

## Lynn Marshall

---

**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Sunday, April 14, 2019 10:45 AM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; David Thibodeau  
**Subject:** Carleton Masters Swimming Newsletter #495

## Carleton Masters Swimming Newsletter #495

Sunday, April 14<sup>th</sup>, 2019

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2018, Winter 2019, and Alumni: 7:30am Earlybirds I (49 addresses), 8:30am Earlybirds II (33 addresses), 6pm Whitecaps I (53 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (4 addresses), Alumni (33 addresses).

“The two hardest things to handle in life are failure and success.” – John Wooden

### Masters Swimming Program Notes

- The Winter Masters session ended on **Sat Apr 13<sup>th</sup>**.
- The pool is closed for annual maintenance until **6am Mon May 6<sup>th</sup>**.
  - There are links to other pool schedules in the “Ask the Coach” section.
- Full details on the Spring and Summer programs can be found in the paragraph below.
- Some Spring / Summer groups are getting close to full:
  - There are 8 spots left in the 6pm Whitecaps for the Spring session.
  - There are 13 spots left in the 7:30am Earlybirds for the Spring session.
  - There are 15 spots left in the 6pm Whitecaps for the Summer session.
  - The other groups still have plenty of space.

### Spring / Summer Masters Programs: Registration Underway

Details on the Spring and Summer Masters programs, starting **Mon May 6<sup>th</sup>** can be found below and on the web site: <http://carletonmasters.tripod.com/>. Registration for both Spring and/or Summer Masters is available now. Note that the 7:30am and 6pm groups fill quickly, so register earlier rather than later if you like to swim at one of those two times!

Note that **Mon May 6<sup>th</sup>** is a free make-up workout for all groups due to the “snow days” cancellations on **Tue Feb 12<sup>th</sup>** and **Wed Feb 13<sup>th</sup>**, so the Spring session officially starts on **Tue May 7<sup>th</sup> / Wed May 8<sup>th</sup>**, but to avoid confusion, I’ve listed the start date as **Mon May 6<sup>th</sup>**.

The main change for this year is that there is a **separate registration for Saturdays in the Summer** program (i.e. it is no longer included with the weekday registration). If the registration is low, this program will likely not be offered starting next year.

Note that the evening coaching rotation has changed. **Sean** will be away for part of May and much of July, so he’ll do two evenings per week when he’s in town. **Adrian** will be a sub-coach on weekdays, and also participate in the Saturday rotation.

#### Spring 2019: Mon May 6<sup>th</sup> to Sat Jun 29<sup>th</sup>; no workouts Mon May 20<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$76+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$76+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$84+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$76+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat, except May 18<sup>th</sup> is 10:45-11:55am (shallow; Coaches: rotating schedule): cost: \$34+HST

**Summer 2019: Tue Jul 2<sup>nd</sup> to Sat Aug 31<sup>st</sup>; no workouts Mon Jul 1<sup>st</sup>, Sat Aug 3<sup>rd</sup>, or Mon Aug 5<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep + 2 lanes shallow, if needed; Coach: **Lynn**): cost: \$76+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$84+HST

**12:15pm Saturday Earlybirds:** 12:15-1:25pm Sat (shallow; Coaches: rotating schedule): cost: \$34+HST

## Swimmer Notes

### Swimmer Updates:

- **Isla Paterson's** (8:30am Earlybirds) second cousin, **Aly Van Wyck-Smart**, participated in the Canadian Swimming Trials held Apr 3-7<sup>th</sup> in Toronto. **Aly** has Cerebral Palsy and competes in the S2 para-swimming category. This is a category for swimmers with physical disabilities. S1 is for swimmers with the greatest disability, up to S10 for those with the least disability, see: [https://en.wikipedia.org/wiki/Para-swimming\\_classification](https://en.wikipedia.org/wiki/Para-swimming_classification). One set of medals is awarded for a group of categories, based on point scored in the swimmer's category. **Aly** won three gold medals (50 back: 1:21.25, 200 free 5:25.20, 150IM [no fly!] 4:50.33) and one silver medal (50 breast 1:54.80). She broke two of her own Canadian records (200 free, by 20 seconds, and 150IM, by 16 seconds), and a World record (by 6 seconds) in 150IM. **Aly** has been selected for the Canadian Team for the World Para Swimming Championships: <https://www.swimming.ca/en/news/2019/04/07/world-record-falls-world-para-swimming-championships-team-named-on-final-night-of-canadian-trials/>. **Isla's** aunt also competes in Masters swimming, so quite the swimming family! Here's **Aly** (centre) with one of her gold medals:



- **Miguel Mejicano Quintana** (7:10pm Whitecaps; [MiguelMejicanoQuinta@cmail.carleton.ca](mailto:MiguelMejicanoQuinta@cmail.carleton.ca)) is selling two new brand new Triathlon books: \$45 for both, as he ended up with two copies. Details here:

- [https://www.amazon.ca/Fast-Track-Triathlete-Balancing-Performance-Long-Course/dp/1937715744/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.ca/Fast-Track-Triathlete-Balancing-Performance-Long-Course/dp/1937715744/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=)

- <https://www.amazon.ca/Well-Built-Triathlete-Turning-Potential-Performance/dp/1937715116>

See also: <https://www.youtube.com/watch?v=RkFqQU2WMEw>

- Did you know that new entrances and exits to campus for cars and buses are coming? This is due to the planned closure of the Hog's Back Swing Bridge starting August 2019 and running until May 2020 (with ongoing rehabilitation continuing until September 2021), plus the planned O-Train shutdown from May 2020 to September 2022. Check out the information here: <https://carleton.ca/transportationplan/new-raven-road-stadium-way/>. Note that the entrance to campus from Colonel By will remain open, but with Hog's Back bridge being closed, the amount of traffic at that entrance will be quite low.

