

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, September 3, 2021 6:44 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 #560

## Carleton Masters Swimming Newsletter #560

Friday, September 3<sup>rd</sup>, 2021

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

**Bcc:** Those registered for Fall 2020 Part 1 and Part 2, Winter 2021, and Alumni: 7:30am Earlybirds I (48 addresses), 9am Earlybirds II (21 addresses), 6:00pm Whitecaps I (49 addresses), 8pm Whitecaps II (27 addresses), Saturday Only (2 addresses), Alumni (85 addresses).

"Swimming is a confusing sport, because sometimes you do it for fun, and other times you do it not to die. And when I'm swimming, sometimes I'm not sure which one it is." – Demetri Martin

### Masters Swimming Program Notes

- The remainder of the "Winter" session is running from Monday July 19 to Saturday September 11.
  - Note that **the Saturday workouts on September 4 are at 9:15am-10:15am and 10:30am-11:30am, respectively (1 hour later than normal).**
  - There are **no workouts on Monday September 6** (Labour Day).
  - There is still space in most groups: contact me for more information.
- Information on the Fall session, starting **Monday September 13**, is below.
- Registration for the Fall session is underway:
  - Both the 7:35am MWF Earlybirds 1, and 6:00pm MTuTh Whitecaps 1 are full: wait lists available.
  - There is still space in the 8:45am MWF Earlybirds 2, 7:15pm MTuTh Whitecaps 2, and 8:15am Saturday groups.
- Information on COVID-19 vaccination status requirements for accessing Carleton Athletics is below (cuScreen).

### cuScreen

Starting **Wednesday September 8**, proof of COVID-19 vaccination is required to access buildings on the Carleton campus. You can now upload your vaccination records to **cuScreen** (<https://carleton.ca/covid19/cuscreen/>).

- If you are not Carleton staff or student, instructions on how to **create your account** can be found under "Visitors" (<https://carleton.ca/covid19/wp-content/uploads/cuScreen-Instructions-for-Visitors-Final.pdf>). The instructions include the required registration code. Although it should be possible to create more than one profile per account, one account per person is recommended.
- Click on "**Report your latest vaccination status**" to upload your proof of vaccination. Note that if you are fully vaccinated, you need to upload proof of **both** vaccinations, not just the second one. If you don't have pdf copies of your Ontario vaccinations, you can download them here: <https://covid-19.ontario.ca/covid-19-vaccine-booking-support#vaccination-receipts>. If you are fully vaccinated, you only need to do this once. If you have only one vaccination to date, your second one is required by October 1 so that you are considered fully vaccinated by October 15. After your second vaccination, you will submit your vaccination documents again.
- Starting **Wednesday September 8**, you will do your daily COVID screening using cuScreen, rather than using the Masters swim screening form. You will also check in and out of the buildings you access (e.g. Athletics) via QR location codes: <https://carleton.ca/covid19/cuscreen/qr-location-codes/>. If you don't have a smart phone, there is a paper form available: <https://carleton.ca/covid19/cuscreen/paper-based-self-assessment/>.
- Up to and including **Tuesday September 7**, please continue to use the Masters Swim COVID screening form (<https://athletics.carleton.ca/covid-screen/>).

## Fall Program Information

Dates: Monday September 13 to Wednesday December 22, excluding Monday October 11.

Registration starts: Monday August 30 at 10:00am. Online registration is recommended: <https://rec.carleton.ca/>. You may also register by phone (613-520-4480) and in person.

As usual, you must be staff, student, or a community member to swim with Carleton Masters.

Earlybirds 1: Mon/Wed/Fri **7:35-8:35am** deep end: \$170 + HST (full: wait list available)

Earlybirds 2: Mon/Wed/Fri **8:45-9:45am** deep end: \$170 + HST

Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: \$180 + HST (full: wait list available)

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: \$170 + HST

Saturday: **8:15-9:25am** shallow end: \$70 + HST

## Swimmer Notes

### Swimmer Updates:

- Congratulations to **Julie Mouris** and **Jian-Lok Chang** (both 6pm Whitecaps). They are expecting their first child in January!!

- Congratulations to Coach **Tim Kilby** on his retirement from teaching in June. Tim started teaching in 1994 and did about a year of supply teaching, then about 3 years with the West Quebec school board, and the rest with the Ottawa Carleton District School Board at Hawthorne Public School.

