

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: May-14-16 3:14 PM
To: Lynn Marshall
Subject: Carleton Masters Swimming Newsletter #389

From: Lynn Marshall [<mailto:lynnmarshall@sympatico.ca>]

Sent: Monday, April 13, 2015 5:49 PM

To: Fran Craig (fran.craig@carleton.ca); Steve Baird (steve.baird@carleton.ca); Alex Joubert (axblister@hotmail.com); Blake Christie (blakechristie@hotmail.com); Claudia Cronin-Schlote (claudia.croninschlote@gmail.com); Kristi Dean (kdean72@gmail.com); Lynn Marshall (lynnmar@sce.carleton.ca); Mits Kachi (mkachi@rogers.com); Sean Dawson (seanrdawson@me.com); Tim Kilby (Timothykilby@hotmail.com)

Subject: Carleton Masters Swimming Newsletter #389

Carleton Masters Swimming Newsletter #389

Monday, April 13th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014, Winter 2015, and Alumni 7:30am Earlybirds I (48 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (27 addresses), 8:10pm Whitecaps III (15 addresses), Saturday Only (5 addresses), Masters "Alumni" (27 addresses)

"Strength does not come from physical capacity. It comes from an indomitable will." – Mahatma Gandhi

Masters Program Notes and Cancellations

- The pool will be **closed** for annual maintenance and will re-open **6am Mon May 4th**.
- The Masters Spring session starts on **Mon May 4th**. Registration is now open for both Spring and Summer Masters. Full details near the end of the newsletter, with the regular evening coaches added.
 - There is still space in all groups for both Spring and Summer.
 - The Spring/Summer workout themes and Saturday coaches will be circulated nearer the start of the Spring session.
- Note that Carleton is offering a special price for Summer (May-August) memberships bought in April (monthly prices also available) – details here: <http://athletics.carleton.ca/memberships/>.

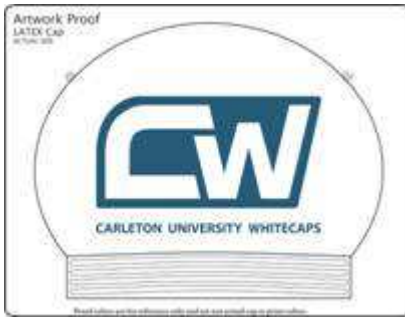
Swimmer Notes

Swimmer Updates:

- Just a reminder of the renovations going on at Carleton Athletics from today until May 11th:
<http://athletics.carleton.ca/2015/spring-2015-maintenance-schedule/>.

- Carleton is now offering a text to park feature, for those who occasionally need to pay for parking on campus. Details here: <http://www.carleton.ca/parking/text2parkme>.

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps that she ordered in time for Masters Nationals. 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! **Carolyn** got extra caps printed so that everyone on the team can get one (or two!). They are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. A very big thank you to **Carolyn** and her daughter for doing this!! This is what the caps look like:



News and Links:

- Swimming Lessons made Law in Bangladesh to Stop Drownings: <http://www.bbc.com/news/world-asia-32239442>
- The Evolving Breaststroke Pull-Out: <http://coachrickswimming.com/2015/04/02/the-slowly-evolving-nature-of-the-breaststroke-pullout/>
- Healthy Swimmers have More Dysfunctional Shoulders than Injured Baseball Pitchers!: <http://www.swimmingscience.net/2015/04/healthy-swimmers-more-dysfunctional-than-injured-baseball-players-swim-shoulder-pain.html>
- Breathing Every 9 Strokes Will be Easy for this Guy: <http://www.deccanchronicle.com/140802/lifestyle-offbeat/article/danish-diver-breaks-record-holding-breath-underwater-22mins>
- Six Exercises for Swimmers: <http://www.xterrawetsuits.com/index.php/slp/blog2/six-exercises-for-swimmers/>
- Chocolate Better for the Brain than Exercise!?: <http://www.mindbodygreen.com/0-18127/chocolate-might-be-even-better-for-the-brain-than-exercise-study-says.html>
- Strategies for Optimum Recovery: <http://home.trainingpeaks.com/blog/article/strategies-for-optimum-recovery>
- Check your Attitude: <http://www.leadingmenonly.com/check-attitude>
- Muscle Cramping more than Dehydration: <http://www.mastersathlete.com.au/2015/02/muscle-cramping-more-than-dehydration/>
- What is Fatigue?: <http://www.newyorker.com/tech/elements/what-is-fatigue>
- Train your Brain to Feel Less Fatigued: <http://www.outsideonline.com/fitness/bodywork/the-fit-list/Train-Your-Brain-to-Feel-Less-Fatigued.html>
- The Latest from **Sheila Kealey**: <http://www.sheilaakealey.com/2015/04/10/this-week-in-food-health-and-fitness-6/>

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: **Sean**; Tuesday: **Mits**; Thursday: **Alex**

8:10pm Whitecaps: Shallow End; Tuesday: **Mits**; Thursday: **Alex**

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

Exceptions will be noted here.

