

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: March-08-16 11:18 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 #413
Flag Status: Flagged

Carleton Masters Swimming Newsletter #413

Tuesday, March 8th, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, Winter 2016, and Alumni: 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (34 addresses), Saturday Only (2 addresses), Masters "Alumni" (41 addresses)



Swimming-Themed Sheets! I want these!!

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 8th**.
- For this term, 7:30am Earlybirds has **1** spot left, and **3** spots remain in the 6pm Whitecaps. The other groups have more space.
- There are **no workouts on Fri Mar 25th or Mon Mar 28th** (Easter). For Saturday swimmers, there is a workout on **Sat Mar 26th**. Note that there are only a few public swims over Easter weekend – check the signs at the pool.

Sauna Update

The "wall" has come down in the women's change room! The sign on the door to the sauna says that it will be open soon and to have a look inside! I'm looking forward to the "grand opening". I believe that the men's sauna is nearly ready, too!

Swimmer Notes

Swimmer Updates:

- Coach **Mark Blenkinshop** was interviewed on CBC Ottawa Morning today (Tue Mar 8th) about his use of cell phones and twitter during his math lectures. You can check out his 5min "Twitter Prof" interview here:

<http://www.cbc.ca/ottawamorning/episodes/>. Great job, **Mark!** However, I don't think tweeting questions during swim workout will work very well ☺ !

- Yoga class after the 8:30am Earlybirds swim? Please contact **Mary Lou Davies** (8:30am Earlybirds, marylou.davies1@gmail.com) if you are interested in a 1hr yoga class at 10am on Wednesdays, starting in September

- Anyone who has been involved in the triathlon and multi-sport community in Ottawa likely knew **Terry McKinty**, of Somersault Productions. Sadly he died on Tue Feb 23rd due to complications of surgery. Here is his obituary: <http://www.legacy.com/obituaries/ottawacitizen/obituary.aspx?pid=177869682>. There is a celebration of his life at the RA Centre Sat Mar 12th noon-5pm. Details here: <http://www.somersault.ca/terrytribute.html>.

- Apologies to the 7:30am group for the "mood lighting" on Wed Feb 24th. The lack of lighting was due to problems with the electrical system. For the 6am swim there were lights but no pace clocks, so you had a better swim experience than the earlier swimmers!

- **Mélanie Héroux** (8:30am Earlybirds) reports that the Polar Plunge for Special Olympics on Sat Feb 27th was a great success! She and Inspector John McGetrick were the first to plunge. It's not too late to donate, as donations will be accepted until the end of March: <https://secure.e2rm.com/registrant/FundraisingPage.aspx?registrationID=3209649>.

- Carleton's System and Computer Engineering Department is holding a fourth year project fair in the University Centre Galleria (4th floor) on **Mon Mar 21st 2:30-5:30pm**. One of the projects is developing electronic coaching for blind athletes.

- **Carleton Parking Update:** Parking Services is now using "The Boot" (a wheel clamp) to assist in tracking down repeat parking violators and to limit the need to tow vehicles on campus.

- **Carleton University Relay for Life:** This is a Canadian Cancer Society Fundraiser being held in the Carleton Fieldhouse from **7pm Fri Mar 11th to 7am Sat Mar 12th**. The Carleton pool lifeguards are organizing a team. If you are interested in donating, please go to their [team page](#).

- **Lisa Hans** (x-Whitecaps) is coordinating a team from the Royal Ottawa Hospital to participate in the Run for Women on **Sun May 8th** in support of the Women's Mental Health Program at the Royal. You can do 5k or 10k, and walking is fine! Any women interested in participating can go here: <http://www.runforwomen.ca/?s=15505>, and click "Register Now" next to the Teams of 5 or more. Lisa's team's name is "Track Attackers" and the team password is jav24juy. For more information, contact Lisa: lhans@rohcg.on.ca.

- 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, also on Sunday but from 4:00-5:00pm. Please pass this on to anyone else who may be interested. For more details, contact coach **Kristin Kernohan** at kristinkernohan@gmail.com.

