

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Monday, January 02, 2017 2:57 PM  
**To:** Lynn Marshall  
**Subject:** FW: Carleton Masters Swimming Newsletter #434

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**From:** Lynn Marshall [mailto:lynnmar@sce.carleton.ca]  
**Sent:** Friday, December 23, 2016 9:01 PM  
**To:** 'Fran Craig' <fran.craig@carleton.ca>; 'Steve Baird' <steve.baird@carleton.ca>; 'Blake Christie' <blakechristie@hotmail.com>; 'Claudia Cronin-Schlote' <claudia.croninschlote@gmail.com>; 'Kristi Dean' <kdean72@gmail.com>; 'Lynn Marshall' <lynnmar@sce.carleton.ca>; 'Mark Blenkinsop' <mark\_blenkinsop@yahoo.ca>; 'Mits Kachi' <mitskachi@gmail.com>; 'Sean Dawson' <seanrdawson@me.com>; 'Tim Kilby' <Timothykilby@hotmail.com>  
**Subject:** Carleton Masters Swimming Newsletter #434

## Carleton Masters Swimming Newsletter #434

Friday, December 23<sup>rd</sup>, 2016

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

**Bcc:** Those registered for Fall 2016 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (32 addresses), Saturday Only (8 addresses), Masters "Alumni" (31 addresses).

**Aristotle's Ethics:** "We are what we repeatedly do. Excellence, then, is not an act but a habit."

### Masters Program Notes and Cancellations

- The Fall session ended **Thu Dec 22<sup>nd</sup>**. The Winter session starts **Tue Jan 3<sup>rd</sup>**.
  - There will be three interim workouts: see below.
- The 6pm group is full for Winter. There is a wait list available. Let me know if you are on the wait list.
- There are just 6 spots left at 7:30am.

### Carleton Masters Interim Workouts

We are offering three interim workouts between the Fall and Winter sessions. If you are in town, please make an effort to attend! Each workout costs \$4.85 (the cost of a public swim pass). Note that these workouts are only open to those with a valid Athletics membership (or student/staff card) for the date/time of the workout. If you have a morning-only membership, it is good all day on "reduced hours" days, i.e. all of these dates. Guests (who do not have to be members) are welcome, if they pay the \$4.85 fee and are accompanied by a member. **Please pay the public swim \$4.85 fee at the Welcome Centre, get a paper receipt (\*not\* a hand stamp!), write your name on the back, and give your receipt to the coach on deck before you get in the water.** No receipt, no swim, no exceptions!!

#### Interim Workouts:

**Tue Dec 27th 6:00-7:15pm** (deep end): Coach: **Sean**: Theme: Christmas

**Wed Dec 28th 6:00-7:15pm** (deep end): Coach: **Sean**: Theme: Hanukkah

**Thu Dec 29th 6:00-7:15pm** (deep end): Coach: **Sean**: Theme: Kwanzaa

### Carleton Masters End of Year Photos

Coach **Sean Dawson** kindly volunteered to take group photos again this year. So far, you will find the Saturday photo at this link: <http://carletonmasters.tripod.com/fall16photos.pdf>. The evening and morning photos will be added to the same document within a few days.

## Please Swipe Your Card to Access the Athletics Facility

Everyone is reminded to swipe their card at the Welcome Centre to access the change rooms and pool. Starting in the new year the staff will be strictly enforcing this policy to ensure no unauthorized access. Your cooperation in ensuring that only those paying for the facilities get access is greatly appreciated!

## Swimmer Notes

### Swimmer Updates:

- Our best wishes to **Monique Potvin Kent** (x-8:30am Earlybirds), wife of **Chris Kent** (8:30am Earlybirds). Monique was diagnosed with breast cancer in mid-November, and had surgery last week to remove the tumour. The good news is that it appears to be early stage (small tumour and no signs of spread outside breast) and Monique has an unbelievably great attitude. We wish Monique all the best for a quick recovery.

- Congratulations to **Margaret King** (7:30am Earlybirds) on her Team Triumph Athlete of the Year Award!

- Thanks very much to those of you who supported the Varsity Swim Team on Giving Tuesday (Nov 29<sup>th</sup>). Your support is greatly appreciated. We raised \$33,990, including the matching funds. The swim team received about 10% of the \$150,000 in matching funds donated by Carleton!! The alumni office visited the pool last week to film the swim team's "thank you" to all donors: <https://futurefunder.carleton.ca/carleton-varsity-swim-team-makes-a-splash/>.

- **Carleton Athletics January Specials:** One month membership: \$40 (including tax). 5 Day Pass: \$30 (including tax). Bring a friend day pass: free (for members).

- Masters Swimming Canada Winter Newsletter: <https://www.mastersswimmingcanada.ca/WP/wp-content/uploads/2016/12/MS-C-News-Winter-16-EN.pdf>.

- Carleton is offering Lifesaving Camps January 2-6<sup>th</sup> and March 13-17<sup>th</sup>. Details here: <http://athletics.carleton.ca/aquatics/>.

- **Tony Revitt** (8:30am Earlybirds) has worked at the Carleton Physiotherapy clinic for many years. He's now venturing out on his own! Here's some information for him on his new position:

Glebe Health House is a multidisciplinary clinic which will now be offering Physiotherapy. The clinic is located on Bank and 2nd above the Bridgehead (entry is on 2nd). I will be starting with 2 days a week (Tuesday mornings and Wednesday afternoon/evening) and adding more times as I get busy. The appointments can be booked and managed online, including payments. You will also have personalized appointments (no use of physio assistants). I have been doing physio for 11 years and have been mainly helping sports minded people get back to their various activities, from the weekend warrior to National Team athletes. Outside of the clinic I work with the Canadian National Diving Team and Ontario/Eastern Ontario Rugby teams. I treat all types of injuries including neck and back problems. As well as manual therapy and exercise prescription, I do IMS, a needling technique used for chronic conditions and to relax tight muscles. If you, or anyone else you know, has an injury that is giving you pain or restricting your activity please come in to see me by booking a time on the website: <http://www.glebehealthhouse.com/>.