Thanks to the **6pm group** for dealing with the change to the **shallow end on Tue Apr 7th** so that ROCS could use the bubbles.

Fin Days:

Mon Feb 2nd
Thu Mar 12th / Fri Mar 13th

Time Trials:

Tue Feb 10th / Wed Feb 11th: 400fs or IM
Tue Feb 24th / Wed Feb 25th: two 50s choice
Thu Mar 5th / Fri Mar 6th: 100 choice
Thu Mar 19th / Fri Mar 20th: 200 choice
Tue Mar 24th / Wed Mar 25th: 800 / 1500fs
Thu Apr 9th / Fri Apr 10th: fun day (relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint15.pdf>.

Thanks to the morning swimmers who participated in the relays on **Fri Apr 10th**. Both **Melanie Heroux** (8:30am Earlybirds) and **Fay Hjartarson** (8:30am Earlybirds) had 10 second improvements this term in 50bk and 50fs, respectively. That's huge! If they continue improving at that rate, they'll finish before they start after a few more terms ☺ ! Here's a list of all the improvements:

50fs (4)

Fay Hjartarson (8:30am Earlybirds) 1.2 (+8.8 earlier in term) = 10.0
Colleen Hyslop (8:30am Earlybirds) 0.7 (+2.4 earlier in term) = 3.1
Annemarieke Goldsmith (8:30am Earlybirds) 2.1
Ethan Dufour (8:30am Earlybirds) 1.1

50bk (2)

Melanie Heroux (8:30am Earlybirds) 10.1
Paul Scully (8:30am Earlybirds) 1.5

50br (4)

Aaron Holtzman (8:30am Earlybirds) 4.9 (+1.8 earlier in term) = 6.7
Ursula Scott (7:30am Earlybirds) 3.1
Heloise Emdon (7:30am Earlybirds) 2.1
Mike Mopas (7:30am Earlybirds) 1.6

Winter Session Summary

A big thank you to evening/Saturday coaches **Alex Joubert**, **Mits Kachi**, **Sean Dawson**, and to Saturday coaches **Kristi Dean** and **Tim Kilby** for their coaching this term. **Alex** is not available to coach the 7:10pm Thursday workout on a regular basis this term, but he may be available if we need a substitute evening coach. A big thank you to **Alex** for all his evening coaching this season!

Thank you to **Margaret Dibben King** (8:30am Earlybirds) and all the 7:30am and 8:30am Earlybirds for the card and Easter chocolate egg.

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

Weekday Attendance:

We had one swimmer from each group with perfect attendance: Congratulations to **Mike Mopas** (7:30am Earlybirds), **Bill Gregg** (8:30am Earlybirds), **Mike Lau** (6pm Whitecaps), **Joanie Conrad** (7:10pm Whitecaps), and **Lynn Brodsky** (8:10pm Whitecaps). And here are a few attendance anecdotes...

- It's usually very rare for there to be more swimmers at 8:30am than at 7:30am, but for more than the last month of the term (Mar 6th to Apr 10th), the 8:30am group had at least as many swimmers as 7:30am, and usually more.

- **Cam Dawson** (6pm Whitecaps) had perfect attendance until the very last workout of the term, The evening before the last workout he had to get a few stitches after a fall from his bicycle.

- The list of those with good attendance below includes three couples: **Bill** and **Colleen**, **Cam** and **Joanne**, and **Don** and **Joanie**.

