

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, April 10, 2020 10:20 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #522

Carleton Masters Swimming Newsletter #522

Friday, April 10th, 2020

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2019, Winter 2020, and Alumni: 7:30am Earlybirds I (45 addresses), 8:30am Earlybirds II (32 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (28 addresses), Saturday Only (3 addresses), Alumni (39 addresses).

“Difficulties in life are intended to make us better, not bitter.” – Dan Reeves

Masters Swimming Program Notes

- The Winter session ended on **Fri Mar 13th** due to COVID-19.
 - This is the end of term newsletter.
- Carleton Athletics and all swim programs are officially cancelled until **June 30th**.
 - I will continue to send newsletters bi-weekly. Please keep sending me your news and links!

Swimmer Notes

Swimmer Updates:

- **Karen Jensen** (6pm Whitecaps) is very grateful to those who have reached out to express their condolences on the passing of her sister. Here is Maureen's obituary: <https://www.piersons.ca/obituaries/obituary-listings?obId=12478999>.

- **Melanie Heroux** (8:30am Earlybirds) is keeping active: <https://www.facebook.com/HealthyAthletes/posts/1328380307354116>.

- **Sheila Kealey** (8:30am Earlybirds) is posting workout ideas on her web page: <http://www.sheilakealey.com/>.

- Coach **David Thibodeau** recently published: Sustainable Development Goal #3: Good Health and Well-Being: <https://www.sportsforsocialimpact.com/post/sdg-3-good-health-well-being>.

- **Andrea Chandler** (6pm Whitecaps) wrote a Carleton blog post reflecting on on-line teaching: <https://carleton.ca/edc/2020/blog-reflections-on-online-teaching/>.

- **Andrea Chandler** was also interviewed for an article by **Karen Kelly**, Shades of Moscow 1991 in Our Current Times: <https://carleton.ca/fpavoices/story/shades-of-moscow-1991-in-our-current-times/>.

- **Andrea Mrozek** (x-Whitecaps) had a great idea, inspired by her 13-year-old niece in BC, who jumped into the waves of Lake Okanagan on March 29 when the water temp was only 7 degrees, of a group dip (maintaining physical distancing) in the Ottawa river, but with the beaches being closed, this is not possible at the moment: <https://www.theswimguide.org/2020/03/31/ontario-beach-closures-covid-19/>. It also seems that swimming in open water is not a great idea now:

- Coronavirus at Beaches? Surfers, Swimmers should Stay Away, Scientist Says: <https://www.msn.com/en-us/news/us/coronavirus-at-beaches-surfers-swimmers-should-stay-away-scientist-says/ar-BB127QKq>.

More Innovative Ways to “Swim”:

- Belgian Triathlete: <https://twitter.com/liannelaing/status/1244275991935102976>

- IM in the Backyard: <https://twitter.com/DanHicksNBC/status/1244447490029563904>
- Serious Training in the Backyard: <https://www.facebook.com/watch/?v=632145847518689>
- A Pool in the Garage!: <https://www.cbc.ca/news/canada/montreal/amelie-kretz-swimming-indoors-1.5521751>

“Fun” Links:

- Home Workout: <https://twitter.com/Sportsnet/status/1244631913106681856>
- Aqua-Aerobics in the Garden: <https://www.facebook.com/watch/?v=203270894270157>
- Quarantine Dryland Workout with Goose (a Dog): <https://www.youtube.com/watch?v=bnVkZ1BU7mE&feature=youtu.be>
- Puppies and Penguins Explore Aquariums: <https://thehill.com/blogs/blog-briefing-room/news/489706-atlanta-humane-society-lets-puppies-roam-aquarium-closed-due-to>
- Social Distancing and Swimmers: <https://www.facebook.com/Technosport/posts/3551337198269867>

Things to Do (Instead of Swimming):

- Carleton Ravens Home Workouts: <https://athletics.carleton.ca/2020/ravens-home-workout/>
- Two Core Workouts with **Caleb Dressel**: <https://www.yourswimlog.com/caleb-dressel-core-workouts/>
- How Swimmers Can Work out Without a Pool: <https://myswimpro.com/blog/2020/03/13/how-swimmers-can-work-out-without-a-pool/>
- Five Ways to Become a Better Swimmer that Don't Involve Swimming: <https://myswimpro.com/blog/2016/05/30/5-ways-to-become-a-better-swimmer-that-dont-involve-swimming/>
- Your Full Name is Your Workout: <https://www.pinterest.ca/pin/651192427340687955/>
- Roxane Push-Up Challenge: <https://www.walshthefataway.com/roxanne-push-up-challenge/>