- Carleton Varsity "RAVENS" swim caps (\$15) and "RAVENS SWIMMING" T-shirts (\$20) are available as a fundraiser to support the Varsity team:



### News and Links:

- Eight Ways You Know You're a Swimmer: <https://swimswam.com/8-ways-know-youre-swimmer/>
- 800IM at MSO Provincials: <http://www.swim-diesel.com/2019/03/800-im-more-than-just-fantasy.html>
- The Heart of a Swimmer vs. The Heart of a Runner [thanks to **Sheila Kealey** (8:30am Earlybirds), and **Ruth Fawcett** (6pm Whitecaps)]: <https://www.nytimes.com/2019/04/03/well/move/heart-health-swimming-running-exercise.html>
- Is a Proper Warm-Up Key to Fast Swimming?: <https://www.swimmingworldmagazine.com/news/is-a-proper-warm-up-the-key-to-fast-swimming/>
- Winnipeg Men's Synchronized Swimming Team Lets Dads Support Their Daughters [thanks to **Chantal Courchesne** (Alumni)]: [https://www.huffingtonpost.ca/2019/04/11/winnipeg-mens-synchronized-swimming-team\\_a\\_23709633/](https://www.huffingtonpost.ca/2019/04/11/winnipeg-mens-synchronized-swimming-team_a_23709633/)
- Ability to Lift Weights Quickly can Mean a Longer Life [thanks to **Sheila Kealey** (8:30am Earlybirds)]: [https://eurekalert.org/pub\\_releases/2019-04/esoc-atl040819.php](https://eurekalert.org/pub_releases/2019-04/esoc-atl040819.php)

**Swim Suits for Sale:** The suits range in brand, style, and colour. Most prices are \$45 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 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.

### Spring Session Information

Dates: Snow Day Make-Up Workouts Mon May 6<sup>th</sup>; Spring Session Tue May 7<sup>th</sup> to Sat Jun 29<sup>th</sup>; excluding Mon May 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: Shallow End: Mon; Deep End: Tue/Thu; Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-Coach: **Adrian**

7:10pm Whitecaps: Shallow End: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-Coach: **Adrian**

8:15am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

More details near the start of term!

### Winter Session Information

Dates: Wed Jan 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>; excluding snow days Tue Feb 12<sup>th</sup>/Wed Feb 13<sup>th</sup>, and Mon Feb 18<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: Shallow End: Mon; Deep End: Tue/Thu; Mon: **Sean**; Tue: **David**; Thu: **Mark**

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

8:15am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

**Lynn** coached for **Tim** on **Sat Apr 13<sup>th</sup>**.

#### Fin Days:

Mon Jan 28<sup>th</sup>

Thu Mar 7<sup>th</sup> / Fri Mar 8<sup>th</sup>

#### Time Trials:

Tue Feb 5<sup>th</sup> / Wed Feb 6<sup>th</sup>: timed 400 free or IM

Tue Feb 19<sup>th</sup> / Wed Feb 20<sup>th</sup>: two timed 50s choice

Thu Feb 28<sup>th</sup> / Fri Mar 1<sup>st</sup>: timed 100 choice

Thu Mar 14<sup>th</sup> / Fri Mar 15<sup>th</sup>: timed 200 choice

Tue Mar 19<sup>th</sup> / Wed Mar 20<sup>th</sup>: timed 800 / 1500 free

Thu Apr 11<sup>th</sup> / Fri Apr 12<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/mastplanwint19.pdf>.

Thanks to those who participated in the relays on **Fri Apr 12<sup>th</sup>**. There were 10 improvements, led by **Steve Dods** (7:30am Earlybirds) with a 9.8 second improvement over his 50 back from earlier in the term, and **Ivy Cao** (8:30am Earlybirds) with a 4.3 second improvement, also from a swim earlier this term! Full list follows:

#### 50fs (7)

<b>Ivy Cao</b>	4.3	EB2
<b>Heather Morrison</b>	1.5	EB1
<b>Ralph Siemsen</b>	1.5	EB2
<b>Christiane Wilke</b>	0.4	EB1
<b>Fay Hjartarson</b>	0.4	EB2
<b>Luciara Nardon</b>	0.4	EB2
<b>Lynn Hjartarson</b>	0.1	EB2

#### 50bk (2)

<b>Steve Dods</b>	9.8	EB1
<b>Mark Blenkinsop</b>	0.0	EB2

#### 50br (1)

<b>Doug Brubacher</b>	1.9	EB2
-----------------------	-----	-----

## Winter Session Summary

A big thank you to evening coaches **Sean Dawson**, **David Thibodeau**, and **Mark Blenkinsop**, and to Saturday coaches **Mits Kachi** and **Tim Kilby** for their coaching this term.

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

#### Weekday Attendance:

This term we had **three** swimmers with perfect attendance. Congratulations to **Cam Dawson** (6pm Whitecaps), **Konstantin Petoukhov** (6pm Whitecaps), and **Liliane Cardinal** (7:30am Earlybirds).