- **Marie-Eve Racette** (7:30am Earlybirds) has been working as an interpreter at Parliament since 2005. Parliamentary interpreters interpret the leaders debates, using gender matching, i.e. female interpreters for female leaders and males for males. Until lately, all the leaders were men, denying the debate experience to female interpreters (which account for 90% of all interpreters). Happily, women are now leading some parties, and Marie-Eve has been selected to interpret **Annemie Paul**, of the Green Party, into French, on **September 9th**. She suggests that you can play the English on TV and the French on your computer, and critique the interpretation! Marie-Eve has degrees in both translation and interpretation and for those (like me) who didn't know the difference, here's her favourite joke: What is the difference between a translator and an interpreter? A translator works in their pajamas, an interpreter in a suit.

- Special Olympian, **Melanie Heroux** (8:45am Earlybirds), and Paralympic Swimmer, **Sarah Mailhot**, will be participating in a virtual discussion/coffee house (in French) hosted by the Quebec Spina Bifida and Hydrocephalus Association to share their stories, experiences, and what swimming really means to them. Here's the link if you are interested in attending the event, on Thursday **September 9 at 7pm**: <https://fb.me/e/1Kcj6ZhxC>.

- Congratulations to **Margaret King** (Earlybirds) on winning her age category in Ironman 70.3 Muskoka! Details in "Race Results" below.

- There is a lot happening on campus over the next while, some of which may affect your commute:

- Starting on **Wednesday August 25** and lasting an estimated 10 days, a contractor will be drilling bore holes in Athletics Parking Lot 5.
- Students are moving into residence **Wednesday September 1 to Sunday September 5 between 9am and 6pm**. There may be delays at the main entrance.
- You can read more about the work at Bronson, University Drive, and Sunnyside, including the new sidewalk detour and long term plan here: <https://carleton.ca/transportationplan/university-messages/>.

- **There will be a charge for parking on campus starting on or shortly after September 1**. If you have a year-long Athletics membership, you can get free parking, except on weekdays between **10am** and 4pm – contact the Welcome Centre for details.

- Members may book the Fitness Centre and Member Swims here: <https://rec.carleton.ca/booking>. Here is the member swim schedule: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

### "Fun" Aquatic-Related Links:

- Could You Complete the Pool Jump Challenge?: <https://twitter.com/duoswim/status/1431663450611195921>

- Dolphins Thrill Water Users in Swanage Bay, UK: <https://www.bournemouthcho.co.uk/news/19526870.dolphins-thrill-water-users-swanage-bay/>

- Spectacular Video of Sharks Plowing through Millions of Fish off Southampton NY: <https://thehill.com/changing-america/sustainability/environment/566002-spectacular-video-of-sharks-plowing-through>

- Don't Call Them "Shark Attacks," Scientists Say: <https://www.nytimes.com/2021/07/20/science/shark-attacks.html>

- After 58 Years, a Fisherman Calls it a Day after Landing one Last Giant Catch:  
<https://www.cbc.ca/news/canada/newfoundland-labrador/peter-marche-giant-halibut-1.6094956>

### News and Other Links:

- Windsor Ironman Triathlete Recounts 'Mistaken Muskie Attack' in Lake St. Clair: <https://windsor.ctvnews.ca/windsor-ironman-triathlete-recounts-mistaken-muskie-attack-in-lake-st-clair-1.5549178>
- Dolphins Alert Rescue Crew to Lost Swimmer Who Had Been Stranded for 12 Hours: <https://people.com/pets/dolphins-alert-rescue-crew-to-lost-swimmer-stranded-for-hours/>
- "Strange Things Out There": Inside Lake Ontario's "Bermuda Triangle": <https://globalnews.ca/news/8140913/lake-ontario-vortex-marysburgh-bermuda-triangle-zed-files/>
- Examining the Differences Between Competition at the Paralympics and Olympics in Swimming: <https://www.swimmingworldmagazine.com/news/examining-the-differences-between-competition-at-the-paralympics-and-olympics/>
- Just Don't Do It: 10 Exercise Myths: <https://www.theguardian.com/lifeandstyle/2021/jun/06/just-dont-do-it-10-exercise-myths>

### “Continued” Winter Session Information

Dates: Monday July 19 to Saturday September 11; No workouts: Monday August 2 or Monday September 6.