7:30am Earlybirds (Jan 5-Apr 10th; 39 workouts; range: 14-37; average: 23.1)

Perfect Attendance: **Mike Mopas**
Missed 2 Workouts: **Harley Gifford**
Missed 3 Workouts: **Christian Cattan, Malika Shaath, Ursula Scott**
Missed 4 Workouts: **Bruce Brown**

8:30am Earlybirds (Jan 5-Apr 10th; 39 workouts; range: 16-24; average: 21.1)
Perfect Attendance: **Bill Gregg**
Missed 1 Workout: **Colleen Hyslop**
Missed 3 Workouts: **Mark Blenkinsop**

6:00pm Whitecaps (Jan 5-Apr 9th; 40 workouts; range: 18-30; average: 24.5)
Perfect Attendance: **Mike Lau**
Missed 1 Workout: **Cam Dawson, Joanne Dawson**
Missed 3 Workouts: **Nicole Delisle**
Missed 4 Workouts: **Don Wells**

7:10pm Whitecaps (Jan 5-Apr 9th; 40 workouts; range: 6-20; average: 14.1)
Perfect Attendance: **Joanie Conrad**

8:10pm Whitecaps (Jan 5-Apr 9th; 28 workouts; range: 4-13; average: 7.3)
Perfect Attendance: **Lynn Brodsky**
Missed 4 Workouts: **Erin McLean, Manuel Lebron**

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Winter 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 135 different swimmers: 85 women and 50 men. There were 557 completed time trials: 332 for women and 225 for men. If you notice any errors or omissions, please let me know.

Fifty-two swimmers (35 women and 17 men) improved in at least one event (103 total improvements). The biggest improvement was by Melanie Hereux (8:30am Earlybirds) with a 1:38.6 (49.3sec/100m) improvement in 200bk. Next and second woman was Fay Hjartarson (8:30am Earlybirds) with a 10.0sec (20sec/100m) improvement in 50fs. Third overall and top man was Roy Hanes (7:10pm Whitecaps) with a 34.3sec (17.2sec/100m) improvement in 200fs. He was followed by Bill Gregg (8:30am Earlybirds) with a 7.8sec (15.6sec/100m) improvement in 50br. Rounding out the top 3 for the women was Ursula Scott (7:30am Earlybirds) with a 7.2sec (14.1sec/100m) improvement in 50fl. Third man was Aaron Holtzman (8:30am Earlybirds) with a 6.7sec (13.4sec/100m) improvement in 50br. **Jordan Monnink** (8:30am Earlybirds) and **Malika Shaath** (7:30am Earlybirds) both improved in six different events, while **Aaron** and **Bill** improved in five events each.

The International Point Scores (link to web page below) are used to determine the best swims. Twenty-nine swimmers (17 women and 12 men) scored 400 plus points in at least one event (77 swims total). **Lindsay Buckingham** (6pm Whitecaps) had the highest score with 644 points for a 1:05.0 100fs. Next, and top man, was **Jian-Lok Chang** (6pm Whitecaps) with 598 for a 59.1 100fs. He was followed by Coach **Sean Dawson** who earned 587 points for 4:42.0 in 400fs. **Paola Osorio** (6pm Whitecaps) was next, and 2nd woman, with 569 points for a 5:14.0 400fs. She was followed by Tori Temple (7:10pm Whitecaps) who earned 557 points for a 31.4 50fs. Rounding out the top 3 for the men were Tony Revitt (8:30am Earlybirds) with 499 for 2:36.2 in 200IM, and Alex Bronson (7:10pm Whitecaps) for 28.8 50fs earning 497 points. **Jian-Lok** and **Tori** scored above 400 in six events, while **Mieke Corriveau** (7:10pm Whitecaps) scored over 400 in five events.

All those improving and all those scoring over 400 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 35 women and 17 men who improved in at least one event.

