

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: December-20-15 11:45 AM
To: Fran Craig; Steve Baird; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mark Blenkinsop; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #407

Carleton Masters Swimming Newsletter #407

Sunday, December 20th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (38 addresses), 6pm Whitecaps I (39 addresses), 7:10pm Whitecaps II (32 addresses), Saturday Only (3 addresses), Masters "Alumni" (41 addresses)

"A lot of people like snow. I find it to be an unnecessary freezing of water." – Carl Reiner

Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 19th**.
- There will be five interim workouts between the Fall and Winter sessions: details below. Hope to see many of you there!
- Please read the signs posted at Athletics or check the web site (<http://athletics.carleton.ca/facilities/>) for the pool and fitness centre holiday hours. The pool is on a holiday schedule from **Dec 21st to Jan 3rd**.
- The Winter session starts **Mon Jan 4th**. There is currently space in all groups. There are **9** spots left at 6pm and **11** at 7:30am.

Team Photos

Thanks to everyone who was able to participate in the team photos on **Thu Dec 17th** and **Fri Dec 18th**, and to Coach **Sean Dawson** for bringing in the camera. Sorry for the late notice and to those who were not able to make it. We plan to make this an end-of-term tradition.

- Here is the evening group photo with names: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.
- Here is the morning group photo with names: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.

If there are any spelling errors or if I missed any names, please let me know!

- You can also see all the image files here: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/>.
- There are some very old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

A Carleton swim cap is the prize for the person who is able to e-mail me with largest number of names of those swimmers present in at least one of the 1990's photos and still swimming with Carleton Masters! Deadline for submissions is **Fri Jan 8th**.

Interim Workouts

Between the Fall and Winter sessions, we are offering five interim workouts. The schedule is below and is posted on the web site. Each workout costs \$4.85 (the cost of a public swim pass).

Note that these workouts are only open to those with a valid Athletics membership (or student/staff card) for the date/time of the workout. If you have a morning-only membership, it is good all day on "reduced hours" days, i.e. all of these dates. Guests (who do not have to be members) are welcome, if they pay the \$4.85 fee and are accompanied by a member.

You must pay the public swim \$4.85 fee at the Welcome Centre, get a receipt (*not* a hand stamp!), write your name on the back, and give your receipt to the coach on deck before you get in the water. No receipt, no swim, no exceptions!! If you are in town your support is appreciated. We need at least **15** swimmers per workout to break even.

Schedule:

Mon Dec 21st 6:00-7:15pm (deep): Coach: **Mits**; Theme: **mid-dist IM**
Tue Dec 22nd 6:00-7:15pm (shallow): Coach: **Sean**; Theme: **long dist fs**
Mon Dec 28th 6:00-7:15pm (deep): Coach: **Lynn**; Theme: **mid-dist ch**
Tue Dec 29th 6:00-7:15pm (shallow): Coach: **Sean**; Theme: **short dist fs**
Sat Jan 2nd 10:00-11:15am (shallow): Coach: **Mark**; Theme: **short dist IM/ch**

Swimmer Notes

Swimmer Updates:

- Congratulations to **Dave Bourdon** (7:30am Earlybirds) and his wife on the arrival of **Gabrielle Ruth Bourdon** on **Dec 2nd**.
- **Rod Haney** (8:30am Earlybirds) had gall bladder surgery this week. We wish him a speedy recovery and hope to see him back in the pool not too long after the Winter session starts.
- Masters Swimming Canada Winter Newsletter: <http://mastersswimmingcanada.com/wp-content/uploads/2015/12/MS-News-Winter-15-EN.pdf>.
- **Ameena Haines** (6pm Whitecaps), daughter of **Seema Akhtar** (6pm Whitecaps), makes and sells holiday cards for \$3 each with 100% of the money going to charity Plan Canada as Seema and her husband contribute the materials needed. Here are samples of her cards: <http://sce.carleton.ca/courses/ecor-2606/f15/ameenacards/>. If you would like to support this cause, please contact **Ameena** at artcardsforcharity@gmail.com or 613-230-6672.
- The Rotary Club of Peterborough is hosting the **Rotary Carl Oake Swimathon Fri Feb 12th 7-8am**. **Marilyn Bell DiLascio**, **Vicki Keith**, **Annaleise Carr**, and **Trinity Arsenault** (all famous Canadian open water swimmers) will be there. Most swimmers or teams swim for 5min during the swim-a-thon, so you don't swim the whole hour. It's a fundraiser for the Easter Seals Society. If you're interested in more details, let me know.
- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week on Sundays from 4:30-5:30pm. The workout is at the Bob MacQuarrie pool except for January and February, when it will be at the Ray Friel pool. Please pass this on to anyone else who may be interested. For more details, contact coach **Kristin Kernohan** at kristinkernohan@gmail.com.
- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups "Whitecaps", that doesn't mean these caps are intended only for evening swimmers! Caps are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. This is what the caps look like:



News and Links:

- Dancing Gopher Swimmer: Coming soon to a Lane Near You? [thanks to **Robin Henderson** (7:30am Earlybirds); and no, **Ian Lorimer** (7:30am Earlybirds), I will not teach this at the next start clinic!]: <https://s-media-cache-ak0.pinimg.com/originals/ca/eb/17/caeb17ce45dd6b29634c45253caee731.jpg>
- Inspirational Talk by **Amy Van Dyken** US Swimming Olympian: <http://espn.go.com/espnw/w-in-action/2015-summit/article/13891228/learning-walk-again>
- Motivational Swimming Stories: <http://swimcoachingblog.com/2015/12/04/coach-im-gonna-quit/>
- How Badly do you Want It: <http://swimswam.com/badly-want/>

- Seven Reasons Every Swimmer should Try a Swim Meet: <http://swimswam.com/7-reasons-every-swimmer-go-swim-meets/>
- Static and Dynamic Stretching for Swimmers: <http://www.swimmingscience.net/2013/11/practical-static-and-dynamic-stretching-for-swimmers.html>
- Fit Older Women Inspire the Young: <http://www.thesudburystar.com/2015/11/29/young-sing-the-praises-of-older-women-who-are-athletically-relevant>
- Scenes from "Oxygen" Featuring Women and Outdoor Athleticism: https://www.youtube.com/playlist?list=PLXhmUuXXOIXmUfPq_aPVWBU_Tlw3xVBsQ

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

Caps and Goggles to Borrow: I always have a "lost and found" bag full of spare caps and goggles to borrow if you forget (or break) yours.

Swim Caps for Sale: The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$2). Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

Nose Clips for Sale: Cost \$5. Contact me if you are interested.

Winter Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday/Thursday: **Sean**; Tuesday: **Mits**

7:10pm Whitecaps: Shallow End; Monday/Thursday: **Sean**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (TBD)

Exceptions will be noted here.

Fin Days:

Mon Feb 1st

Thu Mar 10th / Fri Mar 11th

Time Trials:

Tue Feb 9th / Wed Feb 10th: 400fs or IM

Tue Feb 23rd / Wed Feb 24th: two 50s choice

Thu Mar 3rd / Fri Mar 4th: 100 choice

Thu Mar 17th / Fri Mar 18th: 200 choice

Tue Mar 22nd / Wed Mar 23rd: 800 / 1500fs

Thu Apr 7th / Fri Apr 8th: fun day (relays)

This information and more can be found with the Winter workout themes

at: <http://carletonmasters.tripod.com/mastplanwint16.pdf>.

Fall Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday/Thursday: **Sean**; Tuesday: **Mits**

7:10pm Whitecaps: Shallow End; Monday/Thursday: **Sean**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Mark coached for **Sean** on the evening of **Mon Dec 14th**. **Sean** coached for **Mits** on **Tue Dec 15th**.

Fin Days:

Tue Oct 27th / Wed Oct 28th

Thu Nov 26th / Fri Nov 27th

Time Trials:

Thu Oct 15th / Fri Oct 16th: 400fs or IM
Thu Oct 22nd / Fri Oct 23rd: two 50s choice
Mon Nov 2nd: 200 choice
Tue Nov 17th / Wed Nov 18th: 800 / 1500fs
Tue Dec 1st / Wed Dec 2nd: 100 choice
Thu Dec 17th / Thu Dec 18th: fun day (relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall15.pdf>.

Thanks to those who participated in the relays on **Fri Dec 18th**. There were nine improvements. The leaders were: **Randi Karstad** (7:30am Earlybirds) who improved her 50fs from earlier this term by 2.7 seconds! **Mark Blenkinsop** (Coach/8:30am Earlybirds) who improved his 50bk by 1.8, and **Miguel Chavez** (7:30am Earlybirds) who improved his 50fl by 1.4 seconds. The full list follows:

50fs (4)

Randi Karstad (7:30am Earlybirds) 2.7
Terry Headrick (7:30am Earlybirds) 1.4
Jim Armiento (8:30am Earlybirds) 0.5
Aaron Holtzman (8:30am Earlybirds) 0.4

50bk (2)

Mark Blenkinsop (8:30am Earlybirds) 1.8
Christian Cattan (7:30am Earlybirds) 0.2

50br (1)

Bruce Brown (7:30am Earlybirds) 0.2

50fl (2)

Miguel Chavez (7:30am Earlybirds) 1.4
Isabelle Fradette (8:30am Earlybirds) 0.9

Fall Session Summary

A big thank you to evening and Saturday coaches **Mits Kachi** and **Sean Dawson**, and to Saturday/substitute coaches **Tim Kilby**, **Blake Christie**, **Brian Hill**, **Claudia Cronin-Schlote**, and **Mark Blenkinsop** for their coaching this term.