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



News and Links:

- Ontario University Athletics Cuts Women's Water Polo: <http://www.charlatan.ca/2016/03/womens-water-polo-cut-by-oua/>

- London's First Sky Pool Coming in 2018: <http://www.metablasts.com/first-sky-pool/>

- Seven Swimming Tips to Increase Your Speed: <http://www.weekendtriathlete.com/blog/7-swimming-tips-you-can-use-to-increase-your-speed>
- How Not to Pace a 200 fly: <http://www.yourswimlog.com/how-not-to-pace-your-200-butterfly-video/>
- Annoying Swimmers, Part 1: <https://www.youtube.com/watch?v=ZZSjpVvnk98>
- Annoying Swimmers, Part 2: <https://www.youtube.com/watch?v=9wThCqMlyk>
- Where are You on the Global Fat Scale: <http://www.bbc.com/news/health-18770328>
- Middle-Age Fitness Boosts Mind, Body: <http://www.cbc.ca/sports/olympics/kreekspeak/fitness-age-kreek-ford-1.3462825>
- How Exercise May Lower Cancer Risk: <http://well.blogs.nytimes.com/2016/02/24/how-exercise-may-lower-cancer-risk/>
- Ostrich Chases Cyclists at 50kph!: <http://www.citynews.ca/2016/03/07/video-ostrich-chases-cyclists-in-south-africa/>
- From **Sheila Kealey**: Health Benefits of Hot Chocolate!: <http://www.sheilaakealey.com/2016/02/22/the-surprising-health-benefits-of-hot-chocolate/>

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>.

Sean coached for **Mits** on **Tue Mar 1st**. Sean coached for **me** on **Fri Mar 4th**.

Good job by those participating in the **50 time trials** on **Tue Feb 23rd / Wed Feb 24th**. There were three swimmers who improved in both their 50s, and 18 who improved in one 50. The biggest improvements were **Ursula Scott** (7:30am Earlybirds) who was 6.3 seconds faster in 50fl, and **Sylvia Williams** (7:10pm Whitecaps) with a 6.0 second improvement in 50br.

50fs (11)

Nancy Manning (8:30am Earlybirds) 3.5

Fay Hjartarson (8:30am Earlybirds) 2.2

Robin Devey (7:10pm Whitecaps) 2.1
Kathryn Hrycusko (8:30am Earlybirds) 1.4
Janet Whitley (8:30am Earlybirds) 1.3
Randi Karstad (7:30am Earlybirds) 1.2
Lisa Tauskela (7:10pm Whitecaps) 1.1
Jessica Tripp (7:30am Earlybirds) 0.9
Monica Flores (7:10pm Whitecaps) 0.5
Lindsay Buckingham (6pm Whitecaps) 0.2
Seema Akhtar (7:30am Earlybirds) 0.2

50bk (7)

Claire Owen (8:30am Earlybirds) 2.1
Norine Naguib (7:30am Earlybirds) 1.2
Matthew Tucciarone (7:30am Earlybirds) 0.8
Sean Dawson (Coach/8:30am Earlybirds) 0.6
Harley Gifford (7:30am Earlybirds) 0.2
Seema Akhtar (7:30am Earlybirds) 0.2
Tracey McGrath (7:30am Earlybirds) 0.1

50br (4)

Sylvia Williams (7:10pm Whitecaps) 6.0
Nancy Manning (8:30am Earlybirds) 1.9
Dawn Walsh (8:30am Earlybirds) 1.8
Randi Karstad (7:30am Earlybirds) 0.8

50fl (2)

Ursula Scott (7:30am Earlybirds) 6.3
Andrew Dechamplain (8:30am Earlybirds) 3.4

Improved in Both (3; Sum of both improvements)

Nancy Manning (8:30am Earlybirds) 5.4
Randi Karstad (7:30am Earlybirds) 2.0
Seema Akhtar (7:30am Earlybirds) 0.4

Thanks to those who participated in the **100 time trial** on **Thu Mar 3rd / Fri Mar 4th**. Details on the improvements for the evening swimmers will be in the next newsletter. The biggest morning improvements were by **Janet Whitley** (8:30am Earlybirds) with 4.3 seconds in her 100fs, and **Tony Michel** (7:30am Earlybirds) with 4.2 in his 100bk. Here are all the improvements for the morning groups.