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



## News and Links:

- **Penny Oleksiak** Wins Lou Marsh Award, First Swimmer Since **Mark Tewksbury** (1992), and Youngest Ever: <http://www.cbc.ca/sports/olympics/summer/aquatics/oleksiak-wins-lou-marsh-1.3893955>

- and: <https://swimswam.com/penny-oleksiak-named-canadas-youngest-ever-athlete-year/>  
 - When You're Late for Swim Practice and There's No Time to Waste!: <https://www.facebook.com/MightyMarlinz/videos/1873146926238120/>  
 and: <https://www.facebook.com/sportsfeed.gr/videos/693854350795792/>  
 - Great Partnership Between Victoria Masters and Special Olympics: <https://www.mastersswimmingcanada.ca/WP/en/news/great-partnership-between-victoria-masters-and-special-olympics/>  
 - The Health Benefits of Swimming: <https://www.facebook.com/brightside/videos/384659798548570/>  
 - Nine Reasons to be Thankful for Swimming: <http://www.yourswimlog.com/thankful-swimming/>  
 - Some Luxurious Pools to Enjoy: <https://brightside.me/article/20-luxurious-pools-which-you-swim-for-eternity-in-26605/>  
 - You Can Retain Muscle as You Age: <http://www.myajc.com/lifestyles/new-research-shows-you-can-retain-muscle-you-age/ATcH16160eTriOvstutcXL/>  
 - What Happens When You Stop Exercising for a Month: <http://www.redbookmag.com/body/health-fitness/a47508/what-happens-when-you-stop-exercising/>  
 - Ryan Lochte and Fiancée Announce Pregnancy: <http://www.sportsnet.ca/olympics/ryan-lochte-fiancee-announce-pregnancy-underwater-pics/>  
 - Get 1% Better: Earn 16 Olympic Golds: <https://swimswam.com/coach-challenged-athletes-get-just-1-better-won-16-olympic-golds/>  
 - Seven Things Successful People do Before 7:30am: <http://www.forbes.com/sites/travisbradberry/2016/10/18/7-things-wildly-successful-people-do-before-730-am/>  
 - An Athlete's Guide to Maintaining Health Over the Holidays: <https://swimswam.com/maintain-health-holidays-athletes-guide/>

**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

Dates: Tue Jan 3<sup>rd</sup> to Fri Apr 7<sup>th</sup>; excluding Mon Feb 20<sup>th</sup>.

The usual pool allocations and coaches are as follows:

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

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

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

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

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

Exceptions will be noted here.

The **7:10pm Whitecaps** will be in the **deep end** on **Tue Jan 3<sup>rd</sup>** and **Thu Jan 5<sup>th</sup>**.

### Fin Days:

Mon Jan 30<sup>th</sup>

Thu Mar 9<sup>th</sup> / Fri Mar 10<sup>th</sup>

### Time Trials:

Tue Feb 7<sup>th</sup> / Wed Feb 8<sup>th</sup>: timed 400fs or IM

Tue Feb 21<sup>st</sup> / Wed Feb 22<sup>nd</sup>: 2 timed 50s

Thu Mar 2<sup>nd</sup> / Fr Mar 3<sup>rd</sup>: 100 choice

Thu Mar 16<sup>th</sup> / Fri Mar 17<sup>th</sup>: 200 choice

Tue Mar 21<sup>st</sup> / Wed Mar 22<sup>nd</sup>: 800 / 1500fs  
Thu Apr 6<sup>th</sup> / Fri Apr 7<sup>th</sup>: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint17.pdf>.

## Fall Session Information

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

The usual pool allocations and coaches are as follows:

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

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

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

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

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

Exceptions will be noted here.

**Sean** coached for **me** on **Wed Dec 14<sup>th</sup>**.

The **7:10pm Whitecaps** were in the **deep end** on **Tue Dec 20<sup>th</sup>** and **Thu Dec 22<sup>nd</sup>**.

### Fin Days:

Tue Oct 25<sup>th</sup> / Wed Oct 26<sup>th</sup>

Thu Nov 24<sup>th</sup> / Fri Nov 25<sup>th</sup>

### Time Trials:

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

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

Mon Oct 31<sup>st</sup>: 200 choice

Mon Nov 14<sup>th</sup>: 800 / 1500fs (and Thu Nov 17<sup>th</sup>)

Tue Nov 29<sup>th</sup> / Wed Nov 30<sup>th</sup>: 100 choice

Wed Dec 21<sup>st</sup> / Thu Dec 22<sup>nd</sup>: "funner" day (e.g. relays)

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

Thanks to all those who participated in the **relays** on **Wed Dec 21<sup>st</sup>**. There were 9 improvements. **Melanie Heroux** (8:30am Earlybirds) had the largest improvement with 4.1 seconds in her 50bk. **Randi Karstad** (7:30am Earlybirds) improved her 50fs by 1.3 seconds. She'd already improved by 1.5 seconds earlier in the term, so that gives her 2.8 seconds for that event this term. **Liliane Cardinal** (7:30am Earlybirds) improved both her 50fs and her 50br. It was the second time she improved her 50br this term. A full list of all the improvements follows.