Thank you to the Earlybirds, organized by **Margaret Dikken King** for the shortbread for the group, and the lovely card (made by **Penny Estabrooks**), pointsettias, and chocolates. Congratulations to **Ian Lorimer** (with help from his lane-mates at 7:30am), and **Tony Revitt** (at 8:30am) for guessing the "festive phrase" as part of the dice game. I hope that everyone enjoyed the "bubbles", as well as the awesome dive at 9:30am by **Tony Revitt**.

Thanks also to Coach **Sean Dawson** for his great idea to get team photos taken.

Here's the summary of the attendance and time trials for the Fall session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (perfect attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Winter term or by e-mail.

Weekday Attendance:

This term we had three swimmers with perfect attendance. Congratulations to **Joanne Dawson** (6pm Whitecaps), **Margaret King** (7:30am Earlybirds), and **Ursula Scott** (7:30am Earlybirds).

Also of note is that this is the first time that the **8:30am Earlybirds** group has had the highest average attendance!

Here's the attendance summary.

7:30am Earlybirds: Sept 9-Dec 18th; 43 workouts; range: 17-28; average: 23.1
Perfect Attendance: **Margaret King**, **Ursula Scott**

Missed 1 Workout: **Bruce Brown, Jessica Tripp, Susan Nevitt-Yelle**
Missed 4 Workouts: **Christian Cattan, Jamie Chalmers**

8:30am Earlybirds: Sept 9-Dec 18th; 43 workouts; range: 18-32; average: 24.7
Missed 1 Workout: **Lorne Monti, Mark Blenkinsop**

6pm Whitecaps: Sept 8-Dec 17th (excluding Oct 5, 8th); 41 workouts; range: 18-32; average: 23.3
Perfect Attendance: **Joanne Dawson**
Missed 2 Workouts: **Cam Dawson**
Missed 3 Workouts: **Debby Whately**
Missed 4 Workouts: **Don Wells**

7:10pm Whitecaps: Sept 8-Dec 17th (excluding Oct 5, 8th); 41 workouts; range: 8-21; average: 14.5
Missed 4 Workouts: **Lynn Brodsky**

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Fall session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 123 different swimmers: 72 women and 51 men. There were 519 completed time trials: 301 for women and 218 for men. If you notice any errors or omissions, please let me know.

Forty-one swimmers (23 women and 18 men) improved in at least one event (63 total improvements: 33 by women, and 30 by men). The largest improvement was by **Ahmed Doha** (7:10pm Whitecaps) with a 41.8 second (20.9 sec/100m) improvement in 200fs. Next, and top woman, was **Monica Flores** (7:10pm Whitecaps) with an 18.6 second improvement in 100fs. Second woman, **Claire Owen** (7:30am Earlybirds) improved her 100bk by 15.3 seconds. Next was alumnus **Fouad Hejazi** who improved his 200fs by 25.8 seconds (12.9sec/100m). He was followed by third woman **Jennifer Murdock** (6pm Whitecaps) who improved her 1500fs by 2:16 (9.1sec/100m). Rounding out the top three for the men were **Christian Cattan** (7:30am Earlybirds) with a 7.5sec improvement in 100bk, and **Miguel Chavez** (7:30am Earlybirds) with a 4.3 second improvement in 100br. Of the women, **Jennifer Chisholm** (7:30am Earlybirds) had the most improvements bettering her time in 3 different events. For the men, **Jordan Monnink** (8:30am Earlybirds) and **Matthew Tucciarone** (7:30am Earlybirds) improved in 4 different events.

The link that I'd been using for the International Point Scores is no more, so I've updated to 2015 (and thus more challenging) point scores, and changed the threshold to 270 (from 400). The new link is:
http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points.

Twenty-nine swimmers (17 women and 10 men) scored 270 plus points in at least one event (67 swims total: 35 women and 32 men). Top point scorer was **Lindsay Buckingham** (6pm Whitecaps) with 465 for 2:22.9 in 200fs. Second and top man was **Jian-Lok Chang** (6pm Whitecaps) with 451 points for an 18:28 1500fs. Coach **Sean Dawson** scored 422 for 27.0 in 50fs and second woman was **Tyesha McGann** (7:30am Earlybirds/6pm Whitecaps) with 411 points for 20:37 in 1500fs. **Andrea Zarins** (7:10pm Whitecaps) was the third woman with 408 points for 2:44.3 in 200IM. Rounding out the top three for the men were **Tony Revitt** (8:30am Earlybirds) with 364 points for 1:02.9 in 100fs, and **Jordan Monnink** (8:30am Earlybirds) with 359 points for a 19:56 1500fs. Of the women, **Kathryn Hrycusko** (8:30am Earlybirds) and **Paola Osorio** (6pm Whitecaps) had the most scoring swims with four different events over 270 points. For the men, **Jian-Lok Chang** scored over 270 in six events, and **Sean Dawson** and **Tony Revitt** were above 270 in five events.

