

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: Friday, September 02, 2016 7:45 PM
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 #426

Carleton Masters Swimming Newsletter #426

Friday, September 2nd, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, Winter 2016, Spring 2016, Summer 2016, and Alumni: 7:30am Earlybirds I (51 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (49 addresses), 7:10pm Whitecaps II (37 addresses), Saturday Only (2 addresses), Masters "Alumni" (42 addresses)

Be a source of joy, & let the critics & haters complain about the world. – Paulo Coelho

Masters Program Notes and Cancellations

- The Summer session ends **Sat Sept 3rd 12:15-1:25pm.**
- There are no workouts on **Mon Sept 5th (Labour Day).**
- The Fall session starts **Tue Sept 6th** (evening groups), **Wed Sept 7th** (morning groups), and/or **Sat Sept 10th** (Saturday group).
 - All Saturday workouts in the Fall and Winter session are at 8:15am.
 - Unlike the Summer session, if you wish to swim on Saturday in Fall/Winter, you must register separately.
- Registration is open for Fall and Winter. Details on dates, prices, and barcodes is near the end of the newsletter.
 - For Fall, there is **one spot left at 7:30am** and **two spots left at 6pm.** Wait lists will be available when those groups fill – do let me know if you are on a waitlist.

Tell Your Friends / Bring a Friend to a Carleton Masters Swim

During the week of **Mon Sept 12th to Sat Sept 17th** we are offering a free Masters swim workout (8:30am, 7:10pm or Saturday) to anyone who is interested in trying Carleton Masters. Please pass this on to your swimmer friends! The full list of available times is:

Mon Sept 12th 8:30-9:30am

Mon Sept 12th 7:10-8:10pm

Tue Sept 13th 7:10-8:10pm

Wed Sept 14th 8:30-9:30am

Thu Sept 15th 7:10-8:10pm

Fri Sept 16th 8:30-9:30am

Sat Sept 17th 8:15-9:25am

Women's Swim Suit September Sale

I'm having a September sale on women's swim suits. All my women's suits are \$5 off the regular price. Buy three suits (all for you, or with a friend or two) and get \$20 off. Suits are available in chest sizes 28, 30, 32, 34, 36, 38, 40, and 42. If you swim in the morning, ask me before workout about taking a bag of suits home to try. If you swim in the evening, please e-mail me to arrange to get some suits.

Swimmer Notes

Swimmer Updates:

- **Jean Kneale** and **Paul Denys** (both 7:10pm Whitecaps) went hiking in the Chamonix region of France: 234km over 14 days, averaging 10-15km/day and 1.0-1.5km of elevation/day! That makes a 1500 time trial sound easy! Here's a wonderful photo, although they don't look very tired ☺ !:



- Congratulations to **Luz Osorio** (6pm Whitecaps) for winning 6 gold medals in 6 swimming events at Vancouver's Americas Masters Games. Details in the "Race Results" section.

- If you know of anyone interested in a lifeguard job at the Carleton pool, here's the information on applying (deadline **Sept 9th**): <http://athletics.carleton.ca/employment-opportunities/aquatics-jobs/>.

- **Andrea Zarins** (6pm Whitecaps) is participating in The Ride on **September 11**, a fundraising event to support cancer research. She will be riding with a few of her colleagues as part of the Melanoma Warriors and is asking for your support. In 2015, tens of thousands of patients were treated for cancer at The Ottawa Hospital. Many of them benefitted from the 200 cancer-related clinical trials currently underway. Funds raised by The Ride support this research. If you are in a position to do so, please help her support groundbreaking discoveries by making a donation at this link: <http://my.ohfoundation-fondationho.ca/andreazeerides>. And remember, your donation is tax deductible!

- **Robin Henderson** (7:30am Earlybirds)'s husband, **Chris St Michael**, is having some of his photos featured in the "Wildlife, Birds and Adventure" exhibition at the "Oh So Good" Coffee House Westboro location (261 Richmond Road) until Oct 28th.

- The Rideau Speedeaus (Ottawa's Gay/Lesbian-friendly Masters Swim Team) is looking for a Wednesday night coach 6-7pm at Ottawa U for next season, starting September. It is a paid position, pay dependent on experience. Please contact **Tarek** (swimguy_66@hotmail.com) for more information.