### 50fs (4)

<b>Randi Karstad</b>	1.3 (+1.5) = 2.8	EB1
<b>Liliane Cardinal</b>	1.1	EB1
<b>Matt Daley</b>	0.6	EB2
<b>Claude Tellier</b>	0.1	EB2

### 50bk (3)

<b>Melanie Heroux</b>	4.1	EB2
<b>Megan Holtzman</b>	1.1	EB2
<b>Sandy Lawson</b>	1.0	EB1

### 50br (1)

<b>Liliane Cardinal</b>	0.1 (+2.8) = 2.9	EB1
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50fl (1)

Jordan Monnink	0.3	EB2
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## Fall Session Summary

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

Thanks very much to the Earlybirds swimmers for the beautiful plant, chocolates, and the wonderful framed photo of last year's Earlybirds team photo, which I've already mounted on my wall!

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

### Weekday Attendance:

This term we had **three** swimmers with perfect attendance, all from the 6pm Whitecaps. Congratulations to **Cam Dawson**, **Joanne Dawson** and **Konstantin Petoukhov**.

Here's the attendance summary:

**6pm Whitecaps:** Sept 6-Dec 22<sup>nd</sup> (41 of 46 workouts; missing: Sept 19, 20, 26, Oct 3, 6); range 20-33; average: 25.9  
Perfect Attendance: **Cam Dawson, Joanne Dawson, Konstantin Petoukhov**  
Missed 2 Workouts: **Peter Lithgow, Rachel Bennett**  
Missed 3 Workouts: **Don Wells**  
Missed 4 Workouts: **Debby Whately**

**7:10pm Whitecaps:** Sept 6-Dec 22<sup>nd</sup> (41 of 46 workouts; missing: Sept 19, 20, 26, Oct 3, 6); range 10-23; average: 16.2  
Missed 5 Workouts: **Derek Woodard, Gillian Massel, Stephanie Le Saux-Farmer**

**7:30am Earlybirds:** Sept 7-Dec 21<sup>st</sup> (45 workouts) range 14-31; average: 22.4  
Missed 2 Workouts: **Liliane Cardinal**  
Missed 4 Workouts: **Bruce Brown, Christiane Wilke, Jamie Chalmers**

**8:30am Earlybirds:** Sept 7-Dec 21<sup>st</sup> (45 workouts); range 16-32; average: 25.5  
Missed 2 Workouts: **Alison Creba, Amir Banihashemi**  
Missed 3 Workouts: **Bill Gregg, Isla Paterson, Mark Blenkinsop**  
Missed 4 Workouts: **Chris Whitehead**

### Time Trial and Relay Summary

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

This term time trials were done by 132 different swimmers: 72 women and 60 men. There were 532 completed time trials: 284 for women and 248 for men. If you notice any errors or omissions, please let me know.

Fifty-three swimmers (36 women and 17 men) improved in at least one event (86 total improvements). The largest improvement was by **Randi Karstad** (7:30am Earlybirds). She improved her 800fs by 2:03 (15.4 sec/100m). Next was **Fay Hjartarson** (8:30am Earlybirds) with a 1:58 (14.8sec/100m) improvement in 800fs. She was followed by **Flo Kellner** (8:30am Earlybirds) who had a 24 second (12.0/100m) improvement in 200fs. Fourth, and top male was **Konstantin Petoukhov** (6pm Whitecaps) with a 10.1 second improvement in 100fs. Rounding out the top three for the men were **David Moore** (6pm Whitecaps) and **Cory Fraser** (7:30am Earlybirds) with, respectively, 5.4 second and 4.4 second improvements in 100fs. **Christiane Wilke** (7:30am Earlybirds) and **Nancy Manning** (8:30am Earlybirds) each improved in five different events, while **Jordan Monnink** (8:30am Earlybirds), **Justin Kernot** (7:10pm Whitecaps), and **Randi** improved in four.

Thirty-two swimmers (18 women and 14 men) scored 270 plus points in at least one event (53 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). **Lindsay Buckingham** (6pm Whitecaps) had the top score with 455 for 1:06.3 in 100fs. Second was **Andrea Zarins** (6pm Whitecaps) with 440 for 2:25.6 in 200fs. She was followed by **Luz Osorio** who scored 431 for her 1:07.5 100fs. Fourth and top man was **Justin Kernot** (7:10pm Whitecaps) with 399 points for 27.5 in 50fs. Just one point behind was **Jordan Monnick** (8:30am Earlybirds) with 398 points for 19:15 in 1500fs. The third man was **Jian-Lok Chang** with 388 points for 2:30.2 in 200IM. **Justin** scored at least 270 points in six swims, while **Elsbeth Cudmore** (7:10pm Whitecaps), **Gillian Massel** (7:10pm Whitecaps), and **Stephanie Le Saux-Farmer** (7:10pm Whitecaps) scored over 270 in five.

