

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: April 17, 2023 3:56 PM
To: 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson';
'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #605

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Carleton Masters Swimming Newsletter #605

Monday, April 17th, 2023

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2022, Winter 2023, and Alumni, 7:35am Earlybirds I (53 addresses), 8:40am Earlybirds II (44 addresses), 6:00pm Whitecaps I (45 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (12 addresses), Alumni (42 addresses).

Marie-Eve Racette and **Brian Lehmkuhl** (7:35am Earlybirds) have moved to Paris for two years (details in "Swimmer Updates" below).



Masters Swimming Program Notes

- The Winter session has ended and the pool is closed for annual maintenance until **Monday May 8**.
- Registration for the Spring and Summer sessions starts at **noon on Wednesday April 19**.

- The Spring session starts on **Monday May 8**.
- Details of the Spring and Summer sessions follow. **Please note the change in workout time on Saturday May 20, and the addition of the link to the registration page.**

Spring and Summer Program Details

Registration for the Spring and/or Summer Sessions starts at **noon on Wednesday April 19**, here:

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

Here are the details of the programs and dates:

Spring Session: Monday May 8 to Friday June 30 (no workouts Monday May 22 or Saturday July 1)

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$102+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$102+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Mark, and Adrian (TBC); \$110+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean, Mark, and Adrian (TBC); \$102+HST

Saturdays: 8:15-9:25am except **the May 20 workout is 10:45-11:55am**; Coaches: Rotating Schedule; \$44+HST

Summer Session: Tuesday July 4 to Saturday September 2 (no workouts Saturday July 1, Monday July 3, or Monday August 7)

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$110+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Mark, and Adrian (TBC); \$120+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$56+HST

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

Swimmer Notes

Swimmer Updates:

- Bon voyage to **Marie-Eve Racette** and **Brian Lehmkuhl** (both 7:35am Earlybirds). **Marie-Eve** has accepted a position with OECD in Paris, France for two years. Marie-Eve sends this update:

“We will be signing up with the ExaTRlates triathlon club just as soon as we move into our new place. They coach in French AND English and have swimming 4-5 mornings a week at a pool that, according to Google, is an 8 minute bike ride away. And of course, they also have cycling and running groups, which will be great for Brian especially. I'm really happy to have found this group as we will meet other expats who have gone through the same experience as us!”

- Join **Shealagh Pope** (7:35am Earlybirds) from 1:00 to 5:00 pm Saturday, April 22nd at the opening of "Migration", an exhibition by eight local printmakers at La Fab sur Mill in Chelsea. **Shealagh** has made a large installation about Arctic tern migration that will hang from the gallery ceiling. The exhibition runs from April 21 - June 