100fs (4)

Janet Whitley (8:30am Earlybirds) 4.3
Randi Karstad (7:30am Earlybirds) 2.8
Mary Lou Davies (8:30am Earlybirds) 2.4
Bill Gregg (8:30am Earlybirds) 0.1

100bk (2)

Tony Michel (7:30am Earlybirds) 4.2
Melanie Heroux (8:30am Earlybirds) 2.0

100br (1)

Miguel Chavez (7:30am Earlybirds) 0.4

100IM (3)

Ursula Scott (7:30am Earlybirds) 2.5
Robin Henderson (7:30am Earlybirds) 1.1
Brad Shapansky (7:30am Earlybirds) 0.6

Here are the weekday attendance statistics for the term to date. If you notice any errors or omissions, please let me know! Those with the best attendance will receive certificates. (Note that the evening attendance is not quite up to date – that will be fixed next time!)

6pm Whitecaps: Jan 4-Feb 23rd; 22 workouts; range: 8-31; average: 24.4

Perfect Attendance: **Cam D, Joanne D, Konstantin P, Rachel B**

Missed 1 Workout: **Don W, Iain McD, Peter L**

Missed 2 Workouts: **Debby W**

Missed 4 Workouts: **Marg E**

7:10pm Whitecaps: Jan 4- Feb 23rd; 22 workouts; range: 3-18; average: 13.2

Missed 1 Workout: **Christian C**

7:30am Earlybirds: Jan 4-Mar 7th; 27 workouts; range: 13-28; average: 22.4

Perfect Attendance: **Bruce B**

Missed 1 Workout: **Harley G**

Missed 2 Workouts:

Missed 3 Workouts: **Jessica T, Kevin G, Tracey McG, Ursula S**

8:30am Earlybirds: Jan 4-Mar 7th; 27 workouts; range: 12-26; average: 20.1

Perfect Attendance: **Bill G, Colleen H**

Missed 4 Workouts: **Isla P, Melanie H**

Ask the Coach

Dear Coach: When does the Spring session start? Can I sign up now? Keen Swimmer

Dear K. Swimmer: The pool will be closed for 3 weeks' maintenance from April 8th to May 1st. The pool reopens for the Spring session on Mon May 2nd. Details on the programs/prices for Spring and Summer will be available in a few weeks, and will be in the newsletter and posted on the web site, when available. Registration for both Spring and Summer will likely start around April 1st.

Dear Coach: Is IMO the same as IM? Terminology Check

Dear T. Check: Not quite. IM is Individual Medley, as you know. That means the first ¼ of the swim is butterfly, the next quarter is backstroke, the 3rd quarter is breaststroke and the last freestyle. IMO means IM order. This is used when you are going to do entire first repeat fly, the 2nd back, the 3rd breast, and the 4th free. Thus 4 x 100 IM would be four 100IMs, while 4 x 100 IMO, would be 100 fly, 100 back, 100 breast, 100 free. Note that's not the same as a 400IM, as the 400IM would be done continuously, not stopping after every 100m.

Dear Coach: With the distance free time trial coming up, so you have suggestions for counting? Need a System

Dear N.a. System: There are many approaches to counting. Some count up and some count down. Some count meters, some count 25s, some count 50s, some count 100s. Some find that using letters or names can be helpful. If you swim at a consistent pace (and not an exact multiple of minutes per 100m) and you can see a pace clock, then you can use the pace clock to help. For example, if I swim 100s at about a 1:45 pace, then every 400m I'd be back to the "top" (7:00). Things get challenging when passing and/or being passed is involved. During the distance time trial, do try to count your lengths, but also keep track of where you are relative to other swimmers, as that gives us more data to use in the event of a miscount by someone!

Dear Coach: How can I get my cap and goggles to stay on during a long swim? Wardrobe Malfunctions

Dear W. Malfunctions: Your cap and goggles should stay on, without the need to adjust them, for an entire workout. If that's not the case, then you need to try a different cap and/or goggles. There are different types of caps: lycra or polyester that don't protect the hair much, but rarely fall off; latex caps that generally will stay on, if they are the correct size for you; and silicon caps that many find comfortable and long lasting, but also can cause you to overheat in a long swim, and some styles may not fit well and thus slide off. As for goggles, when you are on land, your goggles should stay on (by suction) without the strap. If not, they are not sized properly. If you have problems with them fogging up, spit in them before you put them on. If they continue to fog up, try to clean them, but be very careful not to scratch them as dirt and scratches attract fog. If they are continually fogging up, you may need a new pair.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016 is now available: cost \$38.** 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 Mar 19th Dollard-des-Ormeaux, Montreal <http://swimming.ca/en/meet/18842/>