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

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

### Key:

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

### Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 36 women and 17 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	<a href="#">Randi Karstad</a>	EB1	F	800fs	123.0	15.4
2	Fay Hjartarson	EB2	F	800fs	118.0	14.8
3	Flo Kellner	EB2	F	200fs	24.0	12.0
4	Jocelyn Pender	WC1	F	400fs	36.3	9.1
5	Melanie Heroux	EB2	F	50bk	4.1	8.2
6	Christiane Wilke	EB1	F	200fs	12.6	6.3
7	Isabelle Fradette	EB2	F	50bk	3.0	6.0
8	Liliane Cardinal	EB1	F	50br	2.9	5.8
9	Nancy Manning	EB2	F	200fs	11.1	5.6
10	Gillian Massel	WC2	F	400fs	21.0	5.3
11	Mary Lou Davies	EB2	F	100fs	5.2	5.2
12	Deb Low	WC1	F	50bk	2.3	4.6
12	Margaret King	EB1	F	50fl	2.3	4.6
14	Penny Estabrooks	EB2	F	400fs	16.7	4.2
15	Paola Osorio	WC1	F	50bk	1.7	3.4
16	Erica Parker	WC1	F	100fs	2.6	2.6
17	Megan Holtzman	EB2	F	50bk	1.1	2.2
17	Sylvia Williams	WC2	F	50br	1.1	2.2
19	Ashley Kotarba	WC2	F	50fs	1.0	2.0
19	Rachel Bennett	WC1	F	1500fs	30.0	2.0
19	Sandy Lawson	EB1	F	50bk	1.0	2.0
22	Heloise Emdon	EB1	F	400fs	7.6	1.9
23	Cathy Crawley	EB1	F	100IM	1.8	1.8
23	Ursula Scott	EB1	F	50fl	0.9	1.8
25	Mars Nienhuis	WC1	F	400fs	6.3	1.6
26	Isla Paterson	EB2	F	800fs	12.0	1.5

27	Stephanie Le Saux Farmer	WC2	F	400fs	5.5	1.4
27	Andrea Mrozek	EB1	F	200IM	2.7	1.4
29	Luz Osorio	WC1	F	100fs	1.2	1.2
30	Lisa Meyer	EB2	F	200br	1.8	0.9
30	Tatjana Molitor	WC1	F	400fs	3.5	0.9
32	Meagan Michie	EB1	F	50bk	0.3	0.6
33	Elaine Yardley	WC1	F	1500fs	7.0	0.5
34	Claude Tellier	EB2	F	50fs	0.1	0.2
34	Natalie Aucoin	EB2	F	50fl	0.1	0.2
36	Tracey McGrath	WC2	F	1500fs	1.0	0.1
<b>1</b>	<b>Konstantin Petoukhov</b>	<b>WC1</b>	<b>M</b>	<b>100fs</b>	<b>10.1</b>	<b>10.1</b>
2	David Moore	WC1	M	100fs	5.4	5.4
3	Cory Fraser	EB1	M	100fs	4.4	4.4
4	Bill Gregg	EB2	M	50br	2.0	4.0
5	Matt Czapalay	EB1	M	50fl	1.8	3.6
5	Jordan Monnink	EB2	M	200fs	7.2	3.6
7	Harley Gifford	EB1	M	200IM	6.5	3.3
8	Jonathan Critch	WC2	M	100fs	2.9	2.9
9	Jian-Lok Chang	WC1	M	200IM	5.3	2.7
10	Francois Jacques	EB1	M	50fl	1.1	2.2
11	Justin Kernot	WC2	M	400fs	8.2	2.1
12	Jean-Louis Tiernan	WC1	M	1500fs	27.0	1.8
13	Roy Hanes	WC2	M	100fs	1.5	1.5
14	Matt Daley	EB2	M	50fs	0.6	1.2
15	Brad Shapansky	EB1	M	50fl	0.4	0.8
16	Ian Lorimer	EB1	M	200IM	0.7	0.4
17	Matthew Tucciarone	EB1	M	50br	0.1	0.2

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

All those scoring 270 or more points are shown. This term there were 18 women and 14 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
<b>1</b>	<b>Lindsay Buckingham</b>	<b>WC1</b>	<b>F</b>	<b>100fs</b>	<b>1:06.3</b>	<b>455</b>
<b>2</b>	<b>Andrea Zarins</b>	<b>WC1</b>	<b>F</b>	<b>200fs</b>	<b>2:25.6</b>	<b>440</b>
<b>3</b>	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>100fs</b>	<b>1:07.5</b>	<b>431</b>
4	Paola Osorio	WC1	F	200fs	2:34.7	367
5	Gillian Massel	WC2	F	400fs	5:31.0	355
6	Cathy Crawley	EB1	F	50fs	32.9	352
7	Alison Creba	EB2	F	50fs	33.1	346
7	Lindsay Hugenholtz	EB2	F	50fs	33.1	346
9	Stephanie Le Saux Farmer	WC2	F	400fs	5:39.3	330
10	Kristen Campbell	WC2	F	100fs	1:14.3	323
11	Jennifer Murdock	WC1	F	1500fs	22:27	318
12	Elsbeth Cudmore	WC2	F	400fs	5:44.2	316

13	Elaine Yardley	WC1	F	1500fs	22:43	307
14	Natalie Aucoin	EB2	F	50fl	36.3	302
15	Rachel Bennett	WC1	F	1500fs	22:53	300
16	Ayelet Lustgarten	WC2	F	100fs	1:16.5	296
17	Mars Nienhuis	WC1	F	400fs	5:56.8	283
18	Sheila Kealey	EB2	F	50fs	35.6	278
<b>1</b>	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>50fs</b>	<b>27.5</b>	<b>399</b>
2	Jordan Monnink	EB2	M	1500fs	19:15	398
3	Jian-Lok Chang	WC1	M	200IM	2:30.2	388
4	Sam Hersh	EB2	M	50fs	27.9	382
x	Sean Dawson	EB1	M	50fl	30.2	376
5	Tony Revitt	EB2	M	100fs	1:03.0	362
x	Mark Blenkinsop	EB2	M	50fl	30.9	351
x	Andrew Wille	tr	M	100fs	1:04.2	343
6	Jonathan Critch	WC2	M	100fs	1:05.0	330
7	Peter Lithgow	WC1	M	1500fs	20:59	307
8	Gi Wu	WC1	M	50fs	30.2	301
9	David Moore	WC1	M	100fs	1:08.3	284
10	Francois Jacques	EB1	M	50fs	30.9	281
11	Sam Gamble	WC2	M	100br	1:25.1	279