News and Other Links:

- Forced On Land: Alternative Training for High Performance Swimmers [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://twitter.com/StephenSeiler/status/1245646786942783489>
- Police Dye Water Blue to Discourage Swimming?!: <https://www.derbyshiretimes.co.uk/health/coronavirus/police-dye-water-buxton-blue-lagoon-deter-swimmers-during-coronavirus-lockdown-2521350>
- **Cecilia McCloskey** reflects on 18 Masters World and US Records to start 2020: <https://www.swimmingworldmagazine.com/news/cecilia-mccloskey-reflects-on-18-masters-records-to-start-2020/>
- Five Fun Facts about Swimmers and Sleep: <https://www.yourswimlog.com/swimmers-and-sleep/>
- How Exercise Might Affect Our Food Choices, and Our Weight: <https://www.nytimes.com/2020/02/26/well/move/how-exercise-might-affect-our-food-choices-and-our-weight.html>
- **John G Davies** Swimmer and Judge Obituary: <https://www.nytimes.com/2020/04/06/obituaries/john-g-davies-dead.html>
- Virtual Ultra-Marathon, Indoors: <https://www.cbc.ca/news/canada/edmonton/valleyview-runner-virtual-ultramarathon-indoors-covid-19-1.5524034>

Winter Session Information

Dates: Thu Jan 2nd to Fri Mar 13th ~~Sat Apr 11th~~; excluding Mon Feb 17th and Fri Apr 10th.

Note: There are also **morning** workouts on **Thu Jan 2nd**, and **evening** workouts on **Fri Jan 3rd**.

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/Thu: **Sean**; Tue: **David**

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

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

Exceptions will be noted here.

Fin Days:

Mon Jan 27th

Thu Mar 5th / Fri Mar 6th

Time Trials:

Tue Feb 4th / Wed Feb 5th: timed 400 free or IM

Tue Feb 18th / Wed Feb 19th: two timed 50s choice

Thu Feb 27th / Fri Feb 28th: timed 100 choice

Thu Mar 12th / Fri Mar 13th: timed 200 choice

~~Tue Mar 17th / Wed Mar 18th: timed 800 / 1500 free~~

Wed Apr 8th / Thu Apr 9th: “funner” day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint20.pdf>.

Winter Session Summary

A big thank you to our coaches this term: **Sean Dawson, David Thibodeau, Tim Kilby, Mark Blenkinsop, Mits Kachi, Adrian Finn, and Blake Christie.**

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) will receive certificates by e-mail.

Weekday Attendance:

The weekday attendance statistics were taken from **Mon Jan 6th to Fri Mar 13th**. This term we had six swimmers with perfect attendance. Congratulations to **Cam Dawson** (6pm Whitecaps), **Joanie Conrad** (6pm Whitecaps), **Joanne Dawson** (6pm Whitecaps), **Kevin Graham** (8:30am Earlybirds), **Konstantin Petoukhov** (6pm Whitecaps) and **Susan Hulley** (7:30am Earlybirds). Kudos to **Konstantin**, who also had perfect attendance in the Fall!

6pm Whitecaps: Jan 6-Mar 12th (29 workouts); range 18-32; average: 23.8

Perfect Attendance: **Cam Dawson, Joanie Conrad, Joanne Dawson, Konstantin Petoukhov**

Missed 1 Workout: **Christian Cattan, Don Wells**

Missed 2 Workouts: **Peter Lithgow**

7:10pm Whitecaps: Jan 6-Mar 12th (29 workouts); range 6-14; average: 9.7 Perfect Attendance:

Missed 1 Workout: **Stephanie Le Saux-Farmer, Stephen Agberien**

7:30am Earlybirds: Jan 6-Mar 13th (29 workouts); range 12-22; average: 16.4

Perfect Attendance: **Susan Hulley**

Missed 1 Workout: **Jocelyn Pender**

Missed 3 Workouts: **Bruce Brown, Steve Dods**

8:30am Earlybirds: Jan 6-Mar 13th (29 workouts); range 14-23; average: 18.0

Perfect Attendance: **Kevin Graham**

Missed 2 Workouts: **Luciara Nardon**

Time Trial Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Winter session. 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 97 different swimmers: 53 women and 44 men. There were 279 completed time trials: 152 for women and 127 for men. If you notice any errors or omissions, please let me know.

