

## Lynn Marshall

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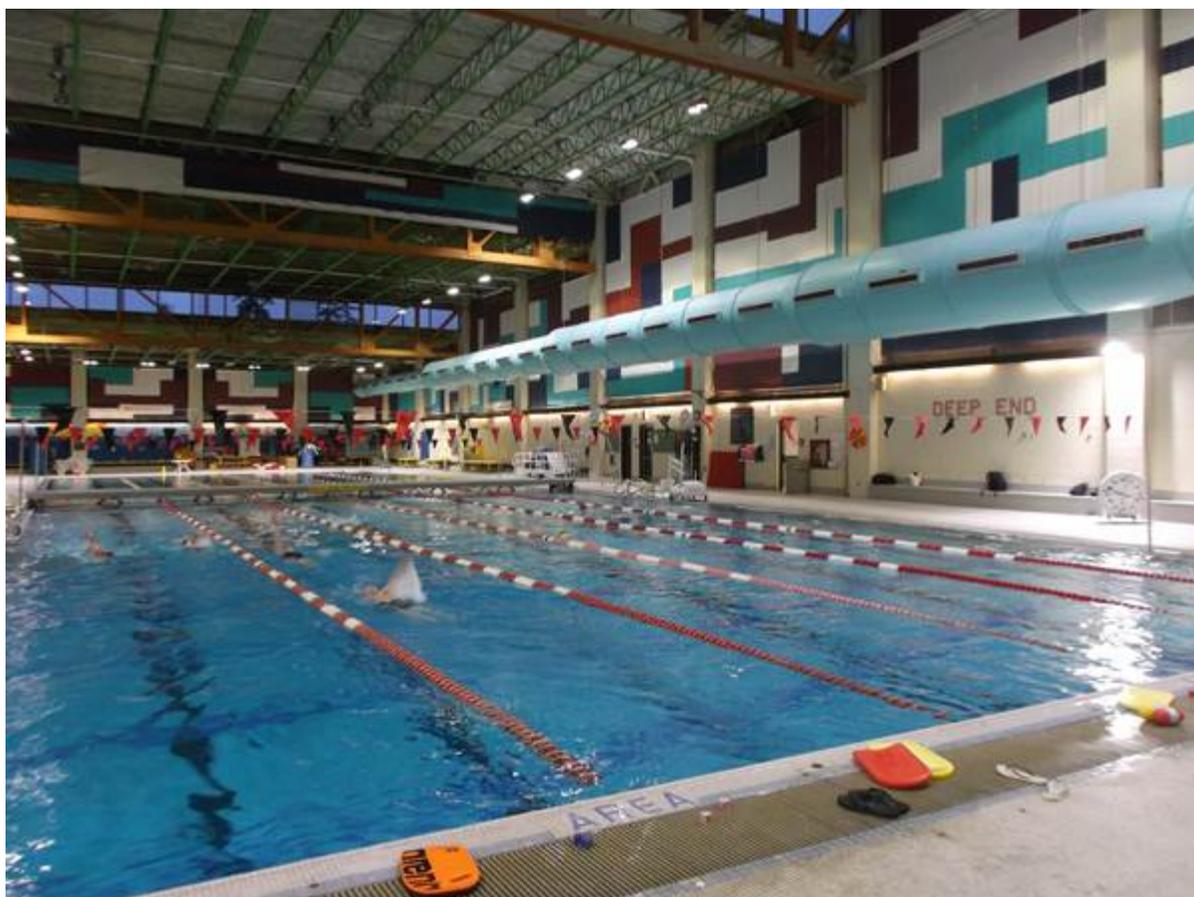
**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** December 23, 2022 3:07 PM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'  
**Subject:** Carleton Masters Swimmer Newsletter #596

## Carleton Masters Swimming Newsletter #596

Friday, December 23<sup>rd</sup>, 2022

**To:** Carleton Masters Coaches / Staff (8 addresses)

**Bcc:** Those registered for Fall 2022 and Alumni, 7:35am Earlybirds I (47 addresses), 8:40am Earlybirds II (39 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (33 addresses), Saturday Only (7 addresses), Alumni (48 addresses).