Sun Mar 20th Etobicoke Heart and Stroke 1500m LC Fundraiser: <http://www.mastersswimmingontario.ca/wp-content/uploads/2016/01/2016-03-20-Etobicoke-HS-final.pdf>

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/

Sun May 1st Perth Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-swim-meet-may-1-2016/>

Sun May 8th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-roc-masters-invitational-may-8-2016/>

Fri-Mon May 20-23rd Nationals, Etobicoke <http://www.mastersswimmingontario.ca/events/2016-canadian-masters-swimming-championships-may-20-to-may-23-2016/>

Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>

Sat Jun 25th Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>

Sat Jul 16th Bring on the Bay 3k Open Water Swim (MSO Registration not required) <http://bringonthebay.com/>

Sat Jul 23rd Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>

Sat Aug 7th Elma Couture Open Water Swim, Welland <http://www.mastersswimmingontario.ca/elma-couture-open-water-swim-aug-7-2016/elma-couture-open-water-swim-aug-7-2016>

Sat Aug 13th Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>

Sat Aug 27th to Tue Aug 31st Swimming at the Americas Masters Games, Vancouver (Note: Event may or may not be sanctioned – check before you enter! If it is not sanctioned, your times don't count towards records, statistics, etc.): <http://www.americasmastersgames2016.com/>

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

Sun Feb 7th Technosport Masters Meet, U of Ottawa

The official results are (finally) out! Full details here: <http://mymsc.ca/ShowMeet.jsp?id=864>.

Matthew Tucciarone (7:30am Earlybirds; 25-29): **1st** 50fs (33.44), 100fs (1:16.27), 50br (45.94)

Tony Michel (7:30am Earlybirds; 50-54): **1st** 100bk (1:40.40), 200IM (3:52.42), **2nd** 100fs (1:40.97)

Lynn Marshall (Coach; 55-59): **1st** 200bk (2:33.67 World Record), 200br (3:06.53 Ontario Record), 100IM (1:17.91 Ontario Record), 400IM (5:29.87 World Record; 100fl split 1:15.11 National Record)

Sun Feb 21st Nepean Long Course Masters Meet

Ten Carleton swimmers participated! Great swims by everyone! **Ian** set a Club record in 800fs, the **200+ relay** was also a Club record, and **I** set world records in 200bk and 200fl. Official results with (most) splits are available here:

<http://mymsc.ca/ShowMeet.jsp?id=862>. The updated club records (for the latest 4 meets) are here:

<http://carletonmasters.tripod.com/160306.Records.pdf>.

Individual Events:

Jamie Chalmers (7:30am Earlybirds; 70-74): **1st** 200fs (3:48.51), 50bk (49.67), 200IM (4:39.68); **2nd** 100fs (1:33.84), 800fs (20:33.55)

Ian Lorimer (7:30am Earlybirds; 55-59): **1st** 800fs (13:55.70 Club record, PB), **2nd** 200fs (2:56.96)

Robin Henderson (7:30am Earlybirds; 55-59): **2nd** 800fs (15:01.97), 50fl (59.83)

Lynn Marshall (Coach; 55-59): **1st** 800fs (9:49.18 Canadian record; 400 split 4:53.86 Canadian record; 200 split 2:25.24 Canadian record), 100bk (1:17.61 Ontario record), 200bk (2:38.52 World record), 200fl (2:37.99 World record; 100 split 1:14.18 Canadian Record), 200IM (2:40.06 Canadian record)

Sandy Lawson (7:30am Earlybirds; 50-54): **1st** 800fs (12:28.40 LC PB), 200bk (3:26.76 PB), **2nd** 100bk (1:36.60 PB), 50fl (44.36), **3rd** 100fs (1:17.73),

Natalie Aucoin (8:30am Earlybirds; 40-44): **1st** 50fl (33.81), 100fl (1:25.04), 200IM (3:19.80), **2nd** 100fs (1:16.57), 200fs (2:53.26),

Sam Gamble (7:10pm Whitecaps; 35-39): **2nd** 200br (3:05.73 PB), **3rd** 800fs (12:19.51 PB), 50br (37.24 PB), **4th** 100br (1:23.47 PB), 50fl (36.27 PB)