**7:30am Earlybirds:** Jan 2 - Apr 12<sup>th</sup> (42 workouts); range: 12-28; average: 19.3  
Perfect Attendance: **Liliane Cardinal**  
Missed 3 Workouts: **Ursula Scott**  
Missed 4 Workouts: **Bruce Brown**

**8:30am Earlybirds:** Jan 2 - Apr 12<sup>th</sup> (42 workouts); range: 14-25; average: 19.3  
Missed 3 Workouts: **Bill Gregg, Isla Paterson**  
Missed 4 Workouts: **Debby Whately**  
Missed 5 Workouts: **Mark Blenkinsop**

**6pm Whitecaps:** Jan 2 - Apr 11<sup>th</sup> (42 workouts); range: 16-34; average: 26.1  
Perfect Attendance: **Cam Dawson, Konstantin Petoukhov**  
Missed 2 Workouts: **Joanie Conrad, Mars Nienhuis, Peter Lithgow**  
Missed 5 Workouts: **Don Wells, Joanne Dawson**

**7:10pm Whitecaps:** Jan 2 - Apr 11<sup>th</sup> (42 workouts); range: 4-24; average: 12.5  
Missed 5 Workouts: **Lynn Brodsky**

## Time Trial and Relay Summary

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

This term time trials were done by 96 different swimmers: 54 women and 42 men. There were 432 completed time trials: 241 for women and 191 for men. If you notice any errors or omissions, please let me know.

Forty-six swimmers (28 women and 18 men) improved in at least one event (68 total improvements). The most improved swimmer was **Lynn Hjartarson** (8:30am Earlybirds) with a whopping 1:20.3 (40.2 sec/100m) improvement in 200 free! Most improved male was **Steve Dods** (7:30am Earlybirds) with a huge 9.8 second (19.6sec/100m) improvement in 50 back. **Fay Hjartarson** (8:30am Earlybirds) improved by 39.2 seconds (9.8sec/100m) in 400 free, followed by **Ivy Cao** (8:30am Earlybirds) with a 4.3 second (8.6sec/100m) improvement in 50 free. Rounding out the top three for the men were **Christian Cattan** (6pm Whitecaps) with a 3.7 second (7.4sec/100m) improvement in 50 fly, and **Derek Woodard** (guest) and **Doug Brubacher** (8:30am Earlybirds) with 3.7 second (5.4sec/100m) and 1.9 second (3.8 sec/100m) improvements in 50 breast, respectively. **Alison Slater** (7:10pm Whitecaps), **Eleanor Fast** (7:30am Earlybirds), **Fay**, and **Ursula Scott** (7:30am Earlybirds) all improved in three different events.

Twenty-four swimmers (10 women and 14 men) scored 270 plus points in at least one event (43 swims total), as per the 2015 point scores here: [http://wiki.swimrankings.net/index.php/swimrankings:FINA\\_Points](http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points). **Jian-Lok Chang** (6pm Whitecaps) and **Derek Woodard** (guest) tied for the highest score with 429 points for 28.9 in 50 fly. Top female was **Andrea Zarins** (6pm Whitecaps) with 418 points for 1:08.2 in 100 free. **Steve Kennedy** (6pm Whitecaps) scored 413 points for 27.2 in 50 free, and **Zoltan Csepregi** (6pm Whitecaps) earned 399 points for 27.5 in 50 free. Rounding out the top three for the women were **Mars Nienhuis** (6pm Whitecaps) with 392 points for 5:20.4 in 400 free, and **Stephanie Le Saux Farmer** (7:10pm Whitecaps) with 342 points for 1:12.9 in 100 free. **Mars** and **Jian-Lok** each scored at least 270 points in five different events, and **Steve** in four.

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, Sat = Saturdays only, 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 28 women and 18 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	<b>Lynn Hjartarson</b>	<b>EB2</b>	<b>F</b>	<b>200fs</b>	<b>80.3</b>	<b>40.2</b>
2	<b>Fay Hjartarson</b>	<b>EB2</b>	<b>F</b>	<b>400fs</b>	<b>39.2</b>	<b>9.8</b>
3	<b>Ivy Cao</b>	<b>EB2</b>	<b>F</b>	<b>50fs</b>	<b>4.3</b>	<b>8.6</b>
4	Megan Holtzman	EB2	F	100br	7.6	7.6
5	Amanda Klassen	EB1	F	400fs	26.5	6.6
6	Aimee Jones	WC1	F	1500fs	92.0	6.1
7	Rachel Bennett	WC1	F	50bk	3.0	6.0
8	Julie Mouris	WC1	F	50bk	2.9	5.8
9	Andrea Chandler	WC1	F	1500fs	76.0	5.1
10	Lara Thorpe	WC2	F	50br	2.2	4.4
11	Liliane Cardinal	EB1	F	100bk	3.9	3.9
12	Heather Morrison	EB1	F	50fs	1.5	3.0
13	Sydney Steele	WC1	F	400fs	11.0	2.8
14	Fiona Hill	EB1	F	100fs	2.7	2.7
14	Alison Slater	WC2	F	400fs	10.7	2.7
16	Susan Hulley	EB1	F	400fs	9.6	2.4
17	Eleanor Fast	EB1	F	100IM	2.3	2.3
18	Liz Chretien	WC2	F	200fs	3.8	1.9
19	Rebeka Rubio	EB1	F	400fs	6.8	1.7
20	Lisa Meyer	EB2	F	50bk	0.7	1.4
21	Colette Kenney	EB2	F	100br	1.3	1.3
22	Christiane Wilke	EB1	F	50fs	0.4	0.8
22	Luciara Nardon	EB2	F	50fs	0.4	0.8
24	Ursula Scott	EB1	F	100fs	0.7	0.7
25	Mars Nienhuis	WC1	F	400fs	2.5	0.6
26	Michelle D'Eon	WC2	F	400fs	1.9	0.5
27	Maddie Barlow	WC2	F	50fs	0.1	0.2
27	Natalie Aucoin	EB2	F	400fs	0.7	0.2
1	<b>Steve Dods</b>	<b>EB1</b>	<b>M</b>	<b>50bk</b>	<b>9.8</b>	<b>19.6</b>
2	<b>Christian Cattan</b>	<b>WC1</b>	<b>M</b>	<b>50f1</b>	<b>3.7</b>	<b>7.4</b>
x	<b>Derek Woodard</b>	<b>TR</b>	<b>M</b>	<b>50br</b>	<b>2.7</b>	<b>5.4</b>
3	<b>Doug Brubacher</b>	<b>EB2</b>	<b>M</b>	<b>50br</b>	<b>1.9</b>	<b>3.8</b>
4	Peter Kallai	WC1	M	100fs	3.5	3.5
5	Mike Wheatley	EB1	M	400fs	13.4	3.4
6	Ralph Siemsen	EB2	M	50fs	1.5	3.0
7	Sebastien Robillard-Cardinal	WC2	M	200fs	5.8	2.9
8	Steve Kennedy	WC1	M	50bk	1.3	2.6
9	Sam Hersh	EB2	M	1500fs	38.0	2.5
x	Mark Blenkinsop	EB2	M	400fs	6.1	1.5
10	Konstantin Petoukhov	WC1	M	200IM	2.9	1.5
11	Marshall Perrin	WC1	M	100fs	1.4	1.4