We were going to take team photos on the last day of each session, but due to the weather and resulting poor attendance (see above), we'll take the team photos early in the Winter session!

### Masters Swimming Program Notes

- The Fall session started Tuesday September 6 and ended Friday December 23.
- The Winter session starts Tuesday January 3 and ends Saturday April 15.
  - There are no workouts on Monday February 20 or Friday April 7. There are workouts on Monday April 10, but one hour later than usual for the morning groups and one hour earlier for the evening groups.

- There is currently space in all groups, but just three spots left at 7:35am. Full details can be found in the “Notes and Reminders” section near the end of the newsletter.
- There will be two interim workouts held between the Fall and Winter session, details below.

## Holiday Interim Workouts

There will be two holiday interim pay-as-you-go workouts coached by **Sean**:

**Wed Dec 28 5:30-6:45pm**

**Fri Dec 30 5:30-6:45pm**

The workouts are open to those registered for Fall and/or Winter Masters, as well as guests of Carleton Masters swimmers. The cost for each workout is \$6. Purchase a public swim pass (\$6) at the Welcome Centre and get a **paper receipt**. Give the receipt to Coach Sean on the pool deck **before** your swim. (Coaches are not permitted to accept cash!)

## Swimmer Notes

### Swimmer Updates:

- Long-time Ontario Masters Swimmers **Jacqueline Odlum** has passed away:

<https://www.legacy.com/ca/obituaries/thestar/name/jacqueline-odlum-obituary?n=jacqueline-odlum&pid=203451623>.

- **Marie-Odile Junker** (8:40am Earlybirds) recommend this beautiful film that she saw on Netflix: **The Swimmers**:

<https://www.netflix.com/ca/title/81365134?trkid=13747225&s=i&vlang=en&clip=81629091>

- **Save the Date:** The annual **100 x 100m “fun” swim is planned for Friday December 30 at the Nepean Sportsplex from 5:30-9:30pm**. Let me know if you are interested and I'll provide more details.

- If anyone is unfortunate enough to test positive for COVID, and has been on campus in the five days prior, please complete the COVID Symptom Reporting Form here: <https://carleton.ca/covid19/cuscreen/symptom-reporting/>.

- A reminder about the ongoing construction work on the pool deck (in the corner near the 1m diving board) as well as in the men's change room: <https://athletics.carleton.ca/2022/upcoming-facility-maintenance/>.

- Pre-booking is no longer needed for the Carleton pool or Fitness Centre. The public swim schedule can be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

- The mask mandate has been lifted, but masks are still recommended indoors, except while swimming.

### Aquatic-Related Links:

- The Fountain of Youth Hasn't Been Found — But Swimming May Come Close [thanks to Peter Kallai (6pm Whitecaps)]: <https://ideas.ted.com/swimming-brain-boost-science/amp/>

- Quick-Thinking Rescuers Save Deer from Icy Ottawa River: <https://ottawacitizen.com/news/local-news/quick-thinking-rescuers-save-deer-from-icy-ottawa-river>

- Chilly Dip: Caithness' Winter Night Swimmers [thanks to **Andrea Chandler** (8:40am Earlybirds)]: <https://www.bbc.com/news/articles/cmlk8wprd87o>

- 400 Swimmers Participate in 8C Coupe de Noel in Lac Lemman, Geneva [thanks to **Andrea Chandler** (8:40am Earlybirds)]: <https://twitter.com/afpfr/status/1604567174529564673>

- Turtle Log Rolling Competition: <https://twitter.com/buitengebieden/status/1596566218768814080>

- Dryland Exercises to Improve Your Freestyle: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/dryland-exercises-to-improve-your-freestyle>

### News and Other Links:

- Former Olympian **Waneek Horn-Miller** Calls for Inquiry to Address Abuse in Sport:

<https://www.cbc.ca/news/politics/waneek-horn-miller-inquiry-committee-1.6683182>