- Carleton University Whitecaps swim caps, great for training and competition, are available for \$5 each:



News and Links:

- **Anthony Ervin** (oldest and youngest winner of men's Olympic 50fs): Depression. Drugs. Alcohol. Tourette's. And at 35, another Olympic Gold: <http://www.charlotteobserver.com/sports/spt-columns-blogs/scott-fowler/article91388447.html>

- Quebec man swims 3,200 km down Yukon River: <http://www.cbc.ca/news/canada/north/yukon-river-bering-sea-morin-swim-1.3725491>

- Canadian **Normand Piche** Plans to Swim Five Bodies of Water Around the World: <http://www.theglobeandmail.com/sports/more-sports/canadian-normand-piche-plans-to-swim-five-bodies-of-water/article30025704/>
- Why Are There More Records in Swimming than Running?: <http://www.bbc.com/news/magazine-37064144>
- Do Olympians Get Too Much Exercise?: <http://well.blogs.nytimes.com/2016/08/10/can-you-get-too-much-exercise-2/>
- Why So Many Ties in Swimming?: <http://regressing.deadspin.com/this-is-why-there-are-so-many-ties-in-swimming-1785234795>
- Regular People try Competitive Swim Suits: <https://swimswam.com/regular-people-try-competitive-swimsuits/>
- Aerobic Fitness May Preserve Brain's Youthfulness: <http://www.ideafit.com/fitness-library/aerobic-fitness-may-preserve-brains-youthfulness>
- 100 Year Old Runner at Vancouver's Americas Games: <http://www.sportsnet.ca/more/100-year-old-runner-inspires-americas-masters-games-vancouver/>, and <http://www.cbc.ca/news/canada/british-columbia/senior-sprinter-india-americas-masters-game-1.3740583>
- Deer Collides with Cyclist in Dublin City Triathlon: <http://www.bbc.com/news/world-europe-37213884>

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.

Fall Session Information

Dates: Tue Sept 6th to Thu Dec 22nd; excluding Mon Oct 10th.

The usual pool allocations and coaches are as follows:

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

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

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon/Thu: **Sean**; Tue: **Mark**

7:10pm Whitecaps: Shallow End: Mon/Thu: **Sean**; Tue: **Mark**

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

I am coaching for **Sean** on **Sat Sept 24th**.

Fin Days:

Tue Oct 25th / Wed Oct 26th

Thu Nov 24th / Fri Nov 25th

Time Trials:

Thu Oct 13th / Fri Oct 14th: timed 400fs or IM

Thu Oct 20th / Fri Oct 21st: 2 timed 50s

Mon Oct 31st: 200 choice

Mon Nov 14th: 800 / 1500fs

Tue Nov 29th / Wed Nov 30th: 100 choice

Wed Dec 21st / Thu Dec 22nd: “funner” day (e.g. relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall16.pdf>.

Summer Session Information

Dates: Mon Jul 4th to Sat Sept 3rd; excluding Mon Aug 1st.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End (plus 2 lanes Shallow End as needed); **Lynn**

6pm Whitecaps: Shallow End: **Sean**

12:15pm Saturdays: Usually Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Fin Day:

Thu Aug 4th / Fri Aug 5th

Time Trials:

Mon Jul 11th: timed 400fs or IM

Mon Jul 18th: timed 50 and 100 choice

Tue Aug 9th / Wed Aug 10th: 800 / 1500fs

Tue Aug 16th / Wed Aug 17th: 200 choice

Thu Sept 1st / Fri Sept 2nd: fun day (relays)

This information and more can be found with the Spring/Summer workout themes

at: <http://carletonmasters.tripod.com/mastplansprsum16.pdf>.

Thanks to those who participated in the relays on Fri Sept 2nd. There were three improvements, two by Ahmed Doha, who also had the largest improvement of a whopping 6.8 seconds in his 50br. Here's the list:

50fs (1)

Ahmed Doha (7:30am Earlybirds) 0.3

50br (2)

Ahmed Doha (7:30am Earlybirds) 6.8

Heloise Emdon (7:30am Earlybirds) 0.7

Summer Session Summary

A big thank you to evening and Saturday coach **Sean Dawson**, and to Saturday/substitute coaches **Tim Kilby**, **Mark Blenkinsop** and **Blake Christie** for their coaching this term.

Here's the summary of the attendance and time trials for the Summer 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 Fall term or by e-mail.