Twenty-seven swimmers (14 women and 13 men) improved in at least one event (41 total improvements). The most improved swimmer was **Bekah Dyck** (8:30am Earlybirds) with a 49.3 second (12.3 sec/100m) improvement in 400 free. Top man was **Stephen Agberien** (7:10pm Whitecaps) with a 4.8 second (9.6 sec/100m) improvement in 50 fly. Next was **Christian Cattan** (6pm Whitecaps) with a 36.1 second (9.0 sec/100m) improvement in 400IM. Next and second woman was **Jocelyn Pender** (7:30am Earlybirds) with a 4.0 (8.0 sec/100m) improvement in 50 free, followed by **Alison Slater** (7:10pm Whitecaps) with a 6.7 second improvement in 100 free. Rounding out the top three for the men was **Zoltan Csepregi** (6pm Whitecaps) with a 26.1 second (6.5 sec/100m) improvement in 400 free. **Flo Kellner** (8:30am Earlybirds) improved in four different events, while **Bekah, Susan Hulley** (7:30am Earlybirds), and **Stephen** each improved in three events.

Twenty-seven swimmers (8 women and 19 men) scored 270 or more points in at least one event (44 swims total), as per the 2015 point scores here: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. **Steve Kennedy** (6pm Whitecaps) had the highest score of 489 points for 25.7 in 50 free. He was followed by **Jian-Lok Chang** (6pm Whitecaps) with 462 points for 26.2 in 50 free. Next was **Finn Tuck** (Varsity) with 28.6 in 50 fly, earning 442 points, and coach **Adrian Finn** with 427 points for 26.9 in 50 free. They were followed by **Mohamed Boksmati** (7:10pm Whitecaps) with

422 points for 59.9 in 100 free. **Derek Woodard** (Varsity) and **Mike Stewart** (6pm Whitecaps) also scored over 400 points. Top woman was **Luz Osorio** (6pm Whitecaps) with 378 points for 1:15.5 in 100 fly. Second was **Ingrid Hagberg** (6pm Whitecaps) with 360 points for 1:11.7 in 100 free. **Sara Borrens** (Varsity) earned 313 points for 34.2 in 50 free, followed closely by **Gillian Massel** (7:10pm Whitecaps) with 311 for 34.3 in her 50 free. **Adrian** scored over 270 points in four events, while **Gillian, Jian-Lok,** and **Mike Stewart** each scored over 270 in three 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.