- How Gut Bacteria Helps You Exercise by Sending Dopamine Hits to the Brain: <https://newatlas.com/health-wellbeing/microbiome-gut-bacteria-exercise-dopamine-brain/>

- What Women Should Know About Adaptogens: <https://www.drstacysims.com/blog/what-women-should-know-about-adaptogens>

- Do We Really Need to Stretch: <https://www.mcgill.ca/oss/article/critical-thinking-health-and-nutrition/do-we-really-need-stretch>

## Winter Session Information

Dates: Tuesday January 3 to Saturday April 15. No workouts Monday February 20 (Family Day), or Friday April 7 (Good Friday). Morning workouts are one hour later than usual, and evening workouts one hour earlier than usual on Monday April 10.

The usual pool allocations and coaches are as follows:

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

8:40-9:40am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

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

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Mon/Tue Shallow End; Thu Deep End: Mon: **Sean**, Tue: **Mark**, Thu: **Sean/Mark**

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

Any changes/details will be noted here.

Special sets and workout themes will be in the next newsletter!

## Fall Session Information

Dates: Tuesday September 6 to Friday December 23. No workouts Monday September 5 (Labour Day), Monday October 10 (Thanksgiving).

The usual pool allocations and coaches are as follows:

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

8:40-9:40am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

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

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Mon/Tue Shallow End; Thu Deep End: Mon: **Sean**, Tue: **Mark**, Thu: **Sean/Mark**

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

Any changes/details will be noted here.

**Adrian** coached the **6pm and 7:15pm Whitecaps** for **Sean** on **Monday December 12**.

**Mark** coached the **6pm and 7:15pm Whitecaps** on **Thursday December 15**.

**Sean** coached the **6pm and 7:15pm Whitecaps** on **Thursday December 22**.

### Special Sets:

Tue/Wed Oct 18/19: fin day

Mon Nov 7: 800/1500 free time trial

Thu/Fri Nov 17/18: fin day

Thu/Fri Dec 22/23: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanfall22.pdf>.

Here are the attendance statistics for the term. Please let me know of any errors or omissions!

**7:35am Earlybirds:** September 7 to December 23 (46 workouts); range: 10-33; average: 25.0

Perfect Attendance: **Bruce Brown, Harley Gifford**

Missed Two Workouts: **Liliane Cardinal, Ursula Scott**

**8:40am Earlybirds:** September 7 to December 23 (46 workouts); range: 6-24; average: 18.9

Missed Four Workouts: **Cori Dinovitzer**

**6:00pm Whitecaps:** September 6 to December 22 (46 workouts); range: 16-33; average: 24.8

Missed Three Workouts: **Adam Vieira, Christian Cattan, Don Wells, Konstantin Petoukhov**

**7:15pm Whitecaps:** September 6 to December 22 (46 workouts); range: 9-22; average: 15.7

Missed One Workout: **Seana Biggs**

**8:15am Saturdays:** September 10 to December 17 (15 workouts); range: 15-28; average: 21.1

Perfect Attendance: **Liliane Cardinal**

Missed Two Workouts: **Cheri Reddin, Ian Lorimer, Karen Jensen, Lynn Marshall, Mariette Kenney**

Missed Three Workouts: **Cori Dinovitzer, Don Wells**

**Best Lane Attendance:** calculated as the average number of workouts attended by the lane members for the weekday swims:

8:40am Earlybirds Lane 3: **Cori Dinovitzer, Debby Whately, Luciara Nardon, Ralph Siemsen:** 38.75 (out of 46)

## Fall Session Awards

Normally there are awards at the end of each term for best attendance, most improved swimmers, fastest swimmers, and relays. However, the only timed swims this term were the 800/1500. For the fastest swimmers, a cutoff of 270 on the FINA 2015 table is used. For the Top 3 in the 800, only those who would not be able to complete the 1500 in the time limit are eligible.