All those improving and all those scoring over 270 points, as well as the top 3 improvements and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, WC3 = 8:10pm Whitecaps III, TR = Masters trial workout.

Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 23 women and 18 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Monica Flores	WC2	F	100fs	18.6	18.6
2	Claire Owen	EB2	F	100bk	15.3	15.3
3	Jennifer Murdock	WC1	F	1500fs	136.0	9.1
4	Colleen Hyslop	EB2	F	800fs	48.0	6.0
5	Jennifer Chisholm	EB1	F	200fs	11.7	5.9
6	Randi Karstad	EB1	F	50fs	2.7	5.4
7	Lindsay Buckingham	WC1	F	100fl	4.2	4.2
8	Lisa Tauskela	WC2	F	100fs	3.7	3.7
9	Mary Lou Davies	EB2	F	800fs	27.0	3.4
10	Sylvia Williams	WC2	F	200fs	6.0	3.0
11	Isabelle Fradette	EB1	F	400fs	10.0	2.5
12	Malika Shaath	EB1	F	50fs	1.2	2.4
13	Deb Low	WC1	F	100bk	2.3	2.3
14	Andrea Zarins	WC2	F	200IM	3.6	1.8
15	Susan Hulley	EB1	F	400fs	6.4	1.6
16	Seema Akhtar	WC1	F	1500fs	21.0	1.4
17	Dawn Walsh	EB2	F	50fs	0.4	0.8
17	Lisa Meyer	EB1	F	400fs	3.0	0.8
19	Natalie Aucoin	EB2	F	200IM	1.3	0.7
20	Susan Nevitt-Yelle	EB1	F	1500fs	8.0	0.5
21	Fay Hjartarson	EB2	F	50fs	0.2	0.4
22	Mars Nienhuis	WC1	F	100fs	0.1	0.1
22	Lara Thorpe	WC2	F	200fs	0.1	0.1
1	Ahmed Doha	WC2	M	200fs	41.8	20.9
x	Fouad Hejazi	EB1	M	200fs	25.8	12.9
2	Christian Cattan	EB1	M	100bk	7.5	7.5
3	Miguel Chavez	EB1	M	100br	4.3	4.3
4	Jordan Monnink	EB1	M	400fs	16.9	4.2
5	Matthew Tucciarone	EB1	M	400fs	14.5	3.6
x	Mark Blenkinsop	EB2	M	50bk	1.8	3.6
7	Terry Headrick	EB1	M	50fs	1.5	3.0
8	Harley Gifford	EB1	M	1500fs	39.0	2.6
9	Bill Gregg	EB2	M	50fs	0.9	1.8
9	Josh Gladstone	EB1	M	50fs	0.9	1.8
11	Jim Armiento	EB2	M	50fs	0.5	1.0
12	Aaron Holtzman	EB2	M	50fs	0.4	0.8
13	Kevin Graham	EB1	M	100IM	0.5	0.5
14	Tony Michel	EB1	M	1500fs	6.0	0.4
15	Isaac Fierro Marquez	WC1	M	400fs	0.5	0.1
15	Bruce Brown	EB1	M	50br	0.2	0.1
15	Robert Fabes	EB1	M	100br	0.1	0.1

Fastest Swimmers (best event for each person):

All those scoring 270 or more points are shown. This term there were 17 women and 12 men who made the list.

Pl	Name	Group	Gender	Event	Time	Points
1	Lindsay Buckingham	WC1	F	200fs	2:22.9	465
2	Tyasha McGann	WC1	F	1500fs	20:37	411
3	Andrea Zarins	WC2	F	200IM	2:44.3	408
4	Cathy Crawley	WC1	F	400fs	5:28.2	364
5	Luz Osorio	WC1	F	100fs	1:12.0	355
6	Kathryn Hrycusko	EB2	F	100br	1:30.5	327
7	Jennifer Murdock	WC1	F	1500fs	22:20	323
8	Paola Osorio	WC1	F	50fs	33.9	322
9	Justine Schweizer	WC2	F	400fs	5:43.0	319
10	Gillian Massel	WC2	F	200fs	2:44.3	306
11	Jenna Roundell	WC2	F	100fs	1:16.1	301
12	Lisa Tauskela	WC2	F	100fs	1:16.1	301
13	Norine Naguib	EB1	F	50fl	36.4	300
14	Mars Nienhuis	WC1	F	100fs	1:16.9	291
15	Julie Mouris	WC1	F	100fs	1:17.6	284
16	Jennifer Chisholm	EB1	F	200fs	2:48.7	283
17	Natalie Aucoin	EB2	F	50fl	37.1	283
1	Jian-Lok Chang	WC1	M	1500fs	18:28	451
x	Sean Dawson	EB2	M	50fs	27.0	422
2	Tony Revitt	EB2	M	100fs	1:02.9	364
3	Jordan Monnink	EB2	M	1500fs	19:56	359
x	Mark Blenkinsop	EB2	M	50fl	32.0	316
4	Don Wells	WC1	M	400fs	5:18.0	297
5	Francois Jacques	EB1	M	50fs	30.6	290
6	Miguel Chavez	EB1	M	50fs	30.6	290
7	Sebastien Robillard-Cardinal	EB2	M	50fs	30.6	290
8	Jean-Francois Jacques	EB1	M	100fs	1:07.9	289
9	John Critch	WC2	M	200fs	2:30.4	288
10	Bruce Brown	EB1	M	1500fs	21:52	272