The usual pool allocations and coaches are as follows:

7:30-8:45am Mon/Wed/Fri Earlybirds: Whole Pool: **Lynn**

6:00-7:15pm Mon/Tue/Thu Whitecaps: Whole Pool: **Sean** and **Mark**

8:15-9:15am Saturdays (Jul 31: 9-10am and Sept 4: **9:15-10:15am**): Shallow End; rotating coach schedule

9:30-10:30am Saturdays (Jul 31: 10:15-11:15am and Sept 4: **10:30-11:30am**): Shallow End; rotating coach schedule

Any changes will be noted here.

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint21.pdf>.

Here are the attendance statistics for the continuation of the session. If there are any errors, please let me know.

**7:30am Earlybirds:** July 19-September 3 (20 workouts); range: 22-34; average: 28.1

Missed 1 Workout: **Ann Bortolotti, Renate Hulley, Seán Kelly, Ursula Scott**

**6:00pm Whitecaps:** July 19-September 2 (20 workouts); range: 25-35; average: 28.7

Missed 1 Workout: **Kelly Biggs, Marshall Perrin**

**8:15am Saturdays:** July 24-August 28 (6 workouts); range: 6-13; average: 9.3

Perfect Attendance: **Isla Paterson**

**9:30am Saturdays:** July 24-August 28 (6 workouts); range: 5-9; average: 7.3

Perfect Attendance: **Ogi Gutovic**

Congratulations to all those who participated in the 800 and 1500 time trials on Tuesday August 17 and Wednesday August 18. Despite the warm water, there were two improvements, one each in the 800 (41 seconds) and 1500 (1:37). Congratulations to Bob and Andrew! Congratulations also to the top swimmers in each distance and gender. Details below:

### 800 Free Improvement:

1	<b>Bob Tipple</b>	41.0	EB1
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### Top Times:

#### Women:

1	<b>Heloise Emdon</b>	19:00	EB1
2	Liliane Cardinal	20:32	EB1

#### Men:

1	<b>Bob Tipple</b>	17:57	EB1
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**1500 Free Improvement:**

1	<b>Andrew Rolleston</b>	97.0	EB1
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**Top Times:**

**Women:**

x	<b>Lynn Marshall</b>	21:32	Coach
1	<b>Taralyn Real</b>	25:11	EB1
2	Gillian Massel	25:42	WC1
3	Aline St-Laurent-Guérin	27:42	WC1
4	Kelly Biggs	27:45	WC1
5	Margaret Janse van Rensburg	27:50	WC1
6	Seana Biggs	27:55	WC1

**Men:**

1	<b>Nathan Fudge</b>	22:29	WC1
2	Sam Hersh	22:58	EB1
x	Mark Blenkinsop	23:06	Coach
3	Jean-Francois Jacques	23:29	WC1
4	Mike Wheatley	23:30	EB1

**Fall Session Information**

Dates: Monday September 13 to Wednesday December 22; No workouts: Monday October 11.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End: **Lynn**

8:45-9:45am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Mon/Tue: Shallow End; Thu: Deep End: **Sean**

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow End; Thu: Deep End: **Mark**

8:15-9:25am Saturdays: Shallow End; rotating coach schedule

Any changes will be noted here.

**Special Sets:**

Tue/Wed Oct 19/20: fin day

Mon Nov 8: 1500/800 time trial

Thu/Fri Nov 18/19: fin day

Tue/Wed Dec 21/22: "funner" day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanfall21.pdf>.

**Ask the Coach**

**Dear Coach:** When will we be able to use the pool equipment again? Patient Swimmer

Dear P. Swimmer: We are working on a plan to allow pool-owned equipment (kick boards, pull buoys, and fins) to be used by the Masters swimmers this Fall. Likely we'll provide spray bottles and rags so that you can clean any equipment you use before and after use.

**Dear Coach:** I am having trouble with some of the abbreviations used on the blackboard. New Swimmer

Dear N. Swimmer: Please don't hesitate to ask if anything is unclear. There's also a list of common abbreviations on our web site: <https://carletonmasters.tripod.com/key.txt>.

**Dear Coach:** Is the number of swimmers per lane changing for Fall? Curious Swimmer

Dear C. Swimmer: Yes, we are permitted 6 swimmers per single lane in the Fall. However, a 2m distance must still be maintained between swimmers when not swimming.

## Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2021), the cost is **\$15**. To register with SO (Swim Ontario), the cost is **\$40**. For both, it's **\$50**. Contact me for more details.