Pl	Name	Group	Gender	Event	Imp	Imp/100m
1	Melanie Heroux	F	EB2	200bk	98.6	49.3
2	Fay Hjartarson	F	EB2	50fs	10.0	20.0
3	Ursula Scott	F	EB1	50fl	7.2	14.4
4	Mary Lou Davies	F	EB2	800fs	103.0	12.9
5	Sylvia Williams	F	WC2	400fs	50.0	12.5
6	Rocio Aranda	F	WC3	400fs	36.0	9.0
7	Megan Holtzman	F	EB2	100IM	8.6	8.6
8	Erin McLean	F	WC3	1500fs	117.0	7.8
9	Colleen Hyslop	F	EB2	50fs	3.1	6.2
10	Claire Robinson	F	EB2	200br	9.6	4.8
11	Pam Dilawri	F	EB2	50br	2.3	4.6
12	Annemarieke Goldsmith	F	EB2	50fs	2.1	4.2
12	Heloise Emdon	F	EB1	50br	2.1	4.2
14	Jennifer Chisholm	F	EB1	400fs	16.4	4.1
15	Malika Shaath	F	EB1	100IM	3.4	3.4
16	Jennifer Murdock	F	EB1	50bk	1.5	3.0
17	Deb Low	F	WC1	100fs	2.6	2.6
18	Cynthia Nelson	F	WC3	1500fs	33.0	2.2
18	Ethan Dufour	F	EB2	50fs	1.1	2.2
20	Kristine Sanderson	F	WC2	1500fs	32.0	2.1
20	Fiona Hill	F	EB1	400fs	8.2	2.1
22	Mars Nienhuis	F	WC1	100fs	2.0	2.0
23	Lindsay Buckingham	F	WC1	400fs	6.0	1.5
23	Sandy Lawson	F	EB1	100bk	1.5	1.5
25	Sam Buffam	F	EB1	100fs	1.4	1.4
26	Robin Henderson	F	EB2	100IM	1.3	1.3
27	Lynn Brodsky	F	WC3	100fs	1.1	1.1
28	Anne Trepanier	F	EB2	50bk	0.5	1.0
28	Seema Akhtar	F	WC1	1500fs	15.0	1.0
30	Paola Osorio	F	WC1	400fs	3.6	0.9
31	Kristen Balogh	F	WC3	50br	0.4	0.8
32	Kim Fever	F	EB1	50fl	0.3	0.6
32	Sheila MacLean	F	WC1	50fs	0.3	0.6
34	Jean Kneale	F	WC2	200fs	0.9	0.5
35	Justine Schweizer	F	WC2	200IM	0.3	0.2
1	Roy Hanes	M	WC2	200fs	34.3	17.2
2	Bill Gregg	M	EB2	50br	7.8	15.6
3	Aaron Holtzman	M	EB2	50br	6.7	13.4
4	Andrew Dechamplain	M	EB2	200fs	25.0	12.5
5	Paul Scully	M	EB2	50br	3.5	7.0
6	Jordan Monnick	M	EB2	100fs	5.4	5.4
7	Matthew Tucciarone	M	WC1	1500fs	73.0	4.9
8	Kevin Graham	M	EB1	50bk	2.2	4.4
9	Miguel Chavaz	M	EB1	400fs	16.9	4.2

10	Mike Halasz	M	WC2	50br	1.8	3.6
11	Scott Willard	M	EB1	50fs	1.7	3.4
12	Mike Mopas	M	EB1	50br	1.6	3.2
13	Jerome Cyr	M	EB2	400fs	10.3	2.6
14	Tony Revitt	M	EB2	400IM	9.9	2.5
15	Mike Kujawski	M	EB1	400fs	9.7	2.4
16	Marshall Perrin	M	WC2	50fs	1.0	2.0
17	Mark Blenkinsop	M	EB2	400fspp	0.8	0.2

Fastest Swimmers (best event for each person):

All those scoring 400 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	100fs	1:05.0	644
2	Paola Osorio	WC1	F	400fs	5:14.0	569
3	Tori Temple	WC2	F	50fs	31.4	557
4	Mieke Corriveau	WC2	F	400fs	5:21.0	538
5	Brigitte Boland	WC1	F	100fl	1:16.7	516
6	Cynthia Nelson	WC3	F	1500fs	22:10	487
7	Gillian Massel	WC2	F	200fs	2:39.0	483
8	Justine Schweizer	WC2	F	200IM	2:58.0	481
9	Julie Mouris	WC1	F	1500fs	22:22	475
10	Sam Buffam	EB1	F	100fs	1:14.5	457
11	Elaine Yardley	WC1	F	1500fs	22:52	448
12	Yuan Chan	WC2	F	50fs	34.2	446
13	Kristen Balogh	WC3	F	50fs	34.3	443
14	Natalie Aucoin	EB2	F	50fl	37.0	413
15	Mars Nienhuis	WC1	F	50fs	35.3	409
16	Jennifer Murdock	EB1	F	400fs	5:56.3	408
17	Meron Mulugeta	EB2	F	100fs	1:17.8	406
1	Jian-Lok Chang	WC1	M	100fs	59.1	598
x	Sean Dawson	WC1	M	400fs	4:42.0	587
2	Tony Revitt	EB2	M	200IM	2:36.2	499
3	Alex Bronson	WC2	M	50fs	28.8	497
4	Jean-Francois Jacques	EB1	M	50fs	29.0	488
5	Jordan Monnink	EB2	M	1500fs	20:23	479
6	Don Wells	WC1	M	400fs	5:06.0	477
7	Gi Wu	WC1	M	50fs	29.3	475
8	Peter Lithgow	WC1	M	1500fs	20:28	474
9	Mark Blenkinsop	EB2	M	50fl	31.7	462
10	Scott Willard	EB1	M	50fs	30.9	411
11	Francois Jacques	EB1	M	50fs	31.2	400

