

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** July-02-16 5:19 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 #421

## Carleton Masters Swimming Newsletter #421

Saturday, July 2<sup>nd</sup>, 2016

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2015, Winter 2016, Spring 2016, and Alumni: 7:30am Earlybirds I (47 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (37 addresses), Saturday Only (2 addresses), Masters "Alumni" (42 addresses)

"Live your life and forget your age." – Norman Vincent Peale

### Masters Program Notes and Cancellations

- The Spring session has ended.
- The Summer session starts **Mon Jul 4<sup>th</sup>**.
- Registration is open for Summer (full details near the end of the newsletter).
  - There is space in all groups.
  - Note that we will have 8 lanes for the 7:30am group (6 in deep, 2 in shallow) if numbers warrant, so there is plenty of room for swimmers of all speeds!
  - Both the 7:30am group and the 6pm group include Saturday (12:15-1:25pm). In addition, it is also possible to sign up for Saturdays only.

### Swimmer Notes

#### Swimmer Updates:

- A very big thank you to Coach **Mits Kachi** for all his coaching for the past many years! We wish him and his wife, **Marijan**, all the best for his coaching "sabbatical" and the upcoming birth of their baby. We look forward to hearing the details. **Mits** and **Marijan** send their thanks for the cards and baby gifts from the team.

- Thanks to those who were able to attend the Earlybirds workouts on **Wed Jun 27<sup>th</sup>**, despite the Obama visit causing traffic chaos!

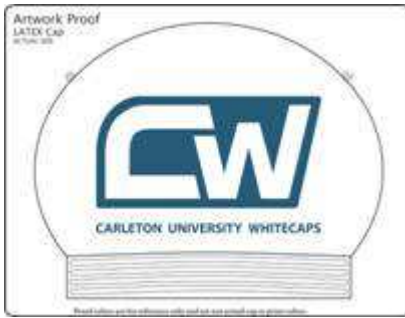
- **Kevin Graham** (7:30am Earlybirds) is renting out an apartment. It would be ideal for a Carleton student looking for a clean, quiet place. Available August 1<sup>st</sup> or September 1<sup>st</sup>. Details and photos here: <http://www.kijiji.ca/v-view-details.html?requestSource=b&adId=1173402543>.

- **Sarah Zhang** (6pm Whitecaps) works in an exercise physiology lab at U of Ottawa. Here's an opportunity to get involved:

"We are currently looking for older participants (55+ yo) to come in and participate in our research. Our research looks at different responses and performances in the heat, with an emphasis on more vulnerable populations (chronically ill, aging, etc.). All our participants receive a free aerobic fitness test as well as body composition analysis, which we give in a fitness report as compensation. The testing would take place in July most likely."

If anyone is interested, please e-mail Sarah at [szhan139@uottawa.ca](mailto:szhan139@uottawa.ca).

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



## News and Links:

- Five Things Fast Swimmers Understand: <https://swimswam.com/5-things-fast-swimmers-understand/>
- Swimming Workouts: The 15 Ultimate Practices for Swimmers [Ed. Note: This web page sometimes doesn't load properly, but will eventually!]: <http://www.yourswimlog.com/swimming-workouts/>
- Rough Start to Race [Belly flop onto the block – ouch ☹️]: <https://swimswam.com/rough-start-didnt-quit/>
- Canadian Balsa Wood Pull Buoy: <http://news.ubc.ca/2016/06/29/ubc-prof-creates-swimming-buoy-out-of-natures-foam/>
- Muscle Cramping: Causes and Treatment: <http://triathlete-europe.competitor.com/2013/02/07/muscle-cramping-causes-treatment>
- Frustrated with Your Results in the Gym: The Answer is in Your Genes: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/frustrated-with-your-results-at-the-gym-the-answer-is-in-your-genes/article8732325/>
- Sleep Your Way to Better Race Times: <http://triathlete-europe.competitor.com/2015/11/05/sleep-your-way-to-better-race-times>

**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.

## Summer Session Information

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

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 (except: 8:15am Sept 3<sup>rd</sup>): Usually Shallow End; rotating coach schedule (see workout themes)  
Exceptions will be noted here.