(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>					
<b>1</b>	<b>Randi Karstad</b>	<b>EB1</b>	<b>F</b>	<b>2.8</b>	<b>5.6</b>
2	Liliane Cardinal	EB1	F	1.1	2.2
3	Ashley Kotarba	WC2	F	1.0	2.0
<b>1</b>	<b>Konstantin Petoukhov</b>	<b>WC1</b>	<b>M</b>	<b>1.1</b>	<b>2.2</b>
2	Matt Daley	EB2	M	0.6	1.2
3	Justin Kernot	EB2	M	0.5	1.0
(4/3)					
<b>100fs</b>					
<b>1</b>	<b>Christiane Wilke</b>	<b>EB1</b>	<b>F</b>	<b>5.3</b>	<b>5.3</b>
2	Mary Lou Davies	EB2	F	5.2	5.2
3	Nancy Manning	EB2	F	3.3	3.3
<b>1</b>	<b>Konstantin Petoukhov</b>	<b>WC1</b>	<b>M</b>	<b>10.1</b>	<b>10.1</b>
2	David Moore	WC1	M	5.4	5.4
3	Cory Fraser	EB1	M	4.4	4.4
(6/7)					



<b>200fs</b>					
1	<b>Flo Kellner</b>	<b>EB2</b>	<b>F</b>	<b>24.0</b>	<b>12.0</b>
2	Christiane Wilke	EB1	F	12.6	6.3
3	Nancy Manning	EB2	F	11.1	5.6
4	Randi Karstad	EB1	F	10.9	5.5
1	<b>Jordan Monnink</b>	<b>EB2</b>	<b>M</b>	<b>7.2</b>	<b>3.6</b>
(6/1)					
<b>400fs</b>					
1	<b>Jocelyn Pender</b>	<b>WC1</b>	<b>F</b>	<b>36.3</b>	<b>9.1</b>
2	Christiane Wilke	EB1	F	23.8	6.0
3	Gillian Massel	WC2	F	21.0	5.3
1	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>12.7</b>	<b>3.2</b>
2	David Moore	WC1	M	10.4	2.6
3	Justin Kernot	WC2	M	8.2	2.1
(10/3)					
<b>800fs</b>					
1	<b>Randi Karstad</b>	<b>EB1</b>	<b>F</b>	<b>123.0</b>	<b>15.4</b>
2	Fay Hjartarson	EB2	F	118.0	14.8
3	Nancy Manning	EB2	F	27.0	3.4
1	<b>Bill Gregg</b>	<b>EB2</b>	<b>M</b>	<b>1.0</b>	<b>0.1</b>
(5/1)					
<b>1500fs</b>					
1	<b>Rachel Bennett</b>	<b>WC1</b>	<b>F</b>	<b>30.0</b>	<b>2.0</b>
2	Christiane Wilke	EB1	F	22.0	1.5
3	Gillian Massel	WC2	F	16.0	1.1
1	<b>Konstantin Petoukhov</b>	<b>WC1</b>	<b>M</b>	<b>43.0</b>	<b>2.9</b>
2	Jordan Monnink	EB2	M	41.0	2.7
3	Jean-Louis Tiernan	WC1	M	27.0	1.8
(6/4)					
<b>50bk</b>					
1	<b>Melanie Heroux</b>	<b>EB2</b>	<b>F</b>	<b>4.1</b>	<b>8.2</b>
2	Isabelle Fradette	EB2	F	3.0	6.0
3	Deb Low	WC1	F	2.3	4.6
(7/0)					
<b>50br</b>					
1	<b>Liliane Cardinal</b>	<b>EB1</b>	<b>F</b>	<b>2.9</b>	<b>5.8</b>
2	Nancy Manning	EB2	F	1.8	3.6
3	Sylvia Williams	WC2	F	1.1	2.2
1	<b>Bill Gregg</b>	<b>EB2</b>	<b>M</b>	<b>2.0</b>	<b>4.0</b>
2	Matthew Tucciarone	EB1	M	0.1	0.2
(4/2)					
<b>100br</b>					
1	<b>Fay Hjartarson</b>	<b>EB2</b>	<b>F</b>	<b>3.1</b>	<b>3.1</b>
1	<b>Francois Jacques</b>	<b>EB1</b>	<b>M</b>	<b>0.3</b>	<b>0.3</b>

(1/1)					
<b>200br</b>					
1	<b>Lisa Meyer</b>	<b>EB2</b>	<b>F</b>	<b>1.8</b>	<b>0.9</b>
2	Fay Hjartarson	EB2	F	0.5	0.3
(2/0)					
<b>50f1</b>					
1	<b>Margaret King</b>	<b>EB1</b>	<b>F</b>	<b>2.3</b>	<b>4.6</b>
2	Ursula Scott	EB1	F	0.9	1.8
3	Natalie Aucoin	EB2	F	0.1	0.2
1	<b>Matt Czapalay</b>	<b>EB1</b>	<b>M</b>	<b>1.8</b>	<b>3.6</b>
2	Francois Jacques	EB1	M	1.1	2.2
3	Brad Shapansky	EB1	M	0.4	0.8
(3/4)					
<b>100IM</b>					
1	<b>Cathy Crawley</b>	<b>EB1</b>	<b>F</b>	<b>1.8</b>	<b>1.8</b>
(1/0)					
<b>200IM</b>					
1	<b>Andrea Mrozek</b>	<b>EB1</b>	<b>F</b>	<b>2.7</b>	<b>1.4</b>
1	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>6.5</b>	<b>3.3</b>
2	Jian-Lok Chang	WC1	M	5.3	2.7
3	Justin Kernot	WC2	M	3.1	1.6
(1/4)					