### Fastest Swimmer:

P1	Name	Group	Gender	Event	Time	Points
1	<b>Tony Revitt</b>	<b>EB1</b>	<b>M</b>	<b>1500fs</b>	<b>20:58</b>	<b>308</b>

### Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	<b>Marie-Eve Racette</b>	<b>EB1</b>	<b>F</b>	<b>800fs</b>	<b>37.0</b>	<b>4.6</b>
2	Ann Bortolotti	EB1	F	800fs	20.0	2.5
3	Flo Kellner	EB2	F	400fs	8.0	2.0
4	Debby Whately	EB2	F	1500fsp	27.0	1.8
5	Margaret Janse van Rensburg	EB1	F	1500fs	17.0	1.1
1	<b>Hazem Abu Alteen</b>	<b>EB1</b>	<b>M</b>	<b>1500fs</b>	<b>24.0</b>	<b>1.6</b>
2	Peter Barton	EB2	M	1500fs	9.0	0.6

### Fastest Three Swimmers Per Event:

<b>400fs</b>				
1	<b>Brenda Ferguson</b>	<b>EB2</b>	<b>F</b>	<b>11:20</b>
2	Flo Kellner	EB2	F	12:16
3	Melanie Heroux	EB2	F	14:27
(3/0)				
<b>800fs</b>				
1	<b>Chris Clement</b>	<b>EB1</b>	<b>F</b>	<b>17:05</b>
2	Ann Bortolotti	EB1	F	17:06
3	Marie-Eve Racette	EB1	F	17:12
1	<b>Steve Dods</b>	<b>EB2</b>	<b>M</b>	<b>25:30</b>
(13/1)				
<b>1500fs</b>				
1	<b>Margaret Janse van Rensburg</b>	<b>EB1</b>	<b>F</b>	<b>25:34</b>
2	Cheri Reddin	EB1	F	26:19
3	Megan Holtzman	EB2	F	26:44
1	<b>Tony Revitt</b>	<b>EB1</b>	<b>M</b>	<b>20:58</b>
2	Bruce Brown	EB1	M	22:23
3	Bill Meyer	EB1	M	22:28
(18/9)				

### Most Improved Three Swimmers Per Event:

<b>400fs</b>					
1	<b>Flo Kellner</b>	<b>EB2</b>	<b>F</b>	<b>8.0</b>	<b>2.0</b>
(1/0)					
<b>800fs</b>					
1	<b>Marie-Eve Racette</b>	<b>EB1</b>	<b>F</b>	<b>37.0</b>	<b>4.6</b>
2	Ann Bortolotti	EB1	F	20.0	2.5
(2/0)					
<b>1500fs</b>					
1	<b>Debby Whately</b>	<b>EB2</b>	<b>F</b>	<b>27.0</b>	<b>1.8</b>
2	Margaret Janse van Rensburg	EB1	F	17.0	1.1
1	<b>Hazem Abu Alteen</b>	<b>EB1</b>	<b>M</b>	<b>24.0</b>	<b>1.6</b>
2	Peter Barton	EB2	M	9.0	0.6
(2/2)					

### Best Attendance:

**Bruce Brown** (7:35am Earlybirds), **Harley Gifford** (7:35am Earlybirds), and **Liliane Cardinal** (8:15am Saturdays) had perfect attendance for the Fall. The lane with the best average attendance was **8:40am Earlybirds Lane 3: Cori, Debby, Luciara, and Ralph.**

### Ask the Coach

#### Dear Coach: A thank you to Coach Sean from Marshall Perrin (6pm Whitecaps):

A belated but hearty thank-you for coming to my rescue Thursday when I couldn't find the key to my lock after practice. My dismay was exceeded only by my appreciation for your prompt offer of assistance, which saved me from a bathing-suited appearance at the reception desk. (Yikes!) Just so you know, I did eventually find the key. After the shackle was cut, there it was, sitting safely on the shelf inside the locker. D'oh!! Of course, this happened mere days after you MacGyvered a repair to my swim goggles. Were it not for the 8 repeats of underwater swimming you made us do last Thursday, I might think you're actually a kind-hearted soul. 😊

#### Dear Coach: Should my kicks be small or large when swimming? Kicking Swimmer

Dear K. Swimmer: Generally, you should keep your kicks small and streamlined, so that your feet are moving through the same water as your body to avoid generating extra drag.