Weekday Attendance:

This term we had two swimmers with perfect attendance. Congratulations to **Jamie Chalmers** (7:30am Earlybirds) and **Ursula Scott** (7:30am Earlybirds).

Here's the attendance summary:

7:30am Earlybirds: July 4-Sept 2nd; (26 workouts); range 19-35; average: 26.5

Perfect Attendance: **Jamie Chalmers**, **Ursula Scott**

Missed 1 Workout: **Liliane Cardinal**

Missed 4 Workouts: **Bob Tipple**, **Jerome Cyr**, **Justin Kernot**, **Susan Hulley**

6pm Whitecaps: July 4-Sept 1st; (26 workouts); range 20-30; average: 24.0

Missed 2 Workouts: **Nicole Delisle**

Missed 3 Workouts: **Andrea Zarins**, **Joanne Dawson**, **Luz Osorio**

Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Summer 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 71 different swimmers: 38 women and 33 men. There were 241 completed time trials: 119 for women and 122 for men. If you notice any errors or omissions, please let me know.

Twenty swimmers (10 women and 19 men) improved in at least one event (29 total improvements). The largest improvement was by **Nicole Mikhael** (6pm Whitecaps) with an improvement of 4:39 (18.6 sec/100m) in 1500fs. Next, and top man, was **Ahmed Doha** (7:30am Earlybirds) with an improvement of 6.8 seconds (13.6 sec/100m) in 50br. He was followed by the second most improved woman, **Mars Nienhuis** (6pm Whitecaps), with a 42.2 second (10.6 sec/100m) improvement in 400fs, followed closely by **Ilana Hanes** (6pm Whitecaps), 3rd woman, whose 400fs was 32.2 seconds (8.1 sec/100m) faster than previously. Rounding out the top three for the men were **Jean-Louis Tiernan** (6pm Whitecaps) with an improvement of 14.5 sec (7.3 sec/100m) in 200fs, and **Roy Hanes** who improved his 200fs by 9.1 sec (4.6 sec/100m). **Mars** improved in four different events, and **Heloise Emdon** (7:30am Earlybirds) improved in three events.

Twelve swimmers (6 women and 6 men) scored 270 plus points in at least one event (34 swims total), as per the 2015 point scores at this link: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. **Andrea Zarins** (6pm Whitecaps) had the top score with 435 points for 5:09.5 in 400fs. **Sean Dawson** (Coach) had the highest score for the men with 420 points for 29.1 in 50fl. He was followed closely by the top non-coach male, **Justin Kernot** (7:30am Earlybirds), with 416 points for 29.2 in 50fl. Next fastest, rounding out the top three for the women were **Paola Osorio** (6pm Whitecaps) with 397 points for 38.2 in 50fl, and her sister, **Luz Osorio** (6pm Whitecaps), with 391 for 2:43.5 in 200fl. The second (non-coach) man was **Jean-Francois Jacques** (7:30am Earlybirds) with 304 points for 30.1 in 50fs, followed by **Mark Blenkinsop** (Coach) with 291 for 5:20.2 in 400fs, and **Gi Wu** (6pm Whitecaps) earns third with 284 points for 30.8 in 50fs. **Justin** scored at least 270 points in seven swims. **Andrea** scored over 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 10 women and 10 men who improved in at least one event.

Pl	Name	Group	Gender	Event	Imp	Imp/100m
1	Nicole Mikhael	WC1	F	1500fs	279.0	18.6
2	Mars Nienhuis	WC1	F	400fs	42.2	10.6
3	Ilana Hanes	WC1	F	400fs	32.2	8.1
4	Heloise Emdon	EB1	F	800fs	33.0	4.1
5	Andrea Zarins	WC1	F	400fs	13.4	3.4
6	Luz Osorio	WC1	F	200fl	6.3	3.2
7	Megan Holtzman	EB1	F	200fs	2.2	1.1
8	Ursula Scott	EB1	F	400fs	4.0	1.0
9	Cathy Crawley	EB1	F	100IM	0.2	0.2
10	Robin Henderson	EB1	F	1500fs	1.0	0.1
1	Ahmed Doha	EB1	M	50br	6.8	13.6
2	Jean-Louis Tiernan	WC1	M	200fs	14.5	7.3
3	Roy Hanes	WC1	M	200fs	9.1	4.6
4	Christian Cattan	WC1	M	1500fs	55.0	3.7
5	Harley Gifford	EB1	M	1500fs	45.0	3.0

6	Isaac Fierro Marquez	WC1	M	200fs	3.4	1.7
7	Cory Fraser	EB1	M	800fs	11.0	1.4
8	Jerome Cyr	EB1	M	50fs	0.5	1.0
9	Justin Kernot	EB1	M	100fs	0.4	0.4
10	Bob Tipple	EB1	M	200fs	0.3	0.2

Fastest Swimmers (best event for each person):

All those scoring 270 or more points are shown. This term there were 6 women and 6 men who made the list.