Until Aug 31: MSO Virtual Open Water Swim Challenge: 250m, 500m, 750m, 1k, 1.5k, 3k, 5k, 10k: register by Aug 22: <https://ms.mastersswimmingontario.ca/> (MSO registration required)

Aug 1-Aug 21: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge: <https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

Aug 22-Sept 11: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge: <https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/> (continuing every three weeks): Free (MSO registration required)

Aug 13-15: Traversee du Lac Tremblant: <https://www.traverseelactremblant.ca/en/>: postponed to 2022

Canaqua Sports Various Open Water Races: <https://www.canaquasports.com/open-water-races.html>:

Aug 15: Canaqua Sports Welland Open Water Swim and SwimRun Challenge

Aug 29: Canaqua Sports Huronia Open Water Swim and SwimRun Challenge

Sept 12: Canaqua Sports Welland Canal Open Water Swim

Global Open Water Swim Series (Year Round; **Virtual Races** available): <https://globalswimseries.com/races/>

Mar 26-27, 2022 Ontario Masters Provincials, Etobicoke

May 20-22, 2022 Canadian Masters Championships, Quebec City

FINA Masters World Championships 2022 (instead of 2021): <https://www.fina.org/node/160117>

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

### August 29 Ironman 70.3 Muskoka (1900m/90k/21.1k)

Fantastic job by **Margaret King** (Earlybirds)! An amazing race, despite wet and hot conditions! Margaret won her category by nearly 15 minutes!!! Full results: <https://www.ironman.com/im703-muskoka-results>.

Margaret King (Earlybirds; 60-64): 305<sup>th</sup> overall, 49<sup>th</sup> woman, and 1<sup>st</sup> in category in 5:40.57 (34:11 swim)

### 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 **Feb 18<sup>th</sup>**).

### Private and Semi-Private Masters Swim Lessons

**Starting later this month: schedule TBA (contact me for more information!).**

**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

### Continued "Winter" Session:

Dates: Monday July 19 to Saturday September 11

Earlybirds **1 & 2:** Mon/Wed/Fri **7:30-8:45am** whole pool (**excludes** August 2 and September 6)

Whitecaps **1 & 2:** Mon/Tue/Thu **6:00-7:15pm** whole pool (**excludes** August 2 and September 6)

Saturday 1: **8:15-9:15am** shallow end (**includes** July 31: 9:00-10:00am and September 4: **9:15-10:15am**)

Saturday 2: **9:30-10:30am** shallow end (**includes** July 31: 10:15-11:15am and September 4: **10:30-11:30am**)

### COVID Protocols:

- A mask must be worn, except when swimming. Use the hand sanitizer provided, and maintain a distance of 6 feet.

- Please **check in at the Welcome Centre** where the staff will confirm that you have done your COVID questionnaire **each day** that you swim: <https://athletics.carleton.ca/covid-screen/>. (Starting September 8, you will use cuScreen instead.)
- The Welcome Centre will let you know when you may access the change room. If you arrive late and/or the regular change rooms are locked, use the gender inclusive change room (second floor, next to the women's change room) to access the pool deck. We recommend that you wear your swim suit to the pool to limit time in the change room. Lockers and saunas remain closed. There are now six showers available in each of the men's and women's change room, plus two in the gender inclusive room.
- Walk clockwise around the pool deck. Please bring your clothes on to the pool deck.
- As there are now just **15 minutes between groups**, you may need to wait in the change room for the doors to the pool deck to be unlocked.
- All lanes will have a maximum of four swimmers.
- You may only attend the swims that you are registered for.
- No pool-owned equipment (kick boards, pull buoys, fins) is available. You may bring your own equipment, but no snorkels are permitted.

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As usual, you must be staff, student, or a community member to swim with Carleton Masters.

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Earlybirds 2: Mon/Wed/Fri **8:45-9:45am** deep end: \$170 + HST

Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: \$180 + HST (full: wait list available)

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: \$170 + HST

Saturday: **8:15-9:25am** shallow end: \$70 + HST

Updated COVID Protocols will be included next time.

## General Masters Information:

**Memberships:** To be able to swim with Masters, you need a membership good for the entire term, and for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>. (Senior Ravens, Winter Walking, and Squash memberships do **not** give access to Masters swimming.)

**Parking:** Parking is free for everyone on campus (all parking lots, all day) until August 31. Parking passes or payment are required starting in September.

**Permanent Lockers:** Are not currently available for use. You may access your locker just once to remove your belongings.

## 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/seo/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!).

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

Happy lengths!  
Lynn

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

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