**Dear Coach:** I have only missed one workout, but my name didn't appear under best attendance in the previous newsletter. Could you please fix that? Swimmer with Good Attendance

Dear S.w.G. Attendance: Up until this newsletter, I only included those with the best attendance in each Masters group. However, for this one, I have added those who missed no more than three workouts.

**Dear Coach:** Can you add a best lane attendance to your statistics? EB2 Lane 3

Dear EB2.L.3: Done – you win 😊 !

### Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2023), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$45**. For both, it's **\$60**. Contact me for more details.

Here's a list of upcoming meets and races mostly in Ontario and Quebec.

2022 Endurance Swim Challenge (100, 200, 300, 400 or 500 miles, and 500 mile team event)  
<https://www.active.com/other-endurance/virtual-events/endurance-swim-challenge-100-200-300-400-or-500-miles-and-500-mile-team-event-2022>  
January 21 Swim Ottawa Willie Lee Masters Meet at Brewer; MSO registration required  
<https://ms.mastersswimmingontario.ca/web/schedule.php>  
January 21 Cote St Luc (Montreal) Masters Meet; SO registration required <https://www.swimming.ca/en/meet/38024/>  
January 22 Susan Douglas Memorial Meet, Wilmot, ON; SO registration required  
<https://www.swimming.ca/en/meet/38403/>  
January 28 Quebec Masters Meet #4 Drummondville SO registration required <https://www.swimming.ca/en/meet/37756/>  
January 29 Alderwood Yards Meet Etobicoke; MSO registration required;  
<https://ms.mastersswimmingontario.ca/web/schedule.php>  
February 4 Clarington Masters Meet; SO registration required <https://www.swimming.ca/en/meet/38123/>  
February 11 Quebec Masters Meet #5 Pointe-Claire Montreal **SCM**; SO registration required  
<https://www.swimming.ca/en/meet/37818/>  
March 5 Stephen Forsey Inviational Meet, Markham; SO registration required <https://www.swimming.ca/en/meet/38084/>  
March (date TBC) Quebec Masters Meet #6 Dollard-des-Ormeaux Montreal; SO registration required  
March 25-26 MSO Provincials LCM Nepean; MSO registration required;  
<https://ms.mastersswimmingontario.ca/web/schedule.php>  
March 25-26 Swim Ontario Masters Championships, Etobicoke; SO registration required;  
<https://www.swimming.ca/en/meet/37962/>  
April 15 OlymPink B-Train Meet; MSO Registration required; <https://ms.mastersswimmingontario.ca/web/schedule.php>  
April 21-23 Quebec Masters Provincials SO registration required (details TBC)  
May 20-22 Canadian Masters Swim Championships, Calgary (details TBC) SO registration required  
July 15-16 Swim Ontario Open Water Masters Championships, Gull Lake, Gravenhurst (details TBC) SO registration required  
August 2-11 FINA Masters World Championships, Fukuoka, Japan; SO registration required  
<https://www.swimmingworldmagazine.com/news/fina-confirms-new-dates-for-world-masters-championships-in-2023>;  
qualifying times announced: <https://www.fina.org/competitions/2913/fina-world-masters-championships-2022/info>  
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!)

### **December 11 Nepean Masters Red vs. Blue Meet, Nepean Sportsplex**

There were three Carleton swimmers at this meet. Christiane and I both swimming for Carleton and on team blue, and Melanie swimming for the Special Olympics Orleans Riptide club and on team red. I believe that Team Blue won. Great job by both Melanie and Christiane on their great results! Full results:

<https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=1174>. Updated club records:  
<https://carletonmasters.tripod.com/221211.Records.pdf>