### 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	<b>Lindsay Buckingham</b>	<b>WC1</b>	<b>F</b>	<b>30.6</b>
2	Andrea Zarins	WC1	F	31.3
2	Luz Osorio	WC1	F	31.3
1	<b>Justin Kernot</b>	<b>EB2</b>	<b>M</b>	<b>27.5</b>
2	Sam Hersh	EB2	M	27.9
x	Sean Dawson	EB1	M	28.1
3	Jian-Lok Chang	WC1	M	28.5
4	Tony Revitt	EB2	M	28.6
(63/46)				
<b>100fs</b>				
1	<b>Lindsay Buckingham</b>	<b>WC1</b>	<b>F</b>	<b>1:06.3</b>
2	Luz Osorio	WC1	F	1:07.5
3	Alison Creba	EB2	F	1:14.2
4	Kristen Campbell	WC2	F	1:14.3
1	<b>Justin Kernot</b>	<b>WC2</b>	<b>M</b>	<b>1:01.7</b>

2	Tony Revitt	EB2	M	1:03.0
x	Andrew Wille	tr	M	1:04.2
3	Jordan Monnink	EB2	M	1:04.9
4	Jonathan Critch	WC2	M	1:05.0
(31/35)				
<b>200fs</b>				
1	<b>Andrea Zarins</b>	<b>WC1</b>	<b>F</b>	<b>2:25.6</b>
2	Paola Osorio	WC1	F	2:34.7
3	Gillian Massel	WC2	F	2:40.3
1	<b>Jordan Monnink</b>	<b>EB2</b>	<b>M</b>	<b>2:21.3</b>
2	Don Wells	WC1	M	2:36.2
3	Peter Lithgow	WC1	M	2:38.8
(37/29)				
<b>400fs</b>				
1	<b>Lindsay Buckingham</b>	<b>WC1</b>	<b>F</b>	<b>5:21.5</b>
2	Gillian Massel	WC2	F	5:31.0
3	Stephanie Le Saux Farmer	WC2	F	5:39.3
1	<b>Justin Kernot</b>	<b>WC2</b>	<b>M</b>	<b>4:54.7</b>
x	Mark Blenkinsop	EB2	M	5:17.3
2	Sam Hersh	EB2	M	5:30.8
3	Peter Lithgow	WC1	M	5:32.7
(37/29)				
<b>800fs</b>				
1	<b>Nancy Manning</b>	<b>EB2</b>	<b>F</b>	<b>16:30</b>
2	Randi Karstad	EB1	F	16:35
3	Isla Paterson	EB2	F	16:57
1	<b>Bill Gregg</b>	<b>EB2</b>	<b>M</b>	<b>18:05</b>
2	John Weston	EB2	M	18:28
3	Jamie Chalmers	EB1	M	18:41
(11/5)				
<b>1500fs</b>				
1	<b>Gillian Massel</b>	<b>WC2</b>	<b>F</b>	<b>22:27</b>
1	<b>Jennifer Murdock</b>	<b>WC1</b>	<b>F</b>	<b>22:27</b>
2	Kristen Campbell	WC2	F	22:38
2	Stephanie Le Saux Farmer	WC2	F	22:38
1	<b>Jordan Monnink</b>	<b>EB2</b>	<b>M</b>	<b>19:15</b>
2	Justin Kernot	WC2	M	19:58
3	Tony Revitt	EB2	M	20:15
(18/21)				
<b>50bk</b>				
1	<b>Paola Osorio</b>	<b>WC1</b>	<b>F</b>	<b>37.4</b>
2	Deb Low	WC1	F	41.7
3	Lindsay Hugenholtz	EB2	F	41.8
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>32.3</b>

2	Harley Gifford	EB1	M	38.5
3	Bill Westcott	WC1	M	39.3
(22/15)				
<b>100bk</b>				
1	Paola Osorio	WC1	F	1:24.0
1	Don Wells	WC1	M	1:18.1
2	Christian Cattan	WC1	M	1:42.7
(1/2)				
<b>200bk</b>				
1	Don Wells	WC1	M	2:46.6
2	Bill Westcott	WC1	M	3:04.8
3	Christian Cattan	WC1	M	3:43.7
(0/3)				
<b>50br</b>				
1	Andrea Zarins	WC1	F	41.3
2	Margaret King	EB1	F	49.8
3	Ruth Fawcett	EB2	F	49.9
1	Sam Hersh	EB2	M	38.5
2	Bill Westcott	WC1	M	39.3
3	Don Wells	WC1	M	40.1
(21/21)				
<b>100br</b>				
1	Lisa Meyer	EB2	F	1:52.8
2	Fay Hjartarson	EB2	F	2:35.1
1	Sam Hersh	EB1	M	1:23.1
2	Sam Gamble	WC2	M	1:25.1
3	Francois Jacques	EB1	M	1:35.6
(2/3)				
<b>200br</b>				
1	Lisa Meyer	EB2	F	3:59.8
2	Karen Jensen	WC2	F	4:01.3
3	Fay Hjartarson	EB2	F	5:28.9
4	Liliane Cardinal	EB1	F	5:29.2
(4/0)				
<b>50f1</b>				
1	Luz Osorio	WC1	F	33.1
2	Lindsay Buckingham	WC1	F	35.6
3	Natalie Aucoin	EB2	F	36.3
x	Sean Dawson	EB1	M	30.2
x	Mark Blenkinsop	EB2	M	30.9
1	Justin Kernot	EB2	M	31.0
2	Tony Revitt	EB2	M	31.2
3	Gi Wu	WC1	M	34.1
(20/22)				