**Sean** is coaching for **me** on **Fri Jul 8<sup>th</sup>**, **Mon Jul 11<sup>th</sup>**, **Mon Jul 25<sup>th</sup>**, **Wed Jul 27<sup>th</sup>**, and **Fri Jul 29<sup>th</sup>**.

### Fin Day:

Thu Aug 4<sup>th</sup> / Fri Aug 5<sup>th</sup>

### Time Trials:

Mon Jul 11<sup>th</sup>: timed 400fs or IM

Mon Jul 18<sup>th</sup>: timed 50 and 100 choice

Tue Aug 9<sup>th</sup> / Wed Aug 10<sup>th</sup>: 800 / 1500fs

Tue Aug 16<sup>th</sup> / Wed Aug 17<sup>th</sup>: 200 choice

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

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum16.pdf>.

## Spring Session Information

Dates: Mon May 2<sup>nd</sup> to Sat Jul 2<sup>nd</sup>; excluding Mon May 23<sup>rd</sup>, Fri Jul 1<sup>st</sup>.

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

8:15am Saturdays (except: 10:45am on May 21<sup>st</sup>; and 12:15pm on Jul 2<sup>nd</sup>): Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Both **Whitecaps** groups were in the **deep** end on **Mon Jun 27<sup>th</sup>**, as ROCS was not in.

**Sat Jul 2<sup>nd</sup>** was in the **deep** end as it was available.

### Fin Day:

Thu May 26<sup>th</sup> / Fri May 27<sup>th</sup>

### Time Trials:

Thu Jun 2<sup>nd</sup> / Fri Jun 3<sup>rd</sup>: timed 400fs or IM

Tue Jun 7<sup>th</sup> / Wed Jun 8<sup>th</sup>: 200 choice

Mon Jun 13<sup>th</sup>: 800 / 1500fs

Thu Jun 23<sup>rd</sup> / Fri Jun 24<sup>th</sup>: 50 and 100 choice

Wed Jun 29<sup>th</sup> / Thu Jun 30<sup>th</sup>: fun day (relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum16.pdf>.

The Earlybirds did relays on the last day, **Wed Jun 29<sup>th</sup>**. The improvements were led by **Melanie Heroux** (8:30am Earlybirds) who improved her 50fs by a whopping 4.3 seconds! Here's the full list:

#### 50fs (1)

**Melanie Heroux** (8:30am Earlybirds) 4.3

#### 50bk (1)

**Susan Hulley** (7:30am Earlybirds) 0.2

#### 50br (1 tie)

**Heloise Emdon** (7:30am Earlybirds) tied best

## Spring Session Summary

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

Thank you to the Earlybirds for the flowers, chocolates and cards.

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

### Weekday Attendance:

This term we had just one swimmer with perfect attendance. Congratulations to **Harley Gifford** (7:30am Earlybirds).

Here's the attendance summary:

**7:30am Earlybirds:** May 2<sup>nd</sup> to June 29<sup>th</sup> (25 workouts); range 18-29; avg.: 22.4

Perfect Attendance: **Harley Gifford**

Missed 1 Workout: **Robin Henderson**

Missed 2 Workouts: **Susan Hulley, Ursula Scott**

Missed 3 Workouts: **Bruce Brown, Francois Jacques, Mike Mopas, Natalie Aucoin**

Missed 4 Workouts: **Marie-Odile Junker**

**8:30am Earlybirds:** May 2<sup>nd</sup> to June 29<sup>th</sup> (25 workouts); range 10-22; avg.: 16.3

Missed 1 Workout: **Nancy Manning**

Missed 3 Workouts: **Bob Tipple**

**6pm Whitecaps:** May 2<sup>nd</sup> to June 30<sup>th</sup> (26 workouts); range 13-27; avg.: 19.9

Missed 1 Workout: **Luz Osorio**

Missed 2 Workouts: **Peter Lithgow**

Missed 3 Workouts: **Don Wells, Marg Eades**

Missed 4 Workouts: **Mike Lau, Sarah Zhang**

**7:10pm Whitecaps:** May 2<sup>nd</sup> to June 30<sup>th</sup> (26 workouts); range 3-13; avg.: 9.0

Missed 6 Workouts: **Joanie Conrad**

## Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Spring 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 91 different swimmers: 55 women and 36 men. There were 327 completed time trials: 192 for women and 135 for men. If you notice any errors or omissions, please let me know.