(For point scores, see: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points.)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Randi Karstad	EB1	F	2.7	5.4
2	Malika Shaath	EB1	F	1.2	2.4
3	Jennifer Chisholm	EB1	F	1.0	2.0
1	Terry Headrick	EB1	M	1.5	3.0

2	Josh Gladstone	EB1	M	0.9	1.8
3	Bill Gregg	EB2	M	0.9	1.8
(5/6)					
100fs					
1	Monica Flores	WC2	F	18.6	18.6
2	Lisa Tauskela	WC2	F	3.7	3.7
3	Mars Nienhuis	WC1	F	0.1	0.1
3	Jennifer Murdock	WC1	F	0.1	0.1
1	Jordan Monnink	EB2	M	1.9	1.9
1	Matthew Tucciarone	EB1	M	1.9	1.9
3	Harley Gifford	EB1	M	0.7	0.7
(4/3)					
200fs					
1	Monica Flores	WC2	F	29.0	14.5
2	Jennifer Chisholm	EB1	F	11.7	5.9
3	Sylvia Williams	WC2	F	6.0	3.0
1	Ahmed Doha	WC2	M	41.8	20.9
x	Fouad Hejazi	EB1	M	25.8	12.9
2	Matthew Tucciarone	EB1	M	3.0	1.5
3	Aaron Holtzman	EB2	M	0.7	0.4
(5/4)					
400fs					
1	Colleen Hyslop	EB1	F	19.3	4.8
2	Isabelle Fradette	EB1	F	10.0	2.5
3	Susan Hulley	EB1	F	6.4	1.6
1	Jordan Monnink	EB1	M	16.9	4.2
2	Matthew Tucciarone	EB1	M	14.5	3.6
3	Isaac Fierro Marquez	WC1	M	0.5	0.1
(4/3)					
800fs					
1	Colleen Hyslop	EB2	F	48.0	6.0
2	Mary Lou Davies	EB2	F	27.0	3.4
1	Bill Gregg	EB2	M	2.0	0.3
(2/1)					
1500fs					
1	Jennifer Murdock	WC1	F	136.0	9.1
2	Jennifer Chisholm	EB1	F	73.0	4.9
3	Seema Akhtar	WC1	F	21.0	1.4
1	Harley Gifford	EB1	M	39.0	2.6
2	Jordan Monnink	EB2	M	27.0	1.8
3	Tony Michel	EB1	M	6.0	0.4
(5/3)					
50bk					
1	Mary Lou Davies	EB2	F	1.2	2.4

x	Mark Blenkinsop	EB2	M	1.8	3.6
1	Harley Gifford	EB1	M	0.8	1.6
1	Matthew Tucciarone	EB1	M	0.8	1.6
3	Christian Cattan	EB1	M	0.2	0.4
(1/4)					
100bk					
1	Claire Owen	EB2	F	15.3	15.3
2	Deb Low	WC1	F	2.3	2.3
1	Christian Cattan	EB1	M	7.5	7.5
(2/1)					
50br					
1	Lisa Meyer	EB2	F	0.5	0.3
1	Bruce Brown	EB1	M	0.2	0.1
(1/1)					
100br					
1	Miguel Chavez	EB1	M	4.3	4.3
2	Robert Fabes	EB1	M	0.1	0.1
(0/2)					
50fl					
1	Isabelle Fradette	EB2	F	0.9	1.8
2	Sylvia Williams	WC2	F	0.8	1.6
1	Miguel Chavez	EB1	M	1.4	2.8
(2/1)					
100fl					
1	Lindsay Buckingham	WC1	F	4.2	4.2
(1/1)					
100IM					
1	Kevin Graham	EB1	M	0.5	0.5
(0/1)					
200IM					
1	Andrea Zarins	WC2	F	3.6	1.8
2	Natalie Aucoin	EB2	F	1.3	0.7
(2/0)					

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. (The 800m is intended only for those who cannot complete 1500m in under 33:00.)