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 11 women and 10 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Bekah Dyck	EB2	F	400fs	49.3	12.3
2	Jocelyn Pender	EB1	F	50fs	4.0	8.0
3	Alison Slater	WC2	F	100fs	6.7	6.7
x	Marta Kolbuszewska	TR	F	50bk	3.0	6.0
4	Flo Kellner	EB2	F	100fs	5.7	5.7
5	Andrea Chandler	WC1	F	400fs	18.9	4.7
6	Ann Bortolotti	EB1	F	50bk	1.3	2.6
7	Anne Mullins	EB2	F	200fs	4.6	2.3
8	Liz Chretien	WC2	F	100fs	1.9	1.9
9	Megan Holtzman	EB2	F	400fs	5.9	1.5
10	Susan Hulley	EB1	F	50fl	0.7	1.4
11	Joanne Heidgerken	WC1	F	400fs	5.3	1.3
12	Janine Debanne	EB2	F	200bk	2.2	1.1
13	Luciara Nardon	EB2	F	50bk	0.4	0.8
1	Stephen Agberien	WC1	M	50fl	4.8	9.6
2	Christian Cattan	WC1	M	400IM	36.1	9.0
3	Zoltan Csepregi	WC1	M	400fs	26.1	6.5
4	Peter Kallai	WC1	M	50br	3.0	6.0
5	Ralph Siemsen	EB2	M	400fs	18.2	4.6
x	Mark Blenkinsop	EB2	M	50bk	0.7	1.4
6	Isaac Fierro Marquez	WC1	M	400fs	4.7	1.2
7	David Moore	WC1	M	400fs	3.5	0.9
8	Sam Hersh	EB2	M	200bk	1.0	0.5
9	Doug Brubacher	EB2	M	100fs	0.4	0.4
10	Mike Stewart	WC1	M	100fs	0.4	0.4
11	Kevin Graham	EB2	M	200fs	0.5	0.3
12	Steve Kennedy	WC1	M	50fs	0.1	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 11 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
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1	Luz Osorio	WC1	F	100fl	1:15.5	378
2	Ingrid Hagberg	WC1	F	100fs	1:11.7	360
x	Sara Borrens	TR	F	50fs	34.2	313
3	Gillian Massel	WC2	F	50fs	34.3	311
4	Stephanie Le Saux Farmer	WC2	F	400fs	5:53.7	291
5	Bekah Dyck	EB2	F	50fs	35.6	278
6	Leila Mostaco-Guidolin	EB1	F	50fs	35.8	273
7	Julie Mouris	WC1	F	50fs	35.9	271
1	Steve Kennedy	WC1	M	50fs	25.7	489
2	Jian-Lok Chang	WC1	M	50fs	26.2	462
x	Finn Tuck	TR	M	50fl	28.6	442
x	Adrian Finn	WC1	M	50fs	26.9	427
3	Mohamed Boksmati	WC2	M	100fs	59.9	422
x	Derek Woodard	TR	M	50fl	29.2	416
4	Mike Stewart	WC1	M	50fs	27.4	404
x	Justin Kernot	TR	M	50br	34.5	392
5	Ogi Gutovic	WC1	M	400fs	4:50.0	392
6	Zoltan Csepregi	WC1	M	400fs	4:50.3	390
7	Tony Revitt	EB2	M	100fs	1:05.0	330
x	Sean Dawson	EB2	M	50fs	29.5	323
8	Miguel Chavez	EB1	M	50fs	30.4	296
9	Don Wells	WC1	M	400fs	5:18.5	295
x	Mark Blenkinsop	EB2	M	50fl	32.8	293
10	Mike Wheatley	EB1	M	200fs	2:38.6	290
11	Konstantin Petoukhov	WC1	M	100fs	1:07.9	289
12	Sam Hersh	EB2	M	200bk	2:40.6	288
13	Isaac Fierro Marquez	WC1	M	400fs	5:21.8	286

(For point scores, see: 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
50fs					
1	Jocelyn Pender	EB1	F	4.0	8.0
2	Flo Kellner	EB2	F	1.8	3.6
x	Marta Kolbuszewska	TR	F	0.1	0.2
1	Peter Kallai	WC1	M	1.4	2.8
2	Steve Kennedy	WC1	M	0.1	0.2
(30/26)					
100fs					
1	Alison Slater	WC2	F	6.7	6.7
2	Flo Kellner	EB2	F	5.7	5.7
3	Bekah Dyck	EB2	F	4.2	4.2
1	Mike Stewart	WC1	M	0.4	0.4
2	Doug Brubacher	EB2	M	0.4	0.4