Pl	Name	Group	Gender	Event	Time	Points
1	Andrea Zarins	WC1	F	400fs	5:09.5	435
2	Paola Osorio	EB1	F	50fl	38.2	397
3	Luz Osorio	WC1	F	200fl	2:43.5	391
4	Cathy Crawley	EB1	F	1500fs	21:33	359
5	Mars Nienhuis	WC1	F	200fs	2:42.0	319
6	Gillian Massel	WC1	F	400fs	5:55.1	288
x	Sean Dawson	EB1	M	50fl	29.1	420
1	Justin Kernot	EB1	M	50fl	29.2	416
2	Jean-Francois Jacques	EB1	M	50fs	30.1	304
x	Mark Blenkinsop	WC1	M	400fs	5:20.2	291
3	Gi Wu	WC1	M	50fs	30.8	284
4	Isaac Fierro Marquez	WC1	M	200fs	2:33.2	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	Mars Nienhuis	WC1	F	0.5	1.0
1	Jerome Cyr	EB1	M	0.5	1.0
2	Ahmed Doha	EB1	M	0.3	0.6
(1/2)					
100fs					
1	Ilana Hanes	WC1	F	7.7	7.7
2	Mars Nienhuis	WC1	F	0.6	0.6
1	Jerome Cyr	EB1	M	0.6	0.6
2	Justin Kernot	EB1	M	0.4	0.4
(2/2)					
200fs					
1	Mars Nienhuis	WC1	F	6.5	3.3
2	Heloise Emdon	EB1	F	2.6	1.3

3	Megan Holtzman	EB1	F	2.2	1.1
1	Jean-Louis Tiernan	WC1	M	14.5	7.3
2	Roy Hanes	WC1	M	9.1	4.6
3	Isaac Fierro Marquez	WC1	M	3.4	1.7
(3/4)					
400fs					
1	Mars Nienhuis	WC1	F	42.2	10.6
2	Ilana Hanes	WC1	F	32.2	8.1
3	Andrea Zarins	WC1	F	13.4	3.4
(4/0)					
800fs					
1	Heloise Emdon	EB1	F	33.0	4.1
1	Cory Fraser	EB1	M	11.0	1.4
(1/1)					
1500fs					
1	Nicole Mikhael	WC1	F	279.0	18.6
2	Andrea Zarins	WC1	F	31.0	2.1
3	Robin Henderson	EB1	F	1.0	0.1
1	Christian Cattan	WC1	M	55.0	3.7
2	Harley Gifford	EB1	M	45.0	3.0
(3/2)					
50br					
1	Heloise Emdon	EB1	F	0.7	1.4
1	Ahmed Doha	EB1	M	6.8	13.6
(1/1)					
200f1					
1	Luz Osorio	WC1	F	6.3	3.2
(1/0)					
100IM					
1	Cathy Crawley	EB1	F	0.2	0.2
(1/0)					

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 32:30.)

	Name	Group	Gender	Time
50fs				
1	Andrea Zarins	WC1	F	31.2
2	Luz Osorio	WC1	F	32.6
3	Cathy Crawley	EB1	F	33.6
1	Justin Kernot	EB1	M	28.0
2	Jean-Francois Jacques	EB1	M	30.1

