

## Aquanaut August 7, 2007 Newsletter

### Regional Championships

**When:** Saturday August 11 & Sunday August 12, 2007

**Time:** 7:30AM: Warm-ups for Long Distance (200 free, 400 free, 800/1500 free, 100 Fly)

8:00AM: Warm-ups for shorter events.

**Where:** Lloydminster Leisure Centre

**Cost:** \$40.00 (approx.)

The following is a list of swimmers attending Regionals, their events, and whether they are willing to attend Provincials if they qualify (either on a relay or individually). *I need to know who intends to attend Provincials when deciding upon relay teams as there are no substitutions allowed – so if a team qualifies and a swimmer does not intend to go to Provincials the team will also not qualify.*

Swimmer	Short Free	Long Free	Fly	Back	Breast	IM	Short Dist.	Med. Dist.	Long Dist.	Long Fly
Kern-Ali, Hannah	X	X		X						
Huss, Alexa	X	X		X						
Siemens, Jeanna	X	X		X		X				
Huculiak, Candice	X	X		X	X					
Wells, Alyssa	X	X		X						
Wells, Britt	X	X		X		X				
Cavanagh, Rebekah			X	X	X	X				
Wells, Brianna	X						X	X	X	
Cavanagh, Mary	X	X		X	X					
Kelly, Jessica	X		X	X		X				
Mokelky, Keeley		X					X	X	X	
Pidkova, Natasha	X	X			X					
Howland, Haley			X	X		X				X
Huculiak, Zach	X	X	X	X						
Muyres, Luke			X		X	X	X			
Naude, Friedrich	X	X		X	X					
Siemens, Jordan					X	X	X	X		
Wells, Brayden	X	X		X		X				
Mokelky, AJ	X				X	X				
Totman, Cory				X		X		X	X	
Totman, Tyler	X	X	X	X						

Relay Teams: These were based on those who replied to me about attending Provincials. Some teams may not go to Provincials, as I cannot guarantee that all members are willing to go to Provincials. ***\*See last page for relays\****

### Regional Duties – Lloydminster Aquanauts

We are still looking for volunteers to setup the pool Friday (and possibly some on Saturday/Sunday). If those parents able to volunteer could contact Debbie Wells (neildebwells@hotmail.com) that would be great. We are also looking for a volunteer with a truck for Friday afternoon to help with the scaffolding. *We would like to see one member from each family participating at Regionals come out to help with pool setup as this is our job as a club for the event.*

### Provincial Championships

**When:** Saturday August 18 & Sunday August 19, 2007

**Time:** TBA

**Where:** Talismen Centre, Calgary Alberta

**Cost:** No Cost

This event is only open to those swimmers who qualify through the regional championships.

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 ASSA/Swim Alberta room rate. *Many Rooms have been renovated and now hold 2 queen beds.*

## 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.

### Event 8: B 11&12 200 Medley Relay

Backstroke	NAUDE, FRIEDRICH, 51915	12	44.74
Breaststroke	SIEMENS, JORDAN, 51862	12	53.90
Butterfly	MUYRES, LUKE, 51833	12	42.87
Freestyle	HUCULIAK, ZACH, 51842	7	1:24.17
<b>Team A</b>			<b>3:45.68</b>

### Event 9: G 13&14 200 Medley Relay

Backstroke	WELLS, BRIANNA, 51884	13	37.93
Breaststroke	CAVANAGH, REBEKAH, 51824	10	49.36
Butterfly	CAVANAGH, MARY, 51895	14	NT
Freestyle	WELLS, BRITT, 51846	9	39.16
<b>Team A</b>			<b>NT</b>

### Event 13: G 17&O 200 Medley Relay

Backstroke	KELLY, JESSICA, 51854	16	30.73
Breaststroke	PIDKOWA, NATASHA, 51841	18	37.11
Butterfly	HOWLAND, HALEY, 51853	18	34.14
Freestyle	MOKELKY, KEELEY, 51859	17	32.04
<b>Team A</b>			<b>2:14.02</b>

### Event 14: B 17&O 200 Medley Relay

Backstroke	TOTMAN, CORY, 51874	18	29.56
Breaststroke	MOKELKY, A.J., 51860	16	35.84
Butterfly	TOTMAN, TYLER, 51873	22	30.98
Freestyle	WELLS, BRAYDEN, 51883	15	28.03
<b>Team A</b>			<b>2:04.40</b>

### Event 17: G 8&U 100 Free Relay

Swimmer 1	KERN-ALI, HANNAH, 51839	5	42.11
Swimmer 2	HUSS, ALEXA, 51831	7	35.90
Swimmer 3	HUCULIAK, CANDICE, 51840	8	24.97
Swimmer 4	SIEMENS, JEANNA, 51861	8	23.21
<b>Team A</b>			<b>2:06.19</b>

**Event 22: B 11&12 200 Free Relay**

Swimmer 1	HUCULIAK, ZACH, 51842	7	1:24.17
Swimmer 2	SIEMENS, JORDAN, 51862	12	40.99
Swimmer 3	MUYRES, LUKE, 51833	12	37.39
Swimmer 4	NAUDE, FRIEDRICH, 51915	12	36.86
<b>Team A</b>			<b>3:19.41</b>

**Event 23: G 13&14 200 Free Relay**

Swimmer 1	CAVANAGH, MARY, 51895	14	34.07
Swimmer 2	CAVANAGH, REBEKAH, 51824	10	42.16
Swimmer 3	WELLS, BRITT, 51846	9	39.16
Swimmer 4	WELLS, BRIANNA, 51884	13	32.98
<b>Team A</b>			<b>2:28.37</b>

**Event 27: G 17&O 200 Free Relay**

Swimmer 1	PIDKOWA, NATASHA, 51841	18	30.98
Swimmer 2	HOWLAND, HALEY, 51853	18	34.18
Swimmer 3	MOKELKY, KEELEY, 51859	17	32.04
Swimmer 4	KELLY, JESSICA, 51854	16	27.64
<b>Team A</b>			<b>2:04.84</b>

**Event 28: B 17&O 200 Free Relay**

Swimmer 1	TOTMAN, CORY, 51874	18	28.02
Swimmer 2	MOKELKY, A.J., 51860	16	29.11
Swimmer 3	WELLS, BRAYDEN, 51883	15	28.03
Swimmer 4	TOTMAN, TYLER, 51873	22	27.01
<b>Team A</b>			<b>1:52.17</b>