	Name	Group	Gender	Time
25fs				
1	Penny Estabrooks	EB2	F	26.0
2	Mary Lou Davies	EB2	F	29.2
3	Melanie Heroux	EB2	F	39.8
(5/0)				

50fs				
1	Paola Osorio	WC1	F	33.9
2	Jennifer Chisholm	EB1	F	35.5
3	Natalie Aucoin	EB2	F	35.6
x	Sean Dawson	EB2	M	27.0
1	Jian-Lok Chang	WC1	M	28.9
2	Tony Revitt	EB2	M	29.0
3	Francois Jacques	EB1	M	30.6
3	Jordan Monnink	EB1	M	30.6
3	Miguel Chavez	EB1	M	30.6
3	Sebastien Robillard-Cardinal	EB2	M	30.6
(81/55)				
100fs				
1	Luz Osorio	WC1	F	1:12.0
2	Cathy Crawley	WC1	F	1:12.9
3	Lisa Tauskela	WC2	F	1:16.1
3	Jenna Roundell	WC2	F	1:16.1
1	Tony Revitt	EB2	M	1:02.9
2	Jordan Monnink	EB2	M	1:05.8
3	Jean-Francois Jacques	EB1	M	1:07.9
(25/19)				
200fs				
1	Lindsay Buckingham	WC1	F	2:22.9
2	Gillian Massel	WC2	F	2:44.3
3	Jennifer Chisholm	EB1	F	2:48.7
x	Sean Dawson	EB2	M	2:12.4
1	Jian-Lok Chang	WC1	M	2:13.9
x	Mark Blenkinsop	EB2	M	2:29.6
2	John Critch	WC2	M	2:30.4
3	Don Wells	WC1	M	2:33.9
(43/28)				
400fs				
1	Cathy Crawley	WC1	F	5:28.2
2	Justine Schweizer	WC2	F	5:43.0
3	Jennifer Chisholm	EB1	F	6:07.4
1	Jian-Lok Chang	WC1	M	4:45.0
2	Jordan Monnink	EB1	M	5:03.8
3	Don Wells	WC1	M	5:18.0
(30/23)				
800fs				
1	Nicole Le Saux	EB1	F	17:40
2	Isla Paterson	EB2	F	17:42
2	Nancy Manning	EB2	F	17:42
1	Jim Armiento	EB2	M	18:14

2	Bill Gregg	EB2	M	18:46
3	Jamie Chalmers	EB1	M	19:27
(8/6)				
1500fs				
1	Lindsay Buckingham	WC1	F	20:10
2	Tyesha McGann	WC1	F	20:37
3	Luz Osorio	WC1	F	22:04
1	Jian-Lok Chang	WC1	M	18:28
x	Sean Dawson	EB2	M	19:15
2	Tony Revitt	EB2	M	19:55
3	Jordan Monnink	EB2	M	19:56
(29/20)				
25bk				
1	Melanie Heroux	EB2	F	44.9
2	Margaret Dibben King	EB2	F	53.0
(3/0)				
50bk				
1	Jessica Tripp	EB1	F	42.4
2	Norine Naguib	EB1	F	43.1
3	Jennifer Chisholm	EB1	F	44.4
1	Jian-Lok Chang	WC1	M	33.2
2	Harley Gifford	EB1	M	38.1
x	Mark Blenkinsop	EB2	M	38.5
3	Bruce Brown	EB1	M	40.3
(17/16)				
100bk				
1	Jessica Tripp	EB1	F	1:29.4
2	Claire Owen	EB2	F	1:41.4
3	Deb Low	WC1	F	1:45.9
1	Don Wells	WC1	M	1:19.6
2	Tony Michel	EB1	M	1:36.8
3	Christian Cattan	EB1	M	1:39.4
(6/3)				
200bk				
1	Jessica Tripp	EB1	F	3:09.4
(1/0)				
50br				
1	Kathryn Hrycusko	EB2	F	43.2
2	Jenna Roundell	WC2	F	46.2
3	Mars Nienhuis	WC1	F	47.2
1	Sam Gamble	WC2	M	39.9
2	Bill Westcott	WC1	M	40.6
3	Miguel Chavez	EB1	M	42.4
(22/16)				