**Melanie Heroux** (8:40am Earlybirds; Team Red; F35-39 Swimming for Orleans Riptides Special Olympics Team): **1<sup>st</sup>** 50 fly (1:47.75), 100 fly (3:57.09); **4<sup>th</sup>** 100 back (3:21.55); **5<sup>th</sup>** 100 free (3:11.20); **7<sup>th</sup>** 50 back (1:33.51), **8<sup>th</sup>** 50 free (1:28.50)

**Christiane Wilke** (7:35am Earlybirds; Team Blue; F40-44): **2<sup>nd</sup>** 50 breast (1:03.13); **3<sup>rd</sup>** 100 breast (2:16.91), 50 kick (1:02.49); **4<sup>th</sup>** 50 free (43.81); **5<sup>th</sup>** 100 free (1:46.49)

**Lynn Marshall** (Coach; Team Blue; F60-64): **1<sup>st</sup>** 50 free (31.70 Club Record), 50 back (38.04), 100 back (1:18.56), 50 breast (42.69 Club Record), 100 breast (1:31.58 Club Record), 50 fly(35.23); 50 back relay leadoff (37.38 Ontario Record)

### **400IM Record**

Back in March, I set a "subject to ratification" World Record in the 400IM SCM for the women's 60-64 age group at a meet in Etobicoke. In September the new list of records was published and it was missing. FINA is very strict that all records have to be submitted within 60 days, and would only accept the form if it could be proved that it was actually sent in April (i.e. that it was FINA's mistake). The email account the forms were sent from had since been deactivated but after much effort by the meet organizers, a hard copy of the email was found (!) and my Christmas present is that the record has just been accepted!!

### **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 **Dec 16**).

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

## Winter Schedule:

Tuesday 4-5pm, Tuesday 5-6pm; Wednesday 3:30-4:30pm, Wednesday 4:30-5:30pm.

**Prices: Private:** \$52.50 per hour, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST. Please e-mail me for more details.

## Notes and Reminders

### Winter Session

Registration for Winter Masters Swimming is underway. Registering on-line is recommended at:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>

You will need a valid membership to register on-line. If you wish to use an existing credit on your account, you must register by phone or in-person.

The Winter Session runs from **January 3 to April 15**, with no workouts on February 20 or April 7, and workouts at adjusted times on April 10:

**Earlybirds 1:** Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$180+HST

**Earlybirds 2:** Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$180+HST

**Whitecaps 1:** Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$200+HST

**Whitecaps 2:** Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean and Mark; \$185+HST

**Saturdays:** 8:15-9:25am; Coaches: Rotating Schedule; \$90+HST

Note that this information is also posted on our web site: <https://carletonmasters.tripod.com/>.

### Masters Swimming COVID Protocols

- The mask mandate has been lifted, but masks are recommended indoors, except when swimming. Use of hand sanitizer and physical distancing are recommended.

- We suggest that you wear your swim suit to the pool to limit time in the change room. Lockers are available for day use. There are showers available in all change rooms. The saunas remain closed.

- The regular doors to the pool deck will be used for both entry and exit.

- If you arrive early, please keep your distance from swimmers leaving the pool deck.

- While lanes may have more than six swimmers, a maximum of six will be maintained where possible.

- You may only attend the swims that you are registered for.

- The masters equipment (kick boards and pull buoys, plus fins on fin days) will be available.

- You may bring your own equipment, but no snorkels are permitted.

### 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:** To park on campus, parking passes or payment is required. The member's free parking pass is good at all times, except from 10am to 4pm Monday to Friday.

### 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/se/ccr/>.

**Aquasport Discount for Carleton Masters Swimmers:** Aquasport (2730 Iris Street) is under new management, now being run by Team Aquatic Supplies. We receive a 20% discount on regularly priced merchandise until the end of August 2023. When ordering on-line (<https://team-aquatic.com/>) use the code on the card. When shopping in person, show a copy of this [discount card](#).

**Carleton Ravens Gear:** Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity swim team. Ask for more details.

**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 annual fees to register Carleton Masters with Masters Swimming Ontario and Swim Ontario. We have a few triathlon latex caps (50c), as well as some brand new Speedo silicone caps (\$5). 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.)

**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>