100f1				
1	<a href="#">Natalie Aucoin</a>	<a href="#">EB2</a>	<a href="#">F</a>	<a href="#">1:26.1</a>
2	Sylvia Williams	WC2	F	2:26.3
x	<a href="#">Mark Blenkinsop</a>	<a href="#">EB2</a>	<a href="#">M</a>	<a href="#">1:15.3</a>
(2/2)				
200f1				
1	<a href="#">Jamie Chalmers</a>	<a href="#">EB1</a>	<a href="#">M</a>	<a href="#">5:37.1</a>
(0/1)				
100IM				
1	<a href="#">Cathy Crawley</a>	<a href="#">EB1</a>	<a href="#">F</a>	<a href="#">1:22.6</a>
2	Bicki Westerheide	WC2	F	1:45.9
3	Marie-Odile Junker	EB2	F	1:50.8
1	<a href="#">Jian-Lok Chang</a>	<a href="#">WC1</a>	<a href="#">M</a>	<a href="#">1:08.5</a>
2	Mike Lau	WC1	M	1:29.7
3	Mike Mopas	EB1	M	1:35.6
(6/4)				
200IM				
1	<a href="#">Elsbeth Cudmore</a>	<a href="#">WC2</a>	<a href="#">F</a>	<a href="#">3:01.7</a>
2	Natalie Aucoin	EB2	F	3:19.1
3	Andrea Mrozek	EB1	F	3:29.4
1	<a href="#">Jian-Lok Chang</a>	<a href="#">WC1</a>	<a href="#">M</a>	<a href="#">2:30.2</a>
2	Justin Kernot	WC2	M	2:31.8
x	Mark Blenkinsop	EB2	M	2:47.8
3	Matt Czapalay	EB1	M	2:56.5
(7/11)				
400IM				
1	<a href="#">Ursula Scott</a>	<a href="#">EB1</a>	<a href="#">F</a>	<a href="#">8:42.4</a>
1	<a href="#">Jamie Chalmers</a>	<a href="#">EB1</a>	<a href="#">M</a>	<a href="#">10:01.6</a>
(1/1)				

## Fun Relays (Wed Dec 21<sup>st</sup>)

### 5 x 50 Free Relay

#### 7:30am Earlybirds

- 3:08.8 Team 2: [Jamie Chalmers](#), [Susan Hulley](#), [Francois Jacques](#), [Bruce Brown](#), [Myriam Saboui](#)
- 3:32.4 Team 3: [Meagan Michie](#), [Sandy Lawson](#), [Heloise Emdon](#), [Randi Karstad](#), [Sean Dawson](#)
- 3:33.4 Team 1: [Harley Gifford](#), [Robin Henderson](#), [Jim Lee](#), [Liliane Cardinal](#), [Cathy Crawley](#)

#### 8:30am Earlybirds

- 3:32.1 Team 2: [Chris Nicholson](#), [Megan Holtzman](#), [Isla Paterson](#), [Nancy Manning](#), [Marie-Odile Junker](#)
- 3:29.4 Team 4: [Mark Blenkinsop](#)
- 3:41.0 Team 1: [Melanie Heroux](#), [Isabelle Fradette](#), [Amir Banihashemi](#), [Chris Whitehead](#), [Jordan Monnink](#)
- 3:48.1 Team 3: [Mary Lou Davies](#), [Paul Scully](#), [Claude Tellier](#), [Elisabeth Funk](#), [Matt Daley](#)

## 5 x 50 medley relay (back, back, breast, breast, fly)

### 7:30am Earlybirds

1. 4:05.3 Team 3: Meagan Michie, Sandy Lawson, Heloise Emdon, Randi Karstad, Sean Dawson
2. 4:06.7 Team 2: Jamie Chalmers, Susan Hulley, Francois Jacques, Bruce Brown, Myriam Saboui
3. 4:18.8 Team 1: Harley Gifford, Robin Henderson, Jim Lee, Liliane Cardinal, Cathy Crawley

### 8:30am Earlybirds

- X. 4:13.4 Team 4: Mark Blenkinsop
1. 4:18.5 Team 1: Melanie Heroux, Isabelle Fradette, Amir Banihashemi, Chris Whitehead, Jordan Monnink
2. 4:28.8 Team 2: Chris Nicholson, Megan Holtzman, Isla Paterson, Nancy Manning, Marie-Odile Junker
3. 4:57.5 Team 3: Mary Lou Davies, Paul Scully, Claude Tellier, Elisabeth Funk, Matt Daley

## Ask the Coach

**Dear Coach:** What direction should my hand be moving at the end of the stroke (finish) in backstroke? Improving Swimmer

Dear I. Swimmer: Similar to the finish in freestyle, the wrist should bend backwards so that you are pushing the water behind you. At the very end of the stroke you flick your wrist and throw the water behind your hip in the direction of your heel. This motion also helps start the roll to the other side.