(For point scores, see: <http://www.swimnews.com/ipspoints>. Note that SCM = short course meters [25m pool].)

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	Fay Hjartarson	EB2	F	10.0	20.0
2	Colleen Hyslop	EB2	F	3.1	6.2
3	Annemarieke Goldsmith	EB2	F	2.1	4.2
1	Scott Willard	EB1	M	1.7	3.4
1	Aaron Holtzman	EB2	M	1.7	3.4
3	Bill Gregg	EB2	M	1.4	2.8
(10/6)					
100fs					
1	Deb Low	WC1	F	2.6	2.6
2	Mars Nienhuis	WC1	F	2.0	2.0
3	Sam Buffam	EB1	F	1.4	1.4
1	Jordan Monnink	EB2	M	5.4	5.4
2	Andrew Dechamplain	EB2	M	4.9	4.9
3	Bill Gregg	EB2	M	4.2	4.2
(6/4)					
200fs					
1	Colleen Hyslop	EB2	F	8.2	4.1
2	Malika Shaath	EB1	F	5.8	2.9
3	Jean Kneale	WC2	F	0.9	0.5
1	Roy Hanes	WC2	M	34.3	17.2
2	Andrew Dechamplain	EB2	M	25.0	12.5
3	Jordan Monnink	EB2	M	1.1	0.6
4	Bill Gregg	EB2	M	1.0	0.5
(3/5)					
400fs					
1	Sylvia Williams	WC2	F	50.0	12.5
2	Rocio Aranda	WC3	F	36.0	9.0
3	Colleen Hyslop	EB2	F	24.7	6.2
1	Bill Gregg	EB2	M	48.8	12.2
2	Miguel Chavaz	EB1	M	16.9	4.2
3	Aaron Holtzman	EB2	M	13.1	3.3
(14/8)					
800fs					
1	Mary Lou Davies	EB2	F	103.0	12.9
(1/0)					
1500fs					
1	Erin McLean	WC3	F	117.0	7.8
2	Megan Holtzman	EB2	F	69.0	4.6
3	Malika Shaath	EB1	F	45.0	3.0
1	Andrew Dechamplain	EB2	M	129.0	8.6
2	Aaron Holtzman	EB2	M	93.0	6.2
3	Matthew Tucciarone	WC1	M	73.0	4.9
(7/5)					
50bk					
1	Melanie Heroux	EB2	F	10.1	20.2
2	Jennifer Murdock	EB1	F	1.5	3.0

3	Anne Trepanier	EB2	F	0.5	1.0
1	Kevin Graham	EB1	M	2.2	4.4
2	Paul Scully	EB2	M	1.5	3.0
(3/2)					
100bk					
1	Sandy Lawson	EB1	F	1.5	1.5
(1/0)					
200bk					
1	Melanie Heroux	EB2	F	98.6	49.3
2	Sandy Lawson	EB1	F	0.8	0.4
(2/0)					
50br					
1	Fay Hjartarson	EB2	F	3.4	6.8
2	Ursula Scott	EB1	F	3.1	6.2
3	Pam Dilawri	EB2	F	2.3	4.6
4	Heloise Emdon	EB1	F	2.1	4.2
1	Bill Gregg	EB2	M	7.8	15.6
2	Aaron Holtzman	EB2	M	6.7	13.4
3	Paul Scully	EB2	M	3.5	7.0
(7/6)					
200br					
1	Claire Robinson	EB2	F	9.6	4.8
(1/0)					
50f1					
1	Ursula Scott	EB1	F	7.2	14.4
2	Kim Fever	EB1	F	0.3	0.6
1	Jordan Monnink	EB2	M	1.0	2.0
(2/1)					
100IM					
1	Megan Holtzman	EB2	F	8.6	8.6
2	Malika Shaath	EB1	F	3.4	3.4
3	Robin Henderson	EB2	F	1.3	1.3
1	Aaron Holtzman	EB2	M	6.4	6.4
2	Marshall Perrin	WC2	M	0.7	0.7
(3/2)					
200IM					
1	Justine Schweizer	WC2	F	0.3	0.2
1	Kevin Graham	EB1	M	5.2	2.6
(1/1)					
400IM					
1	Tony Revitt	EB2	M	9.9	2.5
(0/1)					

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 34:00.)