Eighteen swimmers (13 women and 5 men) improved in at least one event (31 total improvements). The largest improvement was by **Fay Hjartarson** (8:30am Earlybirds) with a 9.5 second improvement in 100br. Next was **Mélanie Héroux** (8:30am Earlybirds) with a 4.3 (8.6sec/100m) improvement in 50fs. She was followed by **Claire Owen** (7:30am Earlybirds) with a 24.2 (6.1sec/100m) improvement in 400fs and **Randi Karstad** (7:30am Earlybirds) with an 11.9 (6.0sec/100m) improvement in 200fs. The most improved man was **Paul Denys** (7:10pm Whitecaps) with a 2.0 (4.0sec/100m) improvement in 50fs. He was followed by **Miguel Chavez** (7:30am Earlybirds) who improved his 1500fs by 54 (3.6sec/100m) and **Harley Gifford** (7:30am Earlybirds) with a 3.0 second improvement in 100bk. **Melanie, Nancy Manning** (8:30am Earlybirds), **Harley**, and **Miguel** each improved in three different events.

Sixteen swimmers (8 women and 8 men) scored 270 plus points in at least one event (39 swims total), as per the 2015 point scores at this link: [http://wiki.swimrankings.net/index.php/swimrankings:FINA\\_Points](http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points). **Sean Dawson** (Coach) had the highest score with 405 points for 2:14.3 in 200fs. He was followed by the top woman, **Luz Osorio** (6pm Whitecaps), with 402 points for a 2:30.0 in 200fs. Next was a tied between **Andrea Zarins** (7:10pm Whitecaps) and **Justin Kernot** (7:30am Earlybirds) with 386 points for 31.9 in 50fs and 1:01.7 in 100fs, respectively. Next were **Tony Revitt** (8:30am Earlybirds) with 344 for 1:04.1 in 100fs, and **Hilary March** (6pm Whitecaps) with 339 for 5:36.1 in 400fs. Rounding out the top three for the men was **Miguel Chavez** (7:30am Earlybirds) with 311 for 1:06.3 in 100fs. **Justin** and **Sean** each scored at least 270 points in five different events. **Luz** scored over 270 in four 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. Kudos to **Francois Jacques** (7:30am Earlybirds) for swimming the second relay despite cutting his toe when he slipped on his dive in the first relay.

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 13 women and 5 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Fay Hjartarson	EB2	F	100br	9.5	9.5
2	Melanie Heroux	EB2	F	50fs	4.3	8.6
3	Claire Owen	EB1	F	400fs	24.2	6.1
4	Randi Karstad	EB1	F	200fs	11.9	6.0
5	Sandy Lawson	EB1	F	50br	1.9	3.8
6	Nancy Manning	EB2	F	100fs	2.8	2.8
7	Fiona Hill	EB1	F	400fs	8.9	2.2
8	Seema Akhtar	WC1	F	400fs	7.8	2.0
9	Andrea Zarins	WC1	F	400fs	5.2	1.3
10	Mars Nienhuis	WC1	F	100fs	0.9	0.9
11	Lisa Meyer	EB2	F	200br	1.5	0.8
12	Susan Hulley	EB1	F	50bk	0.2	0.4
13	Ursula Scott	EB1	F	200fs	0.4	0.2
1	Paul Denys	WC2	M	50fs	2.0	4.0
2	Miguel Chavez	EB1	M	1500fs	54.0	3.6
3	Harley Gifford	EB1	M	100bk	3.0	3.0
4	Matt Czapalay	EB1	M	200fs	1.7	0.9
5	Brad Shapansky	EB1	M	200IM	1.5	0.8