3	Gi Wu	WC1	M	30.8
(32/30)				
100fs				
1	Paola Osorio	WC1	F	1:12.7
2	Mars Nienhuis	WC1	F	1:15.4
3	Elaine Yardley	WC1	F	1:21.1
1	Justin Kernot	EB1	M	1:01.3
2	Dmitry Prokoptsov	WC1	M	1:12.1
3	Isaac Fierro Marquez	WC1	M	1:12.8
(14/14)				
200fs				
1	Mars Nienhuis	WC1	F	2:42.0
2	Natalie Aucoin	EB1	F	3:00.3
3	Joanie Conrad	WC1	F	3:08.0
3	Sheila Kealey	EB1	F	3:08.0
x	Sean Dawson	EB1	M	2:14.6
1	Isaac Fierro Marquez	WC1	M	2:33.2
2	David Moore	WC1	M	2:49.1
3	Mike Lau	WC1	M	2:55.5
(15/15)				
400fs				
1	Andrea Zarins	WC1	F	5:09.5
2	Cathy Crawley	EB1	F	5:31.7
3	Gillian Massel	WC1	F	5:55.1
1	Justin Kernot	EB1	M	5:02.9
x	Mark Blenkinsop	WC1	M	5:20.2
2	Peter Lithgow	WC1	M	5:29.7
3	Dmitry Prokoptsov	WC1	M	5:43.9
4	Bruce Brown	EB1	M	5:44.6
(13/18)				
800fs				
1	Susan Hulley	EB1	F	17:12
2	Heloise Emdon	EB1	F	17:13
3	Liliane Cardinal	EB1	F	18:58
1	Jerome Cyr	EB1	M	16:21
2	Cory Fraser	EB1	M	18:13
3	Brock Friesen	EB1	M	18:58
(4/4)				
1500fs				
1	Andrea Zarins	WC1	F	20:34
2	Cathy Crawley	EB1	F	21:33
3	Mars Nienhuis	WC1	F	23:56
x	Sean Dawson	EB1	M	19:56

1	Justin Kernot	EB1	M	20:20
2	Harley Gifford	EB1	M	22:23
3	Isaac Fierro Marquez	WC1	M	22:27
(15/13)				
50bk				
1	Natalie Aucoin	EB1	F	46.4
2	Sandy Lawson	EB1	F	47.6
3	Chantal Courchesne	EB1	F	59.4
1	Harley Gifford	EB1	M	38.3
2	Bruce Brown	EB1	M	40.8
3	Cam Dawson	WC1	M	53.4
(4/4)				
100bk				
1	Don Wells	WC1	M	1:17.4
(0/1)				
200bk				
1	Don Wells	WC1	M	2:47.3
2	Dmitry Prokoptsov	WC1	M	2:56.3
3	Jamie Chalmers	EB1	M	4:11.1
(0/3)				
50br				
1	Margaret King	EB1	F	51.1
2	Heloise Emdon	EB1	F	56.0
3	Christiane Wilke	EB1	F	57.4
1	Don Wells	WC1	M	44.5
2	Kevin Graham	EB1	M	46.2
3	Ahmed Doha	EB1	M	55.8
(4/3)				
100br				
1	Isla Paterson	EB1	F	2:09.5
1	Matthew Tucciarone	EB1	M	1:51.8
(1/1)				
200br				
1	Andrea Zarins	WC1	F	2:59.9
1	Francois Jacques	EB1	M	3:30.2
(1/1)				
50f1				
1	Paola Osorio	EB1	F	38.2
2	Natalie Aucoin	EB1	F	39.4
3	Dawn Walsh	EB1	F	45.7
x	Sean Dawson	EB1	M	29.1
1	Justin Kernot	EB1	M	29.2
2	Ian Lorimer	EB1	M	39.6

3	Jean-Francois Jacques	EB1	M	40.9
(4/8)				
100f1				
1	Luz Osorio	WC1	F	1:14.3
(1/0)				
200f1				
1	Luz Osorio	WC1	F	2:43.5
(1/0)				
100IM				
1	Andrea Zarins	WC1	F	1:16.9
2	Cathy Crawley	EB1	F	1:24.4
3	Ursula Scott	EB1	F	1:57.5
1	Gi Wu	WC1	M	1:29.9
2	Mike Mopas	EB1	M	1:42.2
3	Jamie Chalmers	EB1	M	2:01.7
(4/3)				
200IM				
1	Paola Osorio	WC1	F	2:58.2
2	Deb Low	WC1	F	3:28.2
3	Andrea Mrozek	EB1	F	3:32.1
1	Justin Kernot	EB1	M	2:34.9
2	Gi Wu	WC1	M	3:02.6
(5/2)				
400IM				
1	Luz Osorio	WC1	F	6:01.7
1	Jamie Chalmers	EB1	M	9:57.0
(1/1)				

Fun Relays (Fri Sept 2nd)

7:30am Earlybirds

5 x 50 Free Relay

1=. 3:15.6: Team 3: Chantal Courchesne, Kevin Graham, Francois Jacques, Sheila Kealey, Jamie Chalmers