	Name	Group	Gender	Time
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25fs				
1	Melanie Heroux	EB2	F	39.1
(1/0)				
50fs				
1	Tori Temple	WC2	F	31.4
2	Mieke Corriveau	WC2	F	33.7
3	Gillian Massel	WC2	F	34.0
4	Yuan Chan	WC2	F	34.2
5	Kristen Balogh	WC3	F	34.3
1	Jian-Lok Chang	WC1	M	28.7
2	Alex Bronson	WC2	M	28.8
3	Jean-Francois Jacques	EB1	M	29.0
4	Gi Wu	WC1	M	29.3
(63/48)				
100fs				
1	Lindsay Buckingham	WC1	F	1:05.0
2	Mieke Corriveau	WC2	F	1:11.5
3	Tori Temple	WC2	F	1:11.7
1	Jian-Lok Chang	WC1	M	59.1
2	Jordan Monnink	EB2	M	1:07.7
3	Peter Lithgow	WC1	M	1:09.9
(39/23)				
200fs				
1	Paola Osorio	WC1	F	2:30.0
2	Tori Temple	WC2	F	2:33.0
3	Gillian Massel	WC2	F	2:39.0
1	Jian-Lok Chang	WC1	M	2:15.0
2	Jordan Monnink	EB2	M	2:28.5
3	Don Wells	WC1	M	2:36.0
(39/22)				
400fs				
1	Lindsay Buckingham	WC1	F	5:06.0
2	Paola Osorio	WC1	F	5:14.0
3	Mieke Corriveau	WC2	F	5:21.0
1	Jian-Lok Chang	WC1	M	4:42.0
x	Sean Dawson	WC1	M	4:42.0
2	Don Wells	WC1	M	5:06.0
3	Alex Bronson	WC2	M	5:20.0
4	Jordan Monnink	EB2	M	5:20.7
(44/30)				
800fs				
1	Mary Lou Davies	EB2	F	19:47
2	Colleen Hyslop	EB2	F	20:08
3	Penny Estabrooks	EB2	F	20:10
1	Bill Gregg	EB2	M	20:08
2	Manuel Lebron	WC3	M	21:41
(8/3)				
1500fs				

1	Lindsay Buckingham	WC1	F	20:25
2	Brigitte Boland	WC1	F	21:50
3	Mieke Corriveau	WC2	F	21:58
3	Tori Temple	WC2	F	21:58
1	Jian-Lok Chang	WC1	M	18:56
2	Jordan Monnik	EB2	M	20:23
3	Peter Lithgow	WC1	M	20:28
(42/24)				
50bk				
1	Tori Temple	WC2	F	37.0
2	Yuan Chan	WC2	F	41.0
3	Meron Mulugeta	EB2	F	41.2
3	Sheila MacLean	WC1	F	41.2
1	Jian-Lok Chang	WC1	M	29.8
2	Harley Gifford	EB1	M	38.9
3	Bruce Brown	EB1	M	40.4
(26/15)				
100bk				
1	Sandy Lawson	EB1	F	1:41.1
2	Margaret Dibben King	EB2	F	4:17.1
1	Tony Revitt	EB2	M	1:12.4
2	Bruce Brown	EB1	M	1:27.5
(2/2)				
200bk				
1	Sandy Lawson	EB1	F	3:32.7
2	Melanie Heroux	EB2	F	6:53.7
3	Margaret Dibben King	EB2	F	8:57.8
(3/0)				
50br				
1	Heather McBurney	EB1	F	47.5
2	Malika Shaath	EB1	F	47.6
3	Jennifer Chisholm	EB1	F	49.2
4	Margaret King	EB1	F	49.3
1	Scott Willard	EB1	M	40.7
2	Francois Jacques	EB1	M	43.2
3	Amir Banihashemi	EB2	M	44.1
(31/19)				
100br				
1	Francois Parent	WC1	M	1:39.1
2	Bud Brannigan	EB2	M	1:51.3
(0/2)				
200br				
1	Claire Robinson	EB2	F	3:45.7
2	Heloise Emdon	EB1	F	4:21.5
1	Bill Westcott	WC1	M	3:10.0
2	Mark Blenkinsop	EB2	M	3:18.7
3	Francois Jacques	EB1	M	3:32.2
(2/3)				

