Qualifier
TOTMAN, TYLER	42: B 17&O 100 Free	Region Qualifier
TOTMAN, TYLER	56: B 17&O 50 Fly	Region Qualifier
TOTMAN, TYLER	70: B 17&O 100 Back	Wildcard Qualifier
TOTMAN, TYLER	98: B 17&O 50 Free	Region Qualifier
WELLS, BRAYDEN	40: B 15&16 100 Free	Wildcard Qualifier
WELLS, BRAYDEN	68: B 15&16 100 Back	Region Qualifier
WELLS, BRAYDEN	96: B 15&16 50 Free	Wildcard Qualifier
WELLS, BRAYDEN	110: B 15&16 200 IM	Region Qualifier
WELLS, BRIANNA	119: G 13&O 400 Free	Alternate
WELLS, BRIANNA	121: G Open 800 Free	Wildcard Qualifier

Relay Event Qualifiers

Swimmers	Event #: Name	Status
C. HUCULIAK R. CAVANAGH B. WELLS J. SIEMENS	5: G 9&10 100 Medley Relay	Alternate
F. NAUDE J. SIEMENS L. MUYRES Z. HUCULIAK	8: B 11&12 200 Medley Relay	Region Qualifier
J. KELLY N. PIDKOWA H. HOWLAND K. MOKELKY	13: G 17&O 200 Medley Relay	Region Qualifier
C. TOTMAN A. MOKELKY T. TOTMAN B. WELLS	14: B 17&O 200 Medley Relay	Region Qualifier
C. HUCULIAK J. SIEMENS R. CAVANAGH B. WELLS	19: G 9&10 100 Free Relay	Wildcard Qualifier
Z. HUCULIAK J. SIEMENS L. MUYRES F. NAUDE	22: B 11&12 200 Free Relay	Region Qualifier
N. PIDKOWA H. HOWLAND K. MOKELKY J. KELLY	27: G 17&O 200 Free Relay	Region Qualifier
C. TOTMAN A. MOKELKY B. WELLS T. TOTMAN	28: B 17&O 200 Free Relay	Region Qualifier

August 13 – August 16 Practice Times

	Monday	Tuesday	Wednesday	Thursday
AM		7:45-8:45 1 Hour		7:45-8:45 1 Hour
4:30-6:00PM	4:30-5:30 Normal Practice 5:30-6:00 Optional Practice	4:30-5:30 Normal Practice 5:30-6:00 Optional Practice	4:30-5:30 Normal Practice 5:30-6:00 Optional Practice	4:30-5:30 Normal Practice 5:30-6:00 Optional Practice
6:00-6:30PM	High Performance	High Performance	High Performance	High Performance

For those swimmers only swimming on relays I would recommend Wednesday & Thursday evening practices which will be relay orientated practices.

Team Dinner – The Old Spaghetti Factory

When: Saturday August 18

Time: 6:00PM

Where: 222 3rd Street S.W., Calgary, Alberta, T2P 1P9

Cost: Whatever your meal costs

This is usually a short walk from the Delta bow Valley and has been a tradition with the Aquanauts for as long as I've been with the team (15 years). Please RSVP with number attending by Tuesday, August 14. Tyler Totman: 875-0551.

This includes ANY family/friends in attendance.