1=. 3:15.6: Team 5: Sandy Lawson, Christiane Wilke, Sean Dawson, Jerome Cyr, Megan Holtzman

3=. 3:31.5: Team 2: Harley Gifford, Margaret King, Ian Lorimer, Liliane Cardinal, Ursula Scott

3=. 3:31.5: Team 4: Natalie Aucoin, Heloise Emdon, Justin Kernot, Brock Friesen, Bob Tipple

5. 3:34.4: Team 1: Meagan Michie, Ahmed Doha, Matthew Tucciarone, Susan Hulley, Bruce Brown

5 x 50 Medley Relay (2 freestylers)

1. 3:38.5: Team 5: Sandy Lawson, Christiane Wilke, Sean Dawson, Jerome Cyr, Megan Holtzman

2. 3:44.6: Team 3: Chantal Courchesne, Kevin Graham, Francois Jacques, Sheila Kealey, Jamie Chalmers

3=. 3:50.8: Team 1: Meagan Michie, Ahmed Doha, Matthew Tucciarone, Susan Hulley, Bruce Brown
3=. 3:50.8: Team 4: Natalie Aucoin, Heloise Emdon, Justin Kernot, Brock Friesen, Bob Tipple
5. 3:53.3: Team 2: Harley Gifford, Margaret King, Ian Lorimer, Liliane Cardinal, Ursula Scott

Ask the Coach

Dear Coach: I enjoyed the “bubbles” this morning, but what are they really for? Bubble Lover

Dear B. Lover: The bubbles are for divers using the diving towers. When learning a new dive, turning on the bubbles reduces the surface tension and a bad landing is much less painful. As you saw, they are also fun for swimmers!

Dear Coach: Every workout is fun, so the last day should be “funner” day, not fun day. Keen Swimmer

Dear K. Swimmer: Done!

Dear Coach: Every term, someone does their medley stroke during the free relay. Why don't we do the medley relay first to avoid confusion. Confused Swimmer

Dear C. Swimmer: We've done the free relay first in the past as most swimmers are more concerned with their 50 free time than their other stroke. However, that is a great idea – we'll do that next term and see how it goes! Just watch, someone will do free when they're not supposed to! You know what they say about making things fool-proof ☺!

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2017 (which includes Fall 2016) will be available soon.** Note that you must register with MSO before the **due date** of the entry for your first competition. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past few 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.**

Sat Aug 27th to Tue Aug 31st Swimming at the Americas Masters Games, Vancouver (Note: This event is not sanctioned. Thus, it is open to everyone, no MSO registration is required, but your times don't count towards records, statistics, etc.): <https://www.americasmastersgames2016.com/>

Sept 10th Canadian Masters Open Water Swimming Championships (2.5k or 5k)

<http://canaguasports.com/races/canadian-masters-open-water-swimming-championships/>

Oct 29th to Nov 6th Swim Camp in Barbados <http://katiebrambley.wix.com/freestyleexperience>

Sat Nov 12th Brossard Meet, Montreal

Sun Nov 13th Technosport Meet, Ottawa U <http://www.mastersswimmingontario.ca/events/techno-nov-13-2016/>

Sat Nov 19th Swim Ottawa Willy Lee Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/annual-willy-lee-invitational-nov-19-2016/>

Sat Nov 19th Claude Robillard Meet, Montreal

Sat Dec 10th Montreal Nord Meet, Montreal

Sat Dec 10th Sainte Foy Meet, Quebec City

Sat Dec 17th Nepean Masters SCM Meet <http://www.mastersswimmingontario.ca/events/nepeansc-dual-meet-bvsr-dec-17-2016/>

Fri Jan 20th, 2017 Alderwood SCY Meet, Toronto <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-42nd-annual-scy-meet-january-20-2017/>