50f1				
1	Mieke Corriveau	WC1	F	36.0
2	Natalie Aucoin	EB2	F	37.0
3	Gillian Massel	WC1	F	41.7
1	Mark Blenkinsop	EB2	M	31.7
2	Jean-Francois Jacques	EB1	M	33.0
3	Alex Bronson	WC1	M	33.2
(13/17)				
100f1				
1	Brigitte Boland	WC1	F	1:16.7
2	Lindsay Buckingham	WC1	F	1:19.7
3	Paola Osorio	WC1	F	1:21.5
(4/0)				
100IM				
1	Malika Shaath	EB1	F	1:34.0
2	Megan Holtzman	EB2	F	1:42.9
3	Joanie Conrad	WC2	F	1:50.5
1	Mark Blenkinsop	EB2	M	1:16.6
2	Gi Wu	WC1	M	1:21.1
3	Harley Gifford	EB1	M	1:27.5
(6/8)				
200IM				
1	Justine Schweizer	WC2	F	2:58.0
2	Julie Mouris	WC1	F	3:05.0
3	Natalie Aucoin	EB2	F	3:21.7
1	Tony Revitt	EB2	M	2:36.2
2	Jean-Francois Jacques	EB1	M	2:55.4
3	Gi Wu	WC1	M	3:04.0
(6/7)				
400IM				
1	Norine Naguib	EB1	F	7:02.9
2	Deb Low	WC1	F	7:12.0
3	Natalie Aucoin	EB2	F	7:13.7
x	Sean Dawson	EB1	M	5:26.9
1	Tony Revitt	EB2	M	5:34.7
(3/2)				

Fun Relays (Fri Apr 10th)

6x50 Free Relay

7:30am Earlybirds

1. 3:49.6 7:30am Earlybirds Team 3: Susan Nevitt-Yelle, Bruce Brown, Ursula Scott, Mike Mopas, Jennifer Chisholm, Jean-Francois Jacques

2. 3:56.3 7:30am Earlybirds Team 1: Jennifer Murdock, Christian Cattan, Miguel Chavez, Heloise Emdon, Jim Lee, Ian Lorimer

3. 4:01.0 7:30am Earlybirds Team 2: Jamie Chalmers, Francois Jacques, Margaret King, Susan Hulley, Karen Jensen, Kevin Graham

8:30am Earlybirds

1. 4:06.7 8:30am Earlybirds Team 2: Melanie Heroux, Renee Robert, Isla Paterson, Annemarieke Goldsmith, Natalie Aucoin, Mark Blenkinsop
2. 4:14.5 8:30am Earlybirds Team 3: Dawn Walsh, Colleen Hyslop, Pam Dilawri, Amir Banihashemi, Megan Holtzman, Tony Revitt
2. 4:39.7 8:30am Earlybirds Team 1: Paul Scully, Bill Gregg, Fay Hjartarson, Aaron Holtzman, Ethan Dufour, Jordan Monnink

6x50 "Medley" Relay (2 backstrokers, 2 breaststrokers, 2 butterflyers)

7:30am Earlybirds

1. 4:44.6 7:30am Earlybirds Team 3: Susan Nevitt-Yelle, Bruce Brown, Ursula Scott, Mike Mopas, Jennifer Chisholm, Jean-Francois Jacques
2. 4:49.5 7:30am Earlybirds Team 1: Jennifer Murdock, Christian Cattan, Miguel Chavez, Heloise Emdon, Jim Lee, Ian Lorimer
3. 4:58.3 7:30am Earlybirds Team 2: Jamie Chalmers, Francois Jacques, Margaret King, Susan Hulley, Karen Jensen, Kevin Graham