12	Jian-Lok Chang	WC1	M	50br	0.4	0.8
12	Zoltan Csepregi	WC1	M	50fs	0.4	0.8
14	Hugo Lafontaine	EB1	M	50fs	0.2	0.4
15	Bill Gregg	EB2	M	400fs	0.7	0.2
15	Radek Sadowski	WC2	M	200fs	0.3	0.2

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

All those scoring 270 or more points are shown. This term there were 10 women and 14 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
<b>1</b>	<b>Andrea Zarins</b>	<b>WC1</b>	<b>F</b>	<b>100fs</b>	<b>1:08.2</b>	<b>418</b>
<b>2</b>	<b>Mars Nienhuis</b>	<b>WC1</b>	<b>F</b>	<b>400fs</b>	<b>5:20.4</b>	<b>392</b>
<b>3</b>	<b>Stephanie Le Saux Farmer</b>	<b>WC2</b>	<b>F</b>	<b>100fs</b>	<b>1:12.9</b>	<b>342</b>
4	Olivia Jensen-Large	WC1	F	400fs	5:39.4	330
5	Julie Mouris	WC1	F	50fs	34.1	316
6	Lisa Sharp	WC2	F	400fs	5:49.3	302
7	Sydney Steele	WC1	F	50fs	34.9	295
8	Maddie Barlow	WC2	F	50fs	35.6	278
9	Gillian Massel	WC2	F	50fs	35.7	275
10	Liz Chretien	WC2	F	200fs	2:51.1	271
<b>x</b>	<b>Derek Woodard</b>	<b>TR</b>	<b>M</b>	<b>50f1</b>	<b>28.9</b>	<b>429</b>
<b>1</b>	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>50f1</b>	<b>28.9</b>	<b>429</b>
<b>2</b>	<b>Steve Kennedy</b>	<b>WC1</b>	<b>M</b>	<b>50fs</b>	<b>27.2</b>	<b>413</b>
<b>3</b>	<b>Zoltan Csepregi</b>	<b>WC1</b>	<b>M</b>	<b>50fs</b>	<b>27.5</b>	<b>399</b>
4	Adrian Finn	EB2	M	100fs	1:01.4	392
5	Sebastien Robillard-Cardinal	EB2	M	50fs	29.7	317
6	Sam Hersh	EB2	M	50fs	30.0	308
7	Don Wells	WC1	M	100fs	1:07.1	300
7	Konstantin Petoukhov	WC1	M	100fs	1:07.1	300
x	Mark Blenkinsop	EB2	M	50fs	30.4	296
9	Gi Wu	WC1	M	50fs	30.5	293
10	Mike Wheatley	EB1	M	400fs	5:20.5	290
11	Jonathan Critch	WC2	M	400fs	5:20.7	289
12	David Caughey	EB1	M	50fs	31.0	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>Ivy Cao</b>	<b>EB2</b>	<b>F</b>	<b>4.3</b>	<b>8.6</b>
2	Heather Morrison	EB1	F	1.5	3.0