Sat Jan 21st Drummondville Masters Meet, Drummondville, QC
Sat-Sun Feb 4-5th Coupe de la Capitale LCM Meet, Quebec City
Sun Feb 5th Technosport Meet, Ottawa U <http://www.mastersswimmingontario.ca/events/technosport-feb-5-2017/>
Sun Feb 26th Thornhill Meet, Markham <http://www.mastersswimmingontario.ca/events/thornhill-feb-26-2017/>
Sat Mar 4th Cowansville Masters Meet, Cowansville, QC
Sun Mar 5th Technosport Meet, Ottawa U <http://www.mastersswimmingontario.ca/events/technosport-mar-5-2017/>
Sat Mar 18th Dollard-des-Ormeaux Meet, Montreal
Fri-Sun Mar 24-26th Ontario Provincial Masters Meet, Thornhill, Markham
<http://www.mastersswimmingontario.ca/events/thornhillprovincials-mar-24-25-26-2017/>
Sat-Sun Apr 22-23rd Quebec Provincial Masters Meet, Quebec City
Fri-Mon May 19-22nd Canadian Masters Nationals LCM?, Quebec City
Late July to Early August FINA World Masters Aquatic Championships, Budapest, Hungary

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

Sat Jul 23rd Technosport 3k Swim, Meech Lake (17 swimmers)

The results were finally posted! Congratulations to **Mars** and **Margaret** on their races. Full results: http://www.technosport.ca/results/TECHNO_3K_RACE_JULY_23_2016.pdf.

Mars Nienhuis (6pm Whitecaps): 5th overall and 2nd female in 55:58

Margaret King (7:30am Earlybirds): 7th overall and 3rd female in 58:28

Sun Aug 28th Cornwall Sprint Triathlon (750m/20k/5k; 140 participants)

Last time I included results of the Olympic Triathlon. Apologies for missing **Aaron** in the Sprint Tri, and congratulations on the podium finish! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=30424>.

Aaron Holtzman (8:30am Earlybirds; 40-49): 13th overall, 12th man and 3rd in category in 1:12:57.9 (15:37 swim)

Mon Aug 29th – Tue Aug 30th Americas Masters Games, Vancouver (LCM)

Congratulations to **Luz Osorio** (6pm Whitecaps) on her fantastic results at this competition – 6 gold medals, and two PBs!! The meet was shortened from four days to two due to a light entry, so Luz was kept very busy. Full results here: <http://registration.ubcmasters.com/resultsindex.html>.

Luz Osorio (6pm Whitecaps; 30-34): 1st 100fs (1:06.14), 200fs (2:31.03), 50fl (32.21 PB), 100fl (1:10.19 PB), 200fl (2:43.31), Women's 200+ Canada Relay 5:43.01 (split 1:07.86 – the fastest by about 30 seconds!)

Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **August 31st**).

Private and Semi-Private Masters Swim Lessons

For Fall, the schedule is:

Monday and Friday 9:35-10:35am

Some early evenings.

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.

Notes and Reminders

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for both Fall and 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 Fall/Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Fall 2016: Tue Sept 6th to Thu Dec 22nd; no workouts Mon Oct 10th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12285; cost: \$148+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12286; cost: \$148+HST
6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12291; cost \$168+HST
7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12293; cost: \$152+HST
8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12287; cost: \$60+HST
Winter 2017: Tue Jan 3rd to Fri Apr 7th; no workouts Mon Feb 20th
7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12288; cost: \$132+HST
8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12289; cost: \$132+HST
6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12292; cost \$148+HST
7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12294; cost: \$132+HST
8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12290; cost: \$52+HST

Carleton Masters Swim Team Photos:

Fall 2015 Evening groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

We have identified **19** current swimmers in the old photos: **Joanie Conrad** (7:10pm Whitecaps), **Cam Dawson** (6pm Whitecaps), **Joanne Dawson** (6pm Whitecaps), **Sean Dawson** (then child safety supervision; now Coach), **Nicole Delisle** (6pm Whitecaps), **Cori Dinovitzer** (Summer 7:30am Earlybirds), **Fiona Hill** (7:30am Earlybirds), **Karen Jensen** (7:30am Earlybirds), **Tim Kilby** (Coach), **Mike Lau** (6pm Whitecaps), **Sandy Lawson** (7:30am Earlybirds), **Peter Lithgow** (6pm Whitecaps), **Lynn Marshall** (Coach), **Carolyn Odecki** (6pm Whitecaps – on sabbatical), **Lina Vincent** (6pm Whitecaps), **Jose Vivanco** (7:10pm Whitecaps), **Don Wells** (6pm Whitecaps), **Bicki Westerheide** (7:10pm Whitecaps), and **Debby Whately** (6pm Whitecaps). Also **Derek Baas** is in an old photo, and his wife, **Andrea Chandler** (6pm Whitecaps), swims now. Did we miss anyone else?

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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

Club website: <http://carletonmasters.tripod.com>