**Dear Coach:** How do I turn legally in backstroke? Relay Swimmer

Dear R. Swimmer: A flip turn from backstroke to backstroke is permitted (with one stroke on your stomach as you initiate the turn). Unless you are doing a flip turn, you must touch the wall on your back before you start the turn. Touching with your hand is recommended, though it is legal to touch the wall with your head.

**Dear Coach:** What about a legal back to breast turn? IM Swimmer

Dear IM Swimmer: In IM, a flip turn from backstroke to breaststroke is not permitted. You must touch the wall on your back before you start the turn.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016-2017 (September 2016 to August 2017) costs \$35.** 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:

<https://ms.mastersswimmingontario.ca/web/schedule.php>.

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.**

Fri Jan 20<sup>th</sup>, 2017 Alderwood SCY Meet, Toronto

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=10>

Sat Jan 21<sup>st</sup> Drummondville Masters Meet, Drummondville, QC <https://swimming.ca/en/meet/19962/>  
Sat-Sun Feb 4-5<sup>th</sup> Coupe de la Capitale LCM Meet, Quebec City <https://swimming.ca/en/meet/19963/>  
Sun Feb 5<sup>th</sup> Technoport Meet, Ottawa U  
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=804>  
Sun Feb 12<sup>th</sup> Burlington Masters Meet <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=810>  
Sat Feb 25<sup>th</sup> Nepean Winterlude Long Course Meet  
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=825>  
Sun Feb 26<sup>th</sup> Thornhill Meet, Markham <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=801>  
Sat Mar 4<sup>th</sup> Cowansville Masters Meet, Cowansville, QC <https://swimming.ca/en/meet/19964/>  
Sun Mar 5<sup>th</sup> Technoport Meet, Ottawa U  
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=805>  
Sun Mar 5<sup>th</sup> Clarington, Bowmanville <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=847>  
Sat Mar 18<sup>th</sup> Dollard-des-Ormeaux Meet, Montreal <https://swimming.ca/en/meet/19965/>  
Fri-Sun Mar 24-26<sup>th</sup> Ontario Provincial Masters Meet, Thornhill, Markham  
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=802>  
Sat-Sun Apr 22-23<sup>rd</sup> Quebec Provincial Masters Meet, Quebec City <https://swimming.ca/en/meet/19951/>  
Sun May 7<sup>th</sup>, Clarington, Bowmanville <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=848>  
Fri-Sun May 12-14<sup>th</sup> Canadian Masters Nationals, Quebec City <https://swimming.ca/en/meet/19821/>  
Sat Jun 3<sup>rd</sup> Longueuil LCM Meet, Montreal <https://swimming.ca/en/meet/19898/>  
Aug 7-20<sup>th</sup> FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships>

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

### Sun Dec 4<sup>th</sup> Technoport Masters Swim Meet, Ottawa U

Official results are now posted:

[http://www.technoport.ca/results/Technoport\\_December\\_2016\\_Sprint\\_Meet\\_Results.pdf](http://www.technoport.ca/results/Technoport_December_2016_Sprint_Meet_Results.pdf).

**Sylvia Williams** (7:10pm Whitecaps; 55-59): 1<sup>st</sup> 100fs (1:52.54); 2<sup>nd</sup> 50fl (52.07), 50br (1:06.82), 50fl (1:01.25 PB), 100fl (2:30.68)

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 50fs (30.13), 50bk (36.01), 200fl (2:34.29 National Record)

**Chris Whitehead** ( 8:30am Earlybirds; 40-44): 1<sup>st</sup> 50fs (32.94), 100fs (1:13.66), 100br (1:42.09), 50fl (36.22), 200IM (3:06.42)

### Sat Dec 10<sup>th</sup> Montreal Nord Masters Meet

**Jamie Chalmers** was Carleton's only swimmer. Official results are available on the new web site:

<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-results/> and type Montreal into the search bar.

**Jamie Chalmers** (7:30am Earlybirds; 70-74): 1<sup>st</sup> 25fs (15.83), 50fs (37.49), 100fs (1:34.42); 2<sup>nd</sup> 1500fs (36:08.88)

### Sat Dec 17<sup>th</sup> Nepean Red Blue Meet, Sportsplex

Congratulations to the three Carleton swimmers who participated. Full results here: <http://meet.nmsc.org/results.php>.

**Matthew Tucciarone** (7:30am Earlybirds; 25-29): 1<sup>st</sup> 50fs kick (50.26); 2<sup>nd</sup> 50fs (33.85), 50bk (39.67 PB)

**Elsbeth Cudmore** (7:10pm Whitecaps; 18-24): 1<sup>st</sup> 50fs (32.41), 100fs (1:10.74), 50br (44.65), 50fl (34.33)

**Justin Kernot** (7:10pm Whitecaps; 18-24): 1<sup>st</sup> 50fs (26.91 PB), 100fs (58.67 PB), 50br (34.90), 50fl (29.61 PB)

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

### Private and Semi-Private Masters Swim Lessons

#### Winter Schedule:

Monday and Friday 9:35-10:35am

Some early evenings may also be available.

#### 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

### Winter Masters Swimming Programs, Barcodes and Prices

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 2017: Tue Jan 3<sup>rd</sup> to Fri Apr 7<sup>th</sup>; no workouts Mon Feb 20<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12288; cost: \$132+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12289; cost: \$132+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12292; cost \$148+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12294; cost: \$132+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12290; cost: \$52+HST

### Aquasport Discount for Carleton Masters Swimmers:

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) They have two locations in Ottawa (2730 Iris Street in the West End and 2160 Montreal Road in the East) and several in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

### 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 a month'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



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