3	Lynn Hjartarson	EB2	F	1.3	2.6
4	Alison Slater	WC2	F	1.2	2.4
<b>1</b>	<b>Ralph Siemsen</b>	<b>EB2</b>	<b>M</b>	<b>1.5</b>	<b>3.0</b>
2	Zoltan Csepregi	WC1	M	0.4	0.8
3	Hugo Lafontaine	EB1	M	0.2	0.4
(10/3)					
<b>100fs</b>					
<b>1</b>	<b>Fay Hjartarson</b>	<b>EB2</b>	<b>F</b>	<b>4.6</b>	<b>4.6</b>
2	Fiona Hill	EB1	F	2.7	2.7
3	Ursula Scott	EB1	F	0.7	0.7
<b>1</b>	<b>Peter Kallai</b>	<b>WC1</b>	<b>M</b>	<b>3.5</b>	<b>3.5</b>
2	Marshall Perrin	WC1	M	1.4	1.4
3	Zoltan Csepregi	WC1	M	0.4	0.4
(3/3)					
<b>200fs</b>					
<b>1</b>	<b>Lynn Hjartarson</b>	<b>EB2</b>	<b>F</b>	<b>80.3</b>	<b>40.2</b>
2	Alison Slater	WC2	F	4.0	2.0
3	Liz Chretien	WC2	F	3.8	1.9
4	Aimee Jones	WC1	F	3.6	1.8
<b>1</b>	<b>Sebastien Robillard-Cardinal</b>	<b>WC2</b>	<b>M</b>	<b>5.8</b>	<b>2.9</b>
2	Radek Sadowski	WC2	M	0.3	0.2
(6/2)					
<b>400fs</b>					
<b>1</b>	<b>Fay Hjartarson</b>	<b>EB2</b>	<b>F</b>	<b>39.2</b>	<b>9.8</b>
2	Amanda Klassen	EB1	F	26.5	6.6
3	Sydney Steele	WC1	F	11.0	2.8
4	Alison Slater	WC2	F	10.7	2.7
<b>1</b>	<b>Mike Wheatley</b>	<b>EB1</b>	<b>M</b>	<b>13.4</b>	<b>3.4</b>
x	Mark Blenkinsop	EB2	M	6.1	1.5
2	Bill Gregg	EB2	M	0.7	0.2
(11/3)					
<b>1500fs</b>					
<b>1</b>	<b>Aimee Jones</b>	<b>WC1</b>	<b>F</b>	<b>92.0</b>	<b>6.1</b>
2	Andrea Chandler	WC1	F	76.0	5.1
3	Lisa Meyer	EB2	F	7.0	0.5
<b>1</b>	<b>Sam Hersh</b>	<b>EB2</b>	<b>M</b>	<b>38.0</b>	<b>2.5</b>
x	Mark Blenkinsop	EB2	M	14.0	0.9
(3/2)					
<b>50bk</b>					
<b>1</b>	<b>Rachel Bennett</b>	<b>WC1</b>	<b>F</b>	<b>3.0</b>	<b>6.0</b>
2	Julie Mouris	WC1	F	2.9	5.8
3	Lisa Meyer	EB2	F	0.7	1.4
<b>1</b>	<b>Steve Dods</b>	<b>EB1</b>	<b>M</b>	<b>9.8</b>	<b>19.6</b>
2	Steve Kennedy	WC1	M	1.3	2.6



3	Mike Wheatley	EB1	M	1.0	2.0
(4/4)					
<b>100bk</b>					
1	<b>Liliane Cardinal</b>	<b>EB1</b>	<b>F</b>	<b>3.9</b>	<b>3.9</b>
(1/0)					
<b>50br</b>					
1	<b>Lara Thorpe</b>	<b>WC2</b>	<b>F</b>	<b>2.2</b>	<b>4.4</b>
x	<b>Derek Woodard</b>	<b>TR</b>	<b>M</b>	<b>2.7</b>	<b>5.4</b>
1	<b>Doug Brubacher</b>	<b>EB2</b>	<b>M</b>	<b>1.9</b>	<b>3.8</b>
2	Jian-Lok Chang	WC1	M	0.4	0.8
3	Doug Brubacher	EB2	M	0.3	0.6
(1/4)					
<b>100br</b>					
1	<b>Megan Holtzman</b>	<b>EB2</b>	<b>F</b>	<b>7.6</b>	<b>7.6</b>
2	Colette Kenney	EB2	F	1.3	1.3
(2/0)					
<b>50f1</b>					
1	<b>Christian Cattan</b>	<b>WC1</b>	<b>M</b>	<b>3.7</b>	<b>7.4</b>
x	Derek Woodard	tr	M	0.6	1.2
(0/2)					
<b>100IM</b>					
1	<b>Eleanor Fast</b>	<b>EB1</b>	<b>F</b>	<b>2.3</b>	<b>2.3</b>
1	<b>Christian Cattan</b>	<b>WC1</b>	<b>M</b>	<b>0.9</b>	<b>0.9</b>
(1/1)					
<b>200IM</b>					
1	<b>Konstantin Petoukhov</b>	<b>WC1</b>	<b>M</b>	<b>2.9</b>	<b>1.5</b>
(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 32:00.)

	Name	Group	Gender	Time
<b>50fs</b>				
1	<b>Mars Nienhuis</b>	<b>WC1</b>	<b>F</b>	<b>32.7</b>
2	Julie Mouris	WC1	F	34.1
3	Sydney Steele	WC1	F	34.9
1	<b>Steve Kennedy</b>	<b>WC1</b>	<b>M</b>	<b>27.2</b>
2	Zoltan Csepregi	WC1	M	27.5
3	Sebastien Robillard-Cardinal	EB2	M	29.7
(62/43)				
<b>100fs</b>				
1	<b>Andrea Zarins</b>	<b>WC1</b>	<b>F</b>	<b>1:08.2</b>
2	Stephanie Le Saux Farmer	WC2	F	1:12.9