Matthew Tucciarone (7:30am Earlybirds; 25-29): **1st** 50bk (42.01 PB), 100bk (1:34.82 PB), **3rd** 50fs (33.25), 100fs (1:15.67)

Miguel Chavez (7:30am Earlybirds; 18-24): **1st** 50fs (30.10 PB), 200fs (2:38.41), 50fl (33.94 PB), 50br (38.55 PB)

Matt Czapalay (7:30am Earlybirds; 18-24): **2nd** 50fs (32.97 PB), 200fs (2:45.94 PB)

Relays:

160+ 4 x 50 Mixed Free Relay: **Jamie** (38.59), **Miguel** (30.97), **Natalie** (35.42), **Sandy** (36.99): **2nd** (2:21.97)

200+ 4 x 50 Mixed Medley Relay: **Sandy** (45.96), **Sam** (37.68), **Natalie** (34.47), **Jamie** (38.56): **1st** (2:36.67 Club record)

Sat Feb 27th Gatineau Ski Loppet

Congratulations to **Margaret** and **Annemarieke** on a great job in challenging waxing conditions!

51k Classic (368 participants); full results: <https://www.sportstats.ca/display-results.xhtml?raceid=28875>

Margaret King (7:30am Earlybirds; 50-54): 208th overall; 33rd woman and 6th in category in 4:20:40.9

27k Classic (230 participants); full results: <https://www.sportstats.ca/display-results.xhtml?raceid=28876>

Annemarieke Goldsmith (8:30am Earlybirds; 55-59): 127th overall; 39th woman and **2nd** in category in 2:27:26.1

Sun Feb 28th Thornhill Masters Meet, Markham

While the results are not on-line yet, **Jamie** and **I** got our results from our ribbons. The updated club records (for the latest 4 meets) are here: <http://carletonmasters.tripod.com/160306.Records.pdf>. After four consecutive meets where I set two world records, they are now getting more difficult. I was pleased to get just one this time!

Jamie Chalmers (7:30am Earlybirds; 70-74): **1st** 50fs (38.88), 50bk (48.84), 100IM (1:59.86); **2nd** 200fs (3:56.71), 100bk (1:48.82)

Lynn Marshall (Coach; 55-59): **1st** 200fs (2:13.58 World Record; 100 split 1:06.15 Ontario Record), 100bk (1:12.87 Canadian Record), 200br (3:04.00 Canadian Record), 50fl (33.41 Ontario Record), 200fl (2:36.88 Canadian Record; 100 split 1:13.36 Canadian Record)

Sat Mar 5th Ottawa Lions Super Saturday 3 Indoor Track Meet

Andrew Dechamplain (8:30am Earlybirds) is a member of Carleton's team that participated. He ran a great 5k, breaking 18min to finish in 17:59.48. This would have been a Carleton record, except that a team-mate ran 17:53. Great job **Andrew**! Full results here: <https://ottawalions.com/results/2016-results/2016-super-saturday-3/>.

Sat Mar 5th Halifax Chronos Long Course Masters Meet

This meet almost didn't happen due to a snow storm! Several swimmers and officials were not able to make it to the pool. It would have been disappointing to go all the way to Halifax for a meet that didn't happen, so I was lucky! On the other hand, not so lucky to miss the 400fs WR by 0.26! Official results are here:

<http://mymsc.ca/ShowMeet.jsp?id=866>. Updated club records (for the latest 4 meets):

<http://carletonmasters.tripod.com/160306.Records.pdf>.

Lynn Marshall (Coach; 55-59): **1st** 100fs (1:05.94 National Record); 400fs (4:46.95 National Record; 200 split 2:23.15 National Record); 200br (3:17.18 Ontario Record); 200IM (2:40.16); 400IM (5:40.33 National Record)

Sun Mar 6th Technosport Masters Meet, U of Ottawa

Harley was Carleton's only swimmer. Official results are not yet available, but I've updated the club records as Harley was well under his old record: <http://carletonmasters.tripod.com/160306.Records.pdf>.

Harley Gifford (7:30am Earlybirds; 60-64): 50fs (32.6), 100fs (1:14.7), 100bk (1:22.4 Club Record)

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 **Mar 7th**).

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.

Notes and Reminders

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?

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.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>