**Fastest Swimmers (best event for each person):**

All those scoring 270 or more points are shown. This term there were 8 women and 8 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Luz Osorio	WC1	F	200fs	2:30.0	402
2	Andrea Zarins	WC2	F	50fs	31.9	386
3	Hilary March	WC1	F	400fs	5:36.1	339
4	Mars Nienhuis	WC1	F	100fs	1:16.0	302
5	Cathy Crawley	EB1	F	100IM	1:24.6	301
6	Julie Mouris	WC1	F	1500fs	23:26	279
7	Jennifer Murdock	WC1	F	400fs	5:59.3	278
8	Jenna Roundell	WC2	F	400fs	6:02.3	271
x	Sean Dawson	Coach	M	200fs	2:14.3	405
1	Justin Kernot	EB1	M	100fs	1:01.7	386
2	Tony Revitt	EB2	M	100fs	1:04.1	344
3	Miguel Chavez	EB1	M	100fs	1:06.3	311
4	Don Wells	WC1	M	400fs	5:18.9	294
5	Peter Lithgow	WC1	M	1500fs	21:18	294
6	Bogdan Djerkovic	EB1	M	50fs	30.5	293
x	Mark Blenkinsop	Coach	M	100fs	1:08.2	286

(For point scores, see: [http://wiki.swimrankings.net/index.php/swimrankings:FINA\\_Points](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
<b>50fs</b>					
1	<a href="#">Melanie Heroux</a>	EB2	F	4.3	8.6
2	Mars Nienhuis	WC1	F	0.1	0.2
1	<a href="#">Paul Denys</a>	WC2	M	2.0	4.0
2	Matt Czapalay	EB1	M	0.1	0.2
(2/2)					
<b>100fs</b>					
1	<a href="#">Randi Karstad</a>	EB1	F	5.4	5.4
2	Nancy Manning	EB2	F	2.8	2.8
3	Mars Nienhuis	WC1	F	0.9	0.9
1	<a href="#">Miguel Chavez</a>	EB1	M	3.3	3.3
(3/1)					
<b>200fs</b>					
1	<a href="#">Randi Karstad</a>	EB1	F	11.9	6.0
2	Nancy Manning	EB2	F	5.6	2.8
3	Ursula Scott	EB1	F	0.4	0.2
1	<a href="#">Matt Czapalay</a>	EB1	M	1.7	0.9
(3/1)					
<b>400fs</b>					
1	<a href="#">Claire Owen</a>	EB1	F	24.2	6.1
2	Melanie Heroux	EB2	F	16.0	4.0
3	Fiona Hill	EB1	F	8.9	2.2
1	<a href="#">Miguel Chavez</a>	EB1	M	1.9	0.5
2	Harley Gifford	EB1	M	1.9	0.5
(6/2)					
<b>1500fs</b>					
1	<a href="#">Miguel Chavez</a>	EB1	M	54.0	3.6
(0/1)					
<b>50bk</b>					
1	<a href="#">Susan Hulley</a>	EB1	F	0.2	0.4
(1/0)					
<b>100bk</b>					
1	<a href="#">Harley Gifford</a>	EB1	M	3.0	3.0
(0/1)					
<b>200bk</b>					
1	<a href="#">Melanie Heroux</a>	EB2	F	6.0	3.0
1	<a href="#">Harley Gifford</a>	EB1	M	5.2	2.6

(1/1)					
<b>50br</b>					
1	Sandy Lawson	EB1	F	1.9	3.8
(1/0)					
<b>100br</b>					
1	Fay Hjartarson	EB2	F	9.5	9.5
2	Fiona Hill	EB1	F	0.1	0.1
(2/0)					
<b>200br</b>					
1	Fay Hjartarson	EB2	F	9.7	4.9
2	Lisa Meyer	EB2	F	1.5	0.8
(2/0)					
<b>200IM</b>					
1	Brad Shapansky	EB1	M	1.5	0.8
(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 32:30.)