3	Stephen Agberien	WC2	M	0.3	0.3
(5/3)					
200fs					
1	Flo Kellner	EB2	F	4.7	2.4
2	Anne Mullins	EB2	F	4.6	2.3
3	Susan Hulley	EB1	F	2.4	1.2
1	Stephen Agberien	WC2	M	0.9	0.5
2	Kevin Graham	EB2	M	0.5	0.3
(3/2)					
400fs					
1	Bekah Dyck	EB2	F	49.3	12.3
2	Andrea Chandler	WC1	F	18.9	4.7
3	Flo Kellner	EB2	F	16.8	4.2
1	Zoltan Csepregi	WC1	M	26.1	6.5
2	Ralph Siemsen	EB2	M	18.2	4.6
3	Isaac Fierro Marquez	WC1	M	4.7	1.2
(5/4)					
50bk					
x	Marta Kolbuszewska	TR	F	3.0	6.0
1	Ann Bortolotti	EB1	F	1.3	2.6
2	Luciara Nardon	EB2	F	0.4	0.8
x	Mark Blenkinsop	EB2	M	0.7	1.4
(3/1)					
200bk					
1	Janine Debanne	EB2	F	2.2	1.1
1	Sam Hersh	EB2	M	1.0	0.5
(4/1)					
50br					
1	Peter Kallai	WC1	M	3.0	6.0
(0/1)					
50fl					
1	Bekah Dyck	EB2	F	1.9	3.8
2	Susan Hulley	EB1	F	0.7	1.4
1	Stephen Agberien	WC1	M	4.8	9.6
2	Christian Cattan	WC1	M	3.9	7.8
3	Ralph Siemsen	EB2	M	2.0	4.0
(2/3)					
100IM					
1	Susan Hulley	EB1	F	1.2	1.2
(1/0)					
400IM					
1	Christian Cattan	WC1	M	36.1	9.0
(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
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50fs				
x	Sara Borrens	TR	F	34.2
1	Gillian Massel	WC2	F	34.3
2	Bekah Dyck	EB2	F	35.6
3	Leila Mostaco-Guidolin	EB1	F	35.8
4	Julie Mouris	WC1	F	35.9
5	Stephanie Le Saux Farmer	WC2	F	36.0
1	Steve Kennedy	WC1	M	25.7
2	Jian-Lok Chang	WC1	M	26.2
3	Adrian Finn	WC1	M	26.9
(30/26)				
100fs				
1	Ingrid Hagberg	WC1	F	1:11.7
2	Bekah Dyck	EB2	F	1:19.4
3	Julie Mouris	WC1	F	1:19.9
1	Mohamed Boksmati	WC2	M	59.9
2	Mike Stewart	WC1	M	1:03.2
3	Tony Revitt	EB2	M	1:05.0
(12/14)				
200fs				
1	Ingrid Hagberg	WC1	F	2:36.7
2	Gillian Massel	WC2	F	2:45.4
3	Liz Chretien	WC2	F	2:57.5
4	Elaine Yardley	WC2	F	2:58.0
x	Mark Blenkinsop	EB2	M	2:30.1
1	Mike Wheatley	EB1	M	2:38.6
2	Stephen Agberien	WC2	M	2:47.0
3	Bruce Brown	EB1	M	2:51.6
(17/11)				
400fs				
1	Stephanie Le Saux Farmer	WC2	F	5:53.7
2	Gillian Massel	WC2	F	5:59.0
3	Sophie Kuhnlenz	WC2	F	6:26.5
1	Ogi Gutovic	WC1	M	4:50.0
2	Zoltan Csepregi	WC1	M	4:50.3
3	Mike Stewart	WC1	M	5:03.1
(33/25)				
50bk				
1	Leila Mostaco-Guidolin	EB1	F	41.4
2	Sophie Kuhnlenz	WC2	F	42.6
x	Marta Kolbuszewska	EB1	F	43.2
3	Titia Kaandorp	EB2	F	44.8
1	Mike Stewart	WC1	M	36.0
x	Mark Blenkinsop	EB2	M	36.3
2	Don Wells	WC1	M	38.0
3	Bruce Brown	EB1	M	42.5
(17/8)				
100bk				

1	Sophie Kuhnlenz	WC2	F	1:36.8
2	Megan Holtzman	EB2	F	1:47.0
3	Luciara Nardon	EB2	F	1:56.5
1	Sam Gamble	WC1	M	1:32.1
(3/1)				
200bk				
1	Leila Mostaco-Guidolin	EB1	F	3:11.7
2	Sandy Lawson	EB1	F	3:34.2
3	Luciara Nardon	EB2	F	4:07.6
1	Sam Hersh	EB2	M	2:40.6
(4/1)				
50br				
1	Lara Thorpe	WC2	F	50.0
2	Megan Holtzman	EB2	F	53.2
3	Mary-Lou Dunnigan	EB2	F	57.9
x	Finn Tuck	TR	M	34.2
x	Justin Kernot	TR	M	34.5
x	Derek Woodard	TR	M	37.7
x	Adrian Finn	WC1	M	40.3
1	Miguel Chavez	EB1	M	40.4
2	Gi Wu	WC1	M	41.7
3	Chris Whitehead	EB2	M	44.6
(9/12)				
100br				
1	Emma Cross	EB1	F	2:34.8
x	Adrian Finn	EB2	M	1:22.4
(1/1)				
200br				
1	Isla Paterson	EB2	F	4:41.2
(1/0)				
50f1				
1	Julie Mouris	WC1	F	37.9
x	Sara Borrens	TR	F	40.7
2	Bekah Dyck	EB2	F	44.1
3	Gillian Massel	WC2	F	44.8
x	Finn Tuck	TR	M	28.6
x	Derek Woodard	TR	M	29.2
1	Jian-Lok Chang	WC1	M	30.0
x	Justin Kernot	TR	M	30.4
2	Steve Kennedy	WC1	M	31.1
x	Mark Blenkinsop	EB2	M	32.8
3	Gi Wu	WC1	M	34.2
(10/13)				
100f1				
1	Luz Osorio	WC1	F	1:15.5
1	David Moore	WC1	M	1:21.1
x	Mark Blenkinsop	EB2	M	1:27.3
(1/2)				