3	Gillian Massel	WC2	F	1:19.5
<b>1</b>	<b>Zoltan Csepregi</b>	<b>WC1</b>	<b>M</b>	<b>1:01.2</b>
2	Adrian Finn	EB2	M	1:01.4
3	Don Wells	WC1	M	1:07.1
3	Konstantin Petoukhov	WC1	M	1:07.1
(21/18)				
<b>200fs</b>				
<b>1</b>	<b>Mars Nienhuis</b>	<b>WC1</b>	<b>F</b>	<b>2:35.0</b>
2	Liz Chretien	WC2	F	2:51.1
3	Stephanie Le Saux Farmer	WC2	F	2:54.4
<b>1</b>	<b>Zoltan Csepregi</b>	<b>WC1</b>	<b>M</b>	<b>2:18.7</b>
2	Isaac Fierro Marquez	WC1	M	2:33.9
3	Sebastien Robillard-Cardinal	WC2	M	2:35.1
(24/20)				
<b>400fs</b>				
<b>1</b>	<b>Mars Nienhuis</b>	<b>WC1</b>	<b>F</b>	<b>5:20.4</b>
2	Olivia Jensen-Large	WC1	F	5:39.4
3	Lisa Sharp	WC2	F	5:49.3
<b>1</b>	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>4:46.4</b>
2	Adrian Finn	EB2	M	5:01.3
3	Don Wells	WC1	M	5:17.9
(41/26)				
<b>800fs</b>				
<b>1</b>	<b>Heloise Emdon</b>	<b>EB1</b>	<b>F</b>	<b>17:44</b>
2	Ivy Cao	EB2	F	18:18
3	Isla Paterson	EB2	F	18:40
<b>1</b>	<b>Bill Gregg</b>	<b>EB2</b>	<b>M</b>	<b>18:05</b>
(5/1)				
<b>1500fs</b>				
<b>1</b>	<b>Mars Nienhuis</b>	<b>WC1</b>	<b>F</b>	<b>21:26</b>
2	Julie Mouris	WC1	F	23:46
3	Stephanie Le Saux Farmer	WC2	F	23:53
<b>1</b>	<b>Steve Kennedy</b>	<b>WC1</b>	<b>M</b>	<b>19:24</b>
2	Jian-Lok Chang	WC1	M	20:01
3	Don Wells	WC1	M	21:34
(20/17)				
<b>50bk</b>				
<b>1</b>	<b>Mars Nienhuis</b>	<b>WC1</b>	<b>F</b>	<b>39.4</b>
2	Julie Mouris	WC1	F	41.2
3	Sydney Steele	WC1	F	42.6
<b>1</b>	<b>Steve Kennedy</b>	<b>WC1</b>	<b>M</b>	<b>32.6</b>
2	Zoltan Csepregi	WC1	M	35.9
3	Don Wells	WC1	M	36.9
(20/18)				

<b>100bk</b>				
1	<b>Liliane Cardinal</b>	<b>EB1</b>	<b>F</b>	<b>2:37.2</b>
2	Melanie Heroux	EB2	F	3:25.8
1	<b>Sam Hersh</b>	<b>EB2</b>	<b>M</b>	<b>1:17.6</b>
2	Bruce Brown	EB1	M	1:30.7
(2/2)				
<b>200bk</b>				
1	<b>Megan Holtzman</b>	<b>EB2</b>	<b>F</b>	<b>3:53.4</b>
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>2:31.6</b>
2	Don Wells	WC1	M	2:49.8
(1/2)				
<b>50br</b>				
1	<b>Lara Thorpe</b>	<b>WC2</b>	<b>F</b>	<b>47.3</b>
2	Amanda Klassen	EB1	F	55.0
3	Claude Tellier	EB1	F	55.1
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>36.6</b>
x	Derek Woodard	TR	M	37.3
2	Sam Hersh	EB2	M	40.6
3	David Caughey	EB1	M	42.2
(16/16)				
<b>100br</b>				
1	<b>Megan Holtzman</b>	<b>EB2</b>	<b>F</b>	<b>1:51.8</b>
2	Colette Kenney	EB2	F	2:06.9
3	Lynn Hjartarson	EB2	F	3:04.7
1	<b>Peter Lithgow</b>	<b>WC1</b>	<b>M</b>	<b>1:36.1</b>
(3/1)				
<b>200br</b>				
1	<b>Karen Jensen</b>	<b>EB1</b>	<b>F</b>	<b>3:58.9</b>
2	Claude Tellier	EB1	F	4:21.6
3	Isla Paterson	EB2	F	4:34.2
(3/0)				
<b>50fl</b>				
1	<b>Joanie Conrad</b>	<b>WC1</b>	<b>F</b>	<b>41.8</b>
2	Heather Morrison	EB1	F	42.9
3	Dawn Walsh	EB2	F	45.4
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>28.9</b>
x	<b>Derek Woodard</b>	<b>TR</b>	<b>M</b>	<b>28.9</b>
x	Mark Blenkinsop	EB2	M	33.1
2	Jonathan Critch	WC2	M	35.1
3	Isaac Fierro Marquez	WC1	M	37.8
(13/13)				
<b>100fl</b>				
1	<b>Heather Morrison</b>	<b>EB1</b>	<b>F</b>	<b>1:38.6</b>
1	<b>David Caughey</b>	<b>EB1</b>	<b>M</b>	<b>1:18.1</b>

(1/1)				
<b>100IM</b>				
<b>1</b>	<b>Natalie Aucoin</b>	<b>EB2</b>	<b>F</b>	<b>1:32.7</b>
2	Eleanor Fast	EB1	F	1:38.8
3	Marie-Odile Junker	EB2	F	1:54.7
<b>x</b>	<b>Mark Blenkinsop</b>	<b>EB2</b>	<b>M</b>	<b>1:18.9</b>
<b>1</b>	<b>Chris Whitehead</b>	<b>EB2</b>	<b>M</b>	<b>1:28.8</b>
2	Kevin Graham	EB1	M	1:34.1
3	Ian Lorimer	EB1	M	1:36.1
(6/8)				
<b>200IM</b>				
<b>1</b>	<b>Eleanor Fast</b>	<b>EB1</b>	<b>F</b>	<b>3:35.5</b>
2	Luciara Nardon	EB2	F	4:05.8
<b>1</b>	<b>Konstantin Petoukhov</b>	<b>WC1</b>	<b>M</b>	<b>2:58.0</b>
2	Kevin Graham	EB1	M	3:30.7
(2/2)				
<b>400IM</b>				
<b>1</b>	<b>Heather McBurney</b>	<b>EB1</b>	<b>F</b>	<b>7:11.1</b>
<b>1</b>	<b>Steve Kennedy</b>	<b>WC1</b>	<b>M</b>	<b>5:29.9</b>
2	David Caughey	EB1	M	6:46.5
(1/2)				