8:30am Earlybirds

1. 5:00.8 8:30am Earlybirds Team 3: Dawn Walsh, Colleen Hyslop, Pam Dilawri, Amir Banihashemi, Megan Holtzman, Tony Revitt
2. 5:22.7 8:30am Earlybirds Team 2: Melanie Heroux, Renee Robert, Isla Paterson, Annemarieke Goldsmith, Natalie Aucoin, Mark Blenkinsop
2. 5:43.8 8:30am Earlybirds Team 1: Paul Scully, Bill Gregg, Fay Hjartarson, Aaron Holtzman, Ethan Dufour, Jordan Monnink

Ask the Coach

Dear Coach: What pool do you recommend swimming at while Carleton is closed? Need My Fix

Dear N.M. Fix: Pools with cooler water include Ottawa U and the Champagne pool. The pool closest to Carleton is the Brewer pool. Ottawa U's public swims are rarely crowded, but it closes for a month at the end of April (a few days before Carleton re-opens). I also hear nice things about the Plant pool but haven't been there. Here's the link to the City Pools (for schedules, prices, etc.): <http://ottawa.ca/en/residents/parks-and-recreation/drop-activities/public-swimming-schedules>. The Ottawa U schedule is here: https://www.geegees.ca/en/rec/activities/calendar?field_activity_type_tid=291&field_complex_tid=All.

Dear Coach: Can you please remind me again of the difference between descend and ascend? Forgetful Swimmer

Dear F. Swimmer: Descend means that each repeat should be faster. For example: 6 x 50 descend 1 -> 3 means that numbers 1 and 4 are the slowest, 2 and 5 in between, and 3 and 6 are the fastest ones. It's descend the amount of time it takes (not the effort!). Ascend is the opposite: each repeat should be slower.

Dear Coach: There are two of us in our lane who are so close in speed in freestyle that when we do the 1500m time trial, whoever is behind always catches up to the person in front, but has a very hard time passing. What do you recommend? Don't Want a Drafting DQ

Dear D.W.a.D. DQ: The best thing to do in this case is to ask the coach to put you in different lanes. (The person behind has a huge advantage over the leader.) That will usually solve the problem. If that's not feasible, you could agree ahead of time to switch leaders every (say) 500m. However, as one of you will have to likely stop to do that, you will lose a bit of time.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014-2015 is now open and cost is \$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, 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 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/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", 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, mostly in Ontario and Quebec, for 2014-2015. 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.**

Fri-Sun Apr 17-19th Quebec Provincials, Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=16436>
Sun Apr 19th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>
Sun Apr 26th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/wp-content/uploads/2014/12/Thornhill-April-26-2015.pdf>
Sun May 3rd Perth Masters Meet: <http://www.mastersswimmingontario.ca/events/perth-masters-meet-may-3/>
Fri-Mon May 15-18th Nationals, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=17263>
Sat Jun 6th Longueuil LC, Montreal (details TBD)
Sat Jul 11th Bring on the Bay 3k Open Water Swim, Ottawa <http://bringonthebay.com/>
Aug 5-16th World Masters Swimming Championships, Kazan, Russia <http://masters.kazan2015.com/en>

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

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 **Apr 1st**).

Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Spring and Summer is coming soon. Please let me know if you are interested in a lesson.

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 the exact schedule and more details.

Reminders

Spring/Summer Masters Swimming Programs, Barcodes and Prices

Registration is open for both Spring and Summer registration. 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. Saturdays are included in your weekday registration for Summer (but not for Spring). The information below is also on the web site: <http://carletonmasters.tripod.com>.

Spring 2015: Mon May 4th to Sat Jul 4th; no workouts Mon May 18th or Wed Jul 1st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 9382; cost: \$80+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 9383; cost: \$80+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 9387; cost \$94+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 9388; cost: \$84+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except for: 10:45-11:55am May 16th; and 12:15-1:25pm Jun 27th and Jul 4th (shallow): Coaches: **rotating schedule**; barcode 9385; cost: \$32.50+HST

Summer 2015: Mon Jul 6th to Sat Sept 5th; no workouts Mon Aug 3rd

7:30am Earlybirds: 7:30-8:30am MWF and 12:15-1:25pm Sat (MWF deep; Sat shallow): Coaches: Weekdays: **Lynn**; Saturdays: **rotating schedule**; barcode 9384; cost: \$98+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Evenings: Mon/Thu: **Sean**; Tue: **Mits**; Saturdays: **rotating schedule**; barcode 9389; cost \$110+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat, except 8:15-9:25am Sept 5th (shallow): Coaches: **rotating schedule**; barcode 9386; cost: \$34+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.slowtwitch.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>