	Name	Group	Gender	Time
<b>50fs</b>				
1	Andrea Zarins	WC2	F	31.9
2	Luz Osorio	WC1	F	32.5
3	Mars Nienhuis	WC1	F	35.2
1	Justin Kernot	EB2	M	28.0
x	Sean Dawson	EB1	M	28.1
2	Tony Revitt	EB2	M	29.8
3	Bogdan Djerkovic	EB1	M	30.5
(40/27)				
<b>100fs</b>				
1	Mars Nienhuis	WC1	F	1:16.0
2	Elaine Yardley	WC1	F	1:23.4
3	Lara Thorpe	WC2	F	1:29.9
x	Sean Dawson	EB1	M	1:01.6
1	Justin Kernot	EB1	M	1:01.7
2	Tony Revitt	EB2	M	1:04.1
3	Miguel Chavez	EB1	M	1:06.3
(18/16)				
<b>200fs</b>				
1	Luz Osorio	WC1	F	2:30.0
2	Dawn Walsh	EB2	F	3:17.2
3	Lara Thorpe	WC2	F	3:26.0
x	Sean Dawson	EB1	M	2:14.3

1	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>2:18.3</b>
2	Tony Revitt	EB2	M	2:21.8
3	Don Wells	WC1	M	2:30.0
(19/18)				
<b>400fs</b>				
1	<b>Andrea Zarins</b>	<b>WC1</b>	<b>F</b>	<b>5:22.9</b>
2	Hilary March	WC1	F	5:36.1
3	Jennifer Murdock	WC1	F	5:59.3
x	<b>Sean Dawson</b>	<b>EB1</b>	<b>M</b>	<b>4:50.9</b>
1	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>5:00.5</b>
2	Don Wells	WC1	M	5:18.9
3	Isaac Fierro Marquez	WC1	M	5:35.7
(34/21)				
<b>800fs</b>				
1	<b>Isla Paterson</b>	<b>EB2</b>	<b>F</b>	<b>17:29</b>
2	Nancy Manning	EB2	F	18:03
3	Nicole Le Saux	EB1	F	18:18
1	<b>Jamie Chalmers</b>	<b>EB1</b>	<b>M</b>	<b>18:43</b>
2	Rod Haney	EB2	M	32:00
(7/2)				
<b>1500fs</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>20:53</b>
2	Hilary March	WC1	F	22:39
3	Julie Mouris	WC1	F	23:26
1	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>20:16</b>
2	Peter Lithgow	WC1	M	21:18
3	Miguel Chavez	EB1	M	22:12
4	Bruce Brown	EB1	M	22:14
(25/16)				
<b>50bk</b>				
1	<b>Cathy Crawley</b>	<b>EB1</b>	<b>F</b>	<b>42.6</b>
2	Megan Holtzman	EB2	F	51.5
3	Meagan Michie	EB1	F	55.1
1	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>34.5</b>
2	Harley Gifford	EB1	M	39.4
3	Jamie Chalmers	EB1	M	51.5
(5/5)				
<b>100bk</b>				
1	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>1:23.3</b>
2	Christian Cattan	WC2	M	1:58.1
(0/2)				
<b>200bk</b>				
1	<b>Claire Owen</b>	<b>EB1</b>	<b>F</b>	<b>3:37.6</b>
2	Melanie Heroux	EB2	F	6:47.7