## Fun Relays (Fri Apr 12<sup>th</sup>)

### 4 x 50 Free Relay

#### 7:30am Earlybirds

1. 2:45.3 Team 3: Steve Dods, Ursula Scott, Heather Morrison, Christiane Wilke
2. 2:54.7 Team 4: Tony Michel, Heloise Emdon, Margaret King, Susan Hulley
3. 2:57.3 Team 1: Larry Durr, David Caughey, Eleanor Fast, Ann Bortolotti
4. 3:01.7 Team 2: Bruce Brown, Claude Tellier, Kasia Poplawski, Liliane Cardinal

#### 8:30am Earlybirds

1. 2:41.6 Team 1: Chris Whitehead, Isla Paterson, Paddy Mallia, Ivy Cao
2. 2:58.1 Team 3: Sam Hersh, Lynn Hjartarson, Dawn Walsh, Ralph Siemsen
3. 2:59.3 Team 2: Luciara Nardon, Fay Hjartarson, Sebastien Robillard-Cardinal, Sheila Kealey
4. 3:00.8 Team 4: Mark Blenkinsop, Doug Brubacher, Penny Estabrooks, Julia Aimers

### 4 x 50 Medley Relay

#### 7:30am Earlybirds

1. 3:19.0 Team 4: Tony Michel, Heloise Emdon, Margaret King, Susan Hulley
2. 3:19.1 Team 3: Steve Dods, Ursula Scott, Heather Morrison, Christiane Wilke
3. 3:21.1 Team 1: Larry Durr, David Caughey, Eleanor Fast, Ann Bortolotti
4. 3:32.4 Team 2: Bruce Brown, Claude Tellier, Kasia Poplawski, Liliane Cardinal

#### 8:30am Earlybirds

1. 3:12.9 Team 1: Chris Whitehead, Isla Paterson, Paddy Mallia, Ivy Cao
2. 3:19.8 Team 4: Mark Blenkinsop, Doug Brubacher, Penny Estabrooks, Julia Aimers
3. 3:21.7 Team 3: Sam Hersh, Lynn Hjartarson, Dawn Walsh, Ralph Siemsen
4. 3:26.7 Team 2: Luciara Nardon, Fay Hjartarson, Sebastien Robillard-Cardinal, Sheila Kealey

## Ask the Coach

**Dear Coach:** Where do you recommend swimming while the Carleton pool is closed? Keen Swimmer

Dear K. Swimmer: I suggest finding a pool that's convenient and not too hot. Pools that swimmers recommend include Brewer (near to Carleton), Plant, Champagne, U of Ottawa, Centre Sportif de Gatineau, St Laurent, Nepean Sportsplex main pool, etc. Here are some links with schedules:

City of Ottawa pool schedules: <https://ottawa.ca/en/residents/recreation-and-parks/swimming>.

Gatineau pool schedules:

[https://www.gatineau.ca/portail/default.aspx?p=activites\\_evenements\\_idees\\_sorties/activites\\_recreatives\\_sportives/baignade/piscines\\_interieures](https://www.gatineau.ca/portail/default.aspx?p=activites_evenements_idees_sorties/activites_recreatives_sportives/baignade/piscines_interieures).

U of Ottawa pool schedule: [https://www.geegees.ca/en/rec/activities/calendar/month/2019-04?field\\_activity\\_type\\_tid=291](https://www.geegees.ca/en/rec/activities/calendar/month/2019-04?field_activity_type_tid=291).

**Dear Coach:** What's the minimum age to join Carleton Masters? Swim Parent

Dear S. Parent: The minimum age to join Carleton Masters is 14. That is because to join Carleton Masters, you must have an Athletic Membership and 14 is the minimum age for a membership. Note that to compete in Masters swimming competitions, the minimum age in Canada is 18. The minimum age to compete internationally is 25.

**Dear Coach:** What sort of stretching should I do before I swim? Another Keen Swimmer

Dear A.K. Swimmer: You should do dynamic stretching before you swim, and static stretching after swimming. The idea behind dynamic stretching is to get the muscles warmed up before you get in the pool. Ask your coach for a demo and check out this link: <https://aquamobileswim.com/best-warm-up-exercises-for-swimmers/>.

## Masters Swimming Competitions

This season (September 2018 to August 2019), you have several options for registration for competitions:

1. You can register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times will probably be accepted by MSC (e.g. for the Top 20 rankings) but will probably not be recognized by FINA (e.g. for World Records). This costs **\$15** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$5 registration fee for each MSO-sanctioned competition that you enter, but then you would **not** be swimming for Carleton Masters.)

2. If you wish to compete outside Ontario, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$65** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO.

3. You can register with both MSO and SO. This costs **\$75** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>.

Note that the Carleton Masters club code is CARMA.