100br				
1	Andrea Zarins	WC2	F	1:28.7
2	Kathryn Hrycusko	EB2	F	1:30.5
3	Lisa Meyer	EB2	F	1:52.8
x	Sean Dawson	EB2	M	1:19.5
1	Bill Westcott	WC1	M	1:26.4
2	Miguel Chavez	EB1	M	1:27.4
3	Robert Fabes	EB1	M	1:40.1
(5/5)				
200br				
1	Lisa Meyer	EB2	F	4:05.4
2	Annemarieke Goldsmith	EB2	F	4:16.3
3	Fay Hjartarson	EB2	F	5:39.1
1	Sean Hughsam	WC1	M	3:29.6
2	Amir Banihashemi	EB2	M	3:42.4
(3/2)				
50f1				
1	Norine Naguib	EB1	F	36.4
2	Paola Osorio	WC1	F	36.7
3	Natalie Aucoin	EB2	F	37.1
x	Sean Dawson	EB2	M	29.1
1	Tony Revitt	EB2	M	31.7
x	Mark Blenkinsop	EB2	M	32.0
2	Miguel Chavez	EB1	M	35.1
3	Jordan Monnink	EB2	M	36.4
(16/14)				
100f1				
1	Lindsay Buckingham	WC1	F	1:15.5
1	Jim Lee	EB1	M	1:56.8
(1/1)				
100IM				
1	Paola Osorio	WC1	F	1:22.8
2	Margaret King	EB1	F	1:38.9
3	Ursula Scott	EB1	F	1:59.8
1	Jian-Lok Chang	WC1	M	1:11.0
x	Mark Blenkinsop	EB2	M	1:18.5
2	Kevin Graham	EB1	M	1:33.8
(4/4)				
200IM				
1	Andrea Zarins	WC2	F	2:44.3
2	Natalie Aucoin	EB2	F	3:16.0
1	Tony Revitt	EB2	M	2:34.9
2	Chris Kent	EB2	M	3:25.5
3	Ian Lorimer	EB1	M	3:28.2

(2/3)				
400IM				
1	Natalie Aucoin	EB2	F	7:07.3
1	Chris Kent	EB2	M	7:27.3
2	Jamie Chalmers	EB1	M	10:03.4
(1/2)				

Fun Relays (Fri Dec 18th)

4x50 Free Relay

7:30am Earlybirds

1. [2:32.8](#) 7:30am Earlybirds Team 4: [Christian Cattan](#), [Jennifer Chisholm](#), [Francois Jacques](#), [Susan Hulley](#)

2. [2:33.2](#) 7:30am Earlybirds Team 5: [Malika Shaath](#), [Ursula Scott](#), [Miguel Chavez](#), [Margaret King](#)

3. [2:35.7](#) 7:30am Earlybirds Team 2: [Kevin Graham](#), [Randi Karstad](#), [Ian Lorimer](#), [Terry Headrick](#)

4. [2:38.1](#) 7:30am Earlybirds Team 3: [Susan Nevitt-Yelle](#), [Bruce Brown](#), [Norine Naguib](#), [Jim Lee](#)

5. [2:44.7](#) 7:30am Earlybirds Team 1: [Jamie Chalmers](#), [Robert Fabes](#), [Sandy Lawson](#), [Robin Henderson](#)

8:30am Earlybirds

1. [2:34.2](#) 8:30am Earlybirds Team 2: [Melanie Heroux](#), [Amir Banihashemi](#), [Jordan Monnink](#), [Colette Kenney](#)

2. [2:54.8](#) 8:30am Earlybirds Team 1: [Margaret Dibben King](#), [Jim Armiento](#), [Sebastien Robillard-Cardinal](#), [Lorne Monti](#)

3. [2:55.3](#) 8:30am Earlybirds Team 5: [Colleen Hyslop](#), [Aaron Holtzman](#), [Sean Dawson](#), [Renee Robert](#)

4. [2:57.4](#) 8:30am Earlybirds Team 3: [Mark Blenkinsop](#), [Natalie Aucoin](#), [Isabelle Fradette](#), [Mary Lou Davies](#), [Penny Estabrooks](#)

5. [3:02.4](#) 8:30am Earlybirds Team 4: [Nancy Manning](#), [Lisa Meyer](#), [Tony Revitt](#), [Bill Gregg](#)

4x50 Medley Relay

7:30am Earlybirds

1. [2:57.6](#) 7:30am Earlybirds Team 3: [Susan Nevitt-Yelle](#), [Bruce Brown](#), [Norine Naguib](#), [Jim Lee](#)

2. [2:58.0](#) 7:30am Earlybirds Team 2: [Kevin Graham](#), [Randi Karstad](#), [Ian Lorimer](#), [Terry Headrick](#)

3. [2:59.2](#) 7:30am Earlybirds Team 5: [Malika Shaath](#), [Ursula Scott](#), [Miguel Chavez](#), [Margaret King](#)

4. [3:04.9](#) 7:30am Earlybirds Team 4: [Christian Cattan](#), [Jennifer Chisholm](#), [Francois Jacques](#), [Susan Hulley](#)

5. [3:08.3](#) 7:30am Earlybirds Team 1: [Jamie Chalmers](#), [Robert Fabes](#), [Sandy Lawson](#), [Robin Henderson](#)