	<b>1</b>	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>3:02.8</b>
(3/1)					
<b>50br</b>					
	<b>1</b>	<b>Fiona Hill</b>	<b>EB1</b>	<b>F</b>	<b>49.9</b>
	2	Margaret King	EB1	F	52.7
	3	Natalie Aucoin	EB1	F	53.8
	<b>1</b>	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>37.2</b>
	2	Miguel Chavez	EB1	M	41.6
	3	Francois Jacques	EB1	M	43.3
(13/6)					
<b>100br</b>					
	<b>1</b>	<b>Andrea Zarins</b>	<b>WC2</b>	<b>F</b>	<b>1:29.9</b>
	2	Fiona Hill	EB1	F	1:44.8
	3	Lisa Meyer	EB2	F	1:56.3
(4/0)					
<b>200br</b>					
	<b>1</b>	<b>Lisa Meyer</b>	<b>EB2</b>	<b>F</b>	<b>4:01.6</b>
	2	Fay Hjartarson	EB2	F	5:29.4
	<b>1</b>	<b>Bill Westcott</b>	<b>WC1</b>	<b>M</b>	<b>3:12.0</b>
	2	Gi Wu	WC1	M	3:26.0
(2/2)					
<b>50f1</b>					
	<b>1</b>	<b>Natalie Aucoin</b>	<b>EB2</b>	<b>F</b>	<b>40.1</b>
	2	Renee Robert	EB2	F	55.3
	3	Colette Kenney	EB2	F	55.7
	<b>x</b>	<b>Mark Blenkinsop</b>	<b>WC1</b>	<b>M</b>	<b>33.7</b>
	<b>1</b>	<b>Gi Wu</b>	<b>WC1</b>	<b>M</b>	<b>34.8</b>
	2	Miguel Chavez	EB1	M	36.2
	3	Matt Czapalay	EB1	M	37.0
(5/6)					
<b>100f1</b>					
	<b>1</b>	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>1:15.4</b>
	2	Natalie Aucoin	EB1	F	1:27.3
	3	Sandy Lawson	EB1	F	1:50.0
	<b>1</b>	<b>Francois Jacques</b>	<b>EB1</b>	<b>M</b>	<b>1:37.1</b>
(3/1)					
<b>100IM</b>					
	<b>1</b>	<b>Cathy Crawley</b>	<b>EB1</b>	<b>F</b>	<b>1:24.6</b>
	2	Andrea Mrozek	EB1	F	1:36.3
	3	Dawn Walsh	EB1	F	1:40.5
	<b>1</b>	<b>Gi Wu</b>	<b>WC1</b>	<b>M</b>	<b>1:22.8</b>
	2	Matt Czapalay	EB1	M	1:23.3
	3	Chris Kent	EB2	M	1:36.7
(5/7)					

200IM				
1	<a href="#">Cathy Crawley</a>	<a href="#">EB1</a>	<a href="#">F</a>	<a href="#">3:05.4</a>
2	Julie Mouris	WC1	F	3:13.0
3	Natalie Aucoin	EB1	F	3:18.6
1	<a href="#">Brad Shapansky</a>	<a href="#">EB1</a>	<a href="#">M</a>	<a href="#">3:29.5</a>
2	Jamie Chalmers	EB1	M	4:33.0
(7/2)				
400IM				
1	<a href="#">Sylvia Williams</a>	<a href="#">WC2</a>	<a href="#">F</a>	<a href="#">10:42.0</a>
1	<a href="#">Francois Jacques</a>	<a href="#">EB1</a>	<a href="#">M</a>	<a href="#">7:17.0</a>
2	Chris Kent	EB2	M	7:30.6
(1/2)				

## Fun Relays (Wed Jun 29<sup>th</sup>)

### 4x50 Free Relay

#### 7:30am Earlybirds

1: [2:31.0](#): Team 3: [Susan Hulley](#), [Sean Dawson](#), [Sean Dawson](#), [Ursula Scott](#)

2: 2:34.2: Team 2: [Harley Gifford](#), [Margaret King](#), [Miguel Chavez](#), [Marie-Odile Junker](#)

3: 2:39.6: Team 1: [Jamie Chalmers](#), [Heloise Emdon](#), [Matt Czapalay](#), [Francois Jacques](#)

4: 2:44.8: Team 4: [Meagan Michie](#), [Randi Karstad](#), [Ian Lorimer](#), [Bogdan Djerkovic](#)

#### 8:30am Earlybirds

1: [3:08.7](#): Team 1: [Megan Holtzman](#), [Justin Kernot](#), [Natalie Aucoin](#), [Melanie Heroux](#)

2: 3:26.6: Team 3: [Colleen Hyslop](#), [Nancy Manning](#), [Renee Robert](#), [Bob Tipple](#)

3: 3:32.7: Team 2: [Tony Revitt](#), [Flo Kellner](#), [Colette Kenney](#), [Lisa Meyer](#)

### 4x50 Medley Relay

#### 7:30am Earlybirds

1: [2:54.4](#): Team 2: [Harley Gifford](#), [Margaret King](#), [Miguel Chavez](#), [Marie-Odile Junker](#)

2: 2:59.7: Team 1: [Jamie Chalmers](#), [Heloise Emdon](#), [Matt Czapalay](#), [Francois Jacques](#)

3: 3:02.6: Team 4: [Meagan Michie](#), [Randi Karstad](#), [Ian Lorimer](#), [Bogdan Djerkovic](#)

