

2026 Long Course Championship Season Recap

By Lehla Irwin, Head Coach

Following our outstanding REAL Championship meet, the Sebastopol Sea Serpents concluded the 2025-2026 swim year by competing at four long course championship meets. Over the last four weeks, SSS swimmers qualified and competed at the **Pacific Swimming Senior Championships** (Santa Rosa), **Pacific Swimming Age Group Championships** (Morgan Hill), **California/Nevada Speedo Sectional Championships** (Novato), and **Pacific Swimming Far Western Championships** (Concord). These meets represent the pathway within USA Swimming for athletes to compete against many of the fastest swimmers in the western United States, while continuing their progression toward national competition.



Sebastopol Sea Serpents were represented by athletes ranging from first-time championship qualifiers to veteran finalists, demonstrating the continued growth of the program and the value of year-round training.

PACIFIC SWIMMING LONG COURSE SENIOR CHAMPIONSHIPS July 10-12 – Santa Rosa

Our championship season opener was the Pacific Swimming Long Course Senior Championships, where our athletes competed against experienced senior swimmers from throughout the region. Having a championship-caliber meet held locally gave Sea Serpents swimmers the opportunity to gain valuable championship experience while producing numerous lifetime best performances without the added challenges of long-distance travel. At her first Senior Meet, **Sophia Spellmeyer set a new team record** in the 13-14 50-meter Backstroke (34.03). SSS Seniors recorded **18 lifetime bests of the 9 athletes** that competed in the meet.



Special thanks to the Ross family for hosting team dinner at the Senior Champ Meet. It is such a great way to help strengthen the team and foster supportive team culture that makes our SSS team so awesome!

PACIFIC SWIMMING AGE GROUP CHAMPIONSHIPS July 10-12 | Santa Rosa

SSS athletes continued their success at Pacific Swimming Age Group Championships with swimmers qualifying across multiple age groups and placing 32nd with 4 athletes. Among the highlights are **Olivia Spellmeyer setting a new team record in the 9-10 100 Free (1:10.99)** and **Gemma Sneed, who competed in her first Pacific Swimming Age Group Championships, making finals in the 200 Butterfly and placing 4th.**

Highlights included:

- **Gemma Sneed** - 200 Fly (4th) 3:06.22
- **Sophia Spellmeyer** 800 Free (7th) 10:39.53, 1500 Free (3rd) 20:21.70
- **Olivia Spellmeyer** 50 Free (3rd) 31.55, 100 Free (6th) 1:10.99, 200 Free (6th) 2:37.75.
- **Parker Warner** 1500 Free (6th) 19:00.69





CA/NV SPEEDO SECTIONAL CHAMPIONSHIPS

July 23–26 | Novato

Representing Sebastopol Sea Serpents were **Orion Monroe** and **Sidney Ross**, who qualified for and competed in her **first Sectional Championship meet**. At his second sectional meet, **Orion Monroe** made finals in the **200 Brst (27th)** and the **50 Brst (26th)** setting new team records in both events.

An additional highlight came during Thursday's mid-day **Sectional Time Trials**, where the **15–18 Girls 200 Medley Relay** and **15–18 Girls 200 Freestyle Relay** both made up of **Kalia Trockel, Zoe Paro, Sidney Ross, and Ali Paro** set new Sea Serpents Long Course team records.

FAR WESTERN CHAMPIONSHIPS

July 30 – August 2 | Concord

The Long Course season concluded at Pacific Swimming's premier **18 & Under championship meet**, where **Parker Warner** and **Orion Monroe** represented the Sea Serpents against many of the fastest age-group swimmers in the area western United States and Canada. As a team, SSS tied for **31st place among 63 scoring teams**, a significant improvement from 49th place among 53 scoring teams one year earlier. Competing in all three Breaststroke events, both swimmers delivered outstanding performances.

Parker Warner achieved his first CA/NV Speedo Sectional qualifying times in all three events and setting new 13-14 team records in each event: **2nd** – 50 Brst (31.72), **4th** – 100 Brst (1:09.96), **4th** – 200 Brst 2:32.00. **Orion Monroe** now competing in the **15–16 age group**, finished **3rd** – 200 Brst (2:33.91), **5th** – 100 Brst (1:09.79), an **8th** – 50 Brst (31.72).



In addition to an awesome meet, Parker Warner and Orion Monroe each recorded an identical **31.72** in the 50 Breaststroke Final - despite swimming in different age groups and separate heats! A reminder of special it is to have teammates that have the opportunity to train, progress, and challenge each other throughout the year.

LONG COURSE SEASON BY THE NUMBERS

- **4 Championship Meets in 24 Days**
- **6 New CA/NV Speedo Sectional Qualifying Standards**
- **16 Team Record Performances**
 - **Girls 15–18 200 Medley Relay**
Kalia Trockel, Zoe Paro, Sidney Ross, Ali Paro
 - **Girls 15–18 200 Freestyle Relay**
Kalia Trockel, Zoe Paro, Sidney Ross, Ali Paro
 - **Orion Monroe** – 13–14 50 Brst, 100 Brst, 200 Brst, 50 Fly; 15–18 50 Brst, and 200 Brst
 - **Ali Paro** – Girls 13–14 50 Fly
 - **Zoe Paro** – Girls 13–14 50 Back
 - **Sidney Ross** – Girls 15–18 50 Fly
 - **Olivia Spellmeyer** – Girls 9–10 100 Free
 - **Sophia Spellmeyer** – Girls 13–14 50 Back
 - **Parker Warner** – Boys 13–14 50 Brst, 100 Brst, and 200 Brst