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, are MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets are identified as "Masters" under meet type. If it says "sanctioned" the meet package should be available. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

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 becomes available. **Note that meet entries and confirming meet information and entry dates are your responsibility.** Meets are SCM unless otherwise indicated.

Sun Apr 14<sup>th</sup> Milton Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>  
Fri-Sun Apr 26-28<sup>th</sup> SO Provincials, Etobicoke (SO registration required)

<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Fri-Sun Apr 26-28<sup>th</sup> Quebec Provincial Masters Champs, Cote-St-Luc (SO registration required)

<https://www.swimming.ca/en/meet/32636/>

**Cancelled:** Sat May 4<sup>th</sup> Barrie Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/24819/>

Fri-Sun May 24-26<sup>th</sup> MSC Nationals, Montreal Claude Robillard (SO registration required)

<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/> (select Quebec)

**Cancelled:** Sat Jun 1<sup>st</sup> Longueuil LC Meet (TBC: not listed in the calendar): update: some Quebec swimmers tell me that they are trying to convince Longueuil to reconsider the cancellation

Sat Jul 6<sup>th</sup> King Wolf 5k and 11k open water swims, Kingston (part of Global Swim Series -- link below)

Sat Jul 13<sup>th</sup> Bring on the Bay 3k open water swim, Ottawa <https://bringonthebay.com/>

Global Open Water Swim Series (Year Round): <https://globalswimseries.com/races/>

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

### Sat Mar 23<sup>rd</sup> Special Olympics Bowling Tournament, Kingston

**Melanie Heroux** (8:30am Earlybirds) participated. My apologies that in the last newsletter I said this competition was in Ottawa. Results soon!

### Sat Mar 30<sup>th</sup> LaSalle Montreal, Long Course Swim Meet

**Jamie** and I were Carleton's two swimmers. Full results here:

<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-results/>, and our corrected times below (with apologies to **Jamie** for the typo last time!). Congratulations to **Jamie** on improving his own 200 back club record (old record 4:58.11 from the Nepean LC meet in February)! Updated club records:

<http://carletonmasters.tripod.com/190406.Records.pdf>.

**Jamie Chalmers** (Earlybirds; 75-79): 1<sup>st</sup> 50 free (42.70), 100 back (2:12.99); 2<sup>nd</sup> 200 back (4:49.43 Club Record)

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 1500 free (18:57.96), 100 back (1:18.57), 200 back (2:42.42), 200 breast (3:21.02), 400IM (5:45.30)

### Sat Mar 31<sup>st</sup> Special Olympics Swim Meet, Brockville

**Melanie** had a great meet, placing second in all four of her events!

**Melanie Heroux** (8:30am Earlybirds; 30 & Over): 2<sup>nd</sup> 200fs (6:19.50), 100bk (2:57.28), 100fl (3:48.75), 200IM (7:17.97)

### Sat Apr 6<sup>th</sup> OlymPINK Swim Meet, Brewer Pool, Ottawa

Four Carleton swimmers took part. Three swimming for Carleton and one swimming unattached. There were lots of great swims, including five club records set by **Steve**! He broke one of his own (50 breast split from this year's Nepean LC 36.04), three of **Tony Revitt's** (8:30am Earlybirds) records from Nationals at Nepean in 2013 (50 free 27.97, 100 free 1:00.44, and 100IM 1:08.34), and one of the late **Tom Anzai's** from a meet at U of Ottawa in May 2002 (50 fly 30.24). Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=988>. Updated club records: <http://carletonmasters.tripod.com/190406.Records.pdf>.

**Derek Woodard** (6pm Whitecaps; 25-29): 1<sup>st</sup> 100 free (59.71); 2<sup>nd</sup> 50 free (27.58), 50 back (31.47), 50 fly (28.57), 100IM (1:09.36): all times are Masters PBs!

**Sam Gamble** (6pm Whitecaps; 40-44): 3<sup>rd</sup> 50 breast (37.92); 4<sup>th</sup> 50 back (37.11), 50 fly (33.24 PB); 5<sup>th</sup> 100IM (1:17.63)

**Steve Kennedy** (6pm Whitecaps; 40-44): 1<sup>st</sup> 50 free (26.67 Club Record), 100 free (56.87 Club Record), 50 back (33.30), 50 breast (34.97 Club Record), 50 fly (28.87 Club Record), 100IM (1:06.67 Club Record): top swimmer in his age group!

**Christiane Wilke** (swimming unattached; 7:30am Earlybirds; 40-44): 2<sup>nd</sup> 50 back (58.92); 3<sup>rd</sup> 100 free (1:30.73), 50 breast (59.05); 4<sup>th</sup> 50 free (39.55), 100IM (1:53.30); 5<sup>th</sup> 800 free (14:39.22)

### Sun Apr 14<sup>th</sup> Provincial Swim Team Qualifier for Special Olympics at Nepean Sportsplex

**Melanie Heroux** (8:30am Earlybirds) is participating in 200 free, 200 IM, 100 back, 100 fly, and 50 fly today. Best of luck to **Melanie**!

### 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://www.statsman.ca/#canada> (last update **Apr 13<sup>th</sup>**).

## **Private and Semi-Private Masters Swim Lessons**

### **Spring Schedule:**

Mon/Wed 9:35-10:35am

Tue/Thu 4:00-5:00pm and 5:00-6:00pm

Other times may be available upon request.

### **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**

### **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.) In Ottawa, they are located at 2730 Iris Street in the West End. There are also several locations 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:** Check out some new and old team photos:

<http://www3.sympatico.ca/lynnmarshall/teamphotos.html>.

**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.slowlitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days!

**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 ([lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

[lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)

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