100IM				
1	Lara Thorpe	WC2	F	1:37.5
2	Joanie Conrad	WC1	F	1:48.5
3	Ursula Scott	EB1	F	1:59.6
1	Jian-Lok Chang	WC1	M	1:09.4
x	Adrian Finn	EB2	M	1:15.6
2	Sam Hersh	EB2	M	1:19.8
3	Chris Whitehead	EB2	M	1:29.6
(6/7)				
200IM				
1	Sydney Steele	WC1	F	3:22.2
2	Bekah Dyck	EB2	F	3:33.4
3	Titia Kaandorp	EB2	F	3:37.0
4	Cheri Reddin	WC1	F	3:38.2
x	Adrian Finn	EB2	M	2:46.5
1	David Moore	WC1	M	3:03.4
2	Konstantin Petoukhov	WC1	M	3:03.7
3	Christian Cattan	WC1	M	3:31.9
(5/4)				
400IM				
1	Cheri Reddin	WC1	F	7:17.1
2	Sydney Steele	WC1	F	7:17.4
3	Heather Morrison	EB1	F	7:23.7
1	Christian Cattan	WC1	M	7:15.3
(4/1)				

Ask the Coach

Dear Coach: Can you please give more details on the refunds from Athletics due to the cancellations? Missing Swimming

Dear M. Swimming: You will automatically get a credit put on your account, that you can use at a later date. If you wish a refund, you need to email ravens@carleton.ca. You can find the full details here: <https://athletics.carleton.ca/2020/update-carleton-athletics-programs-cancelled-and-facilities-closed-until-june-30/>.

Dear Coach: How long does it take to get out of swimming shape? Worried Swimmer

Dear W. Swimmer: Keeping active will help, but here are the gory details on detraining: <https://kinefusion.com/coaching/detraining/>.

Masters Swimming Competitions

This season (September 2019 to August 2020), you have many 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 be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or FINA (e.g. for World Records). This costs **\$15** for Sept 1st to Aug 31st. 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 \$6 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 **\$50** for Sept 1st to Aug 31st. 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. Notice the price has been reduced by \$15 this year!

3. You can register with both MSO and SO. This costs **\$60** for Sept 1st to Aug 31st.

4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

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 Swim Canada Masters 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.

All competitions are cancelled or postponed until further notice.

Sat Apr 18th Burlington / Milton Spring Splash (MSO registration required)

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

Sat Apr 18th OlymPINK Masters Challenge, Ottawa (MSO registration required)

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

Fri-Sun Apr 24-26th Quebec Masters Provincials, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/34521/>

Sat-Sun Apr 25-26th Swim Ontario Masters Provincials, Etobicoke (SO registration required)

<https://www.swimming.ca/en/meet/35253/>

Apr/May (TBC) Milton Spring Splash (MSO registration required)

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

Fri-Sun May 22-24th Swim Canada Masters Nationals, Etobicoke (SO registration required)

<https://www.swimming.ca/en/events-results/events/2020-canadian-masters-swimming-championships/>

Jun 18-25th VIII Pan American LC Masters Championships, Medellin, Columbia

<https://www.teamunify.com/SubTabGeneric.jsp?team=uana&stabid=57815>

Sat Jul 11th Bring on the Bay, 3km and 1500m Open Water Swims, Ottawa <https://bringonthebay.com/>

Sat-Sun Jun 27-28th Swim Portion of USA Masters Games (SCY = yards), Grand Rapids, Michigan

<https://www.usamastersgames.com/swimming>

Fri-Sun Aug 14-16th Traversee du Lac Tremblant: 1k, 3k, 5k, and 12k Swims: <https://www.traverseelactremblant.ca/en/>

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!)

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 Mar 11th).

Private and Semi-Private Masters Swim Lessons

Summer Schedule:

TBD.

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

Students May Add Carleton Masters to their Co-Curricular Record

Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add "Carleton Masters Swim – Member". Information on how to do this is provided here: <https://carleton.ca/se0/ccr/>.

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. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

Carleton Ravens Gear: Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity team:



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.

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).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

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