4: 3:05.7: Team 3: [Susan Hulley](#), [Sean Dawson](#), [Sean Dawson](#), [Ursula Scott](#)

#### 8:30am Earlybirds

1: [3:28.6](#): Team 1: [Megan Holtzman](#), [Justin Kernot](#), [Natalie Aucoin](#), [Melanie Heroux](#)

2=: 3:52.0: Team 2: [Tony Revitt](#), [Flo Kellner](#), [Colette Kenney](#), [Lisa Meyer](#)

2=: 3:52.0: Team 3: [Colleen Hyslop](#), [Nancy Manning](#), [Renee Robert](#), [Bob Tipple](#)

## Ask the Coach

**Dear Coach:** Why are the Saturday workouts so much later during the summer? Morning Swimmer

Dear M. Swimmer: There are no other programs running on Saturday mornings during the summer (i.e. no ROC Swimming, Ottawa Synchro, or swimming lessons), thus for staffing purposes the workout is moved to just before the afternoon public swim.

**Dear Coach:** What should I do to warm up before getting in the water? Eager Swimmer

Dear E. Swimmer: Before swimming it's best to do dynamic stretching, also called muscle activation. Note that static stretching is better done after your workout. Dynamic stretching involves gentle arm circles (small or large, forward, backwards, etc.), leg swings, shoulder shrugs, etc. The idea is to loosen and warm the muscles and slightly raise the heart rate before getting in the pool.

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

Sat Jul 23<sup>rd</sup> 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 6<sup>th</sup> 750m, 1.5k, and 4k Riverkeeper Swim or Relay, Aylmer (MSO registration not required)

<https://www.events.runningroom.com/site/?racelid=13280>

Sat Aug 6<sup>th</sup> 4km Open Water Swim Orillia (MSO registration not required) Child Advocacy Fundraiser

<http://www.cacsimcoemuskoka.ca/page/swim-city-register>

Sun Aug 7<sup>th</sup> 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 13<sup>th</sup> 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 27<sup>th</sup> to Tue Aug 31<sup>st</sup> 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/>

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

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

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

### Sat Jun 4<sup>th</sup> Longueuil LC Masters Meet, Montreal

Jamie and I are still waiting for the official results!

### Sat Jun 25<sup>th</sup> Technosport 2k Meech Lake Swim (20 swimmers)

Congratulations to **Julia** on her great swim! Full results:

[http://www.technosport.ca/results/2K\\_open\\_water\\_25\\_june\\_results.pdf](http://www.technosport.ca/results/2K_open_water_25_june_results.pdf).

**Julia Aimers** (8:30am Earlybirds): 8<sup>th</sup> in 32:32

### Sat-Sun Jun 25-26<sup>th</sup> Ottawa Dragon Boat Festival

Congratulations to the two Sportchicks teams, including many Carleton Masters swimmers, for winning **silver** and **bronze** in all three women's races: 100m, 200m, and 500m. Awesome job, ladies! Full results:

<http://www.dragonboat.net/media/313563/sunday-race-results-final.pdf>.

### 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 **June 16<sup>th</sup>**).

### Private and Semi-Private Masters Swim Lessons

The schedule for July and August is:

Monday 4:30-5:30pm, 5:30-6:30pm

Tuesday 4:30-5:30pm, 5:30-6:30pm  
Wednesday 5:30-6:30pm, 6:30-7:30pm  
Thursday 4:30-5:30pm, 5:30-6:30pm

#### 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

### 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/index.html#schedSpringSummer>.

**Summer 2015: Mon Jul 4<sup>th</sup> to Sat Sept 3<sup>rd</sup>; no workouts Mon Aug 1<sup>st</sup>**

**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 11257; cost: \$100+HST

**6:00pm Whitecaps:** 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean**;  
Saturdays: **rotating schedule**; barcode 11262; cost \$112+HST

**12:15pm Saturday Earlybirds ONLY:** 12:15-1:25pm Sat, except: Sept 3<sup>rd</sup> 8:15-9:25am (shallow): Coaches: **rotating schedule**; barcode 11259; cost: \$35+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.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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))  
Club website: <http://carletonmasters.tripod.com>