8:30am Earlybirds

1. [2:50.5](#) 8:30am Earlybirds Team 2: [Melanie Heroux](#), [Amir Banihashemi](#), [Jordan Monnink](#), [Colette Kenney](#)

2. [3:09.7](#) 8:30am Earlybirds Team 3: [Mark Blenkinsop](#), [Natalie Aucoin](#), [Isabelle Fradette](#), [Mary Lou Davies](#), [Penny Estabrooks](#)

3. [3:15.8](#) 8:30am Earlybirds Team 5: [Colleen Hyslop](#), [Aaron Holtzman](#), [Sean Dawson](#), [Renee Robert](#)

3. [3:15.8](#) 8:30am Earlybirds Team 1: [Margaret Dibben King](#), [Sebastien Robillard-Cardinal](#), [Lorne Monti](#), [Jim Armiento](#)

5. [3:17.3](#) 8:30am Earlybirds Team 4: [Nancy Manning](#), [Lisa Meyer](#), [Tony Revitt](#), [Bill Gregg](#)

Ask the Coach

Dear Coach: May I bring a guest to an interim workout? Visitors for the Holidays

Dear V.f.t.Holidays: Certainly! Guests are welcome. They pay the \$4.85 public swim fee, just like members, as long as they are accompanied by a member.

Dear Coach: I have a friend who'd like to try Carleton Masters. Is it possible to try a workout for free? Recruiting New Swimmers

Dear R.N. Swimmers: Yes, anyone can try one workout for free during the regular session, as long as the group is not full. Ask me for more details or to arrange a free trial.

Dear Coach: What is the minimum age for Masters? Asking for my Daughter

Dear A.f.m.Daughter: To swim with Carleton Masters the minimum age is 14. This is because all Carleton Masters swimmers must be members of Carleton Athletics and 14 is the minimum age for a membership. Note that the minimum age to compete in Masters Swimming competitions is 18 in Canada and 25 internationally.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2015-2016 is now available: cost \$38.** Note that you must register with MSO before the **due date** of the entry for your first competition. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by e-transfer, cash or cheque payable to me (**Lynn Marshall**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>. For Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Sun Jan 17th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-41st-annual-scy-swim-meet-january-17-2016/>

Sat Jan 23rd Pointe Claire Masters Meet <http://swimming.ca/en/meet/18973/>

Sun Jan 24th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-meet-january-24-2016/>

Sat-Sun Feb 6-7th Quebec City LC Masters Meet <https://www.swimming.ca/en/meet/18523/>

Sun Feb 7th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-7-2016/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/

Sun Feb 7th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2016-february-7-2016/>

Fri-Sun Feb 12-14th La Salle Masters Meet, Montreal (TBC)

Sun Feb 21st Nepean LC Masters Meet <https://www.mastersswimmingontario.ca/events/2016-nepean-masters-long-course-swim-meet-february-21-2016/>

Sat Feb 27th Riviere-du-Loup Masters Meet (TBC)

Sun Feb 28th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>

Sun Mar 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-6-2016/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/

Sat Mar 19th Dollard-des-Ormeaux, Montreal <http://swimming.ca/en/meet/18842/>

Fri-Sun Apr 1-3rd Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>

Fri-Sun Apr 15-17th Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>

Sun Apr 17th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/

Sat Apr 23rd All Out Swim LC, Toronto (TBC)

Sun May 1st Perth Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-swim-meet-may-1-2016/>
Fri-Mon May 20-23rd Nationals, Etobicoke (details TBA)
Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>
Sat Jun 25th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>
Sat Jul 23rd Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>
Sat Aug 13th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>
Sat Aug 14th Elma Couture Open Water Swim, Welland <https://www.mastersswimmingontario.ca/events/elma-couture-open-water-swim-aug-14-2016/>

Race Results: (Please send in your results, and/or let me know if I missed anyone.)

No race results this time!

2015 Statistics Summary: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2014 rankings, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **Dec 13th**).

Private and Semi-Private Masters Swim Lessons

For Winter lessons are usually available: Monday 9:40-10:40am.

Additional times may be available during Reading Week and April exams.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

Reminders

Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. As usual, Saturdays are **not** included in your weekday registration for Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Winter 2016: Mon Jan 4th to Fri Apr 8th; no workouts Mon Feb 15th, Fri Mar 25th, Mon Mar 28th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10103; cost: \$127+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10104; cost: \$127+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10107; cost \$146+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10109; cost: \$130+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10105; cost: \$50+HST

Newsletter: An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

Suggestions for Workouts or Interested in Making up a Workout or a Set?: If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

Interested in Copies of my Workouts?: Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-

mail. Another good resource is <http://www.slowlitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know (lynmarshall@sympatico.ca).

Happy lengths!
Lynn

lynmarshall@sympatico.ca (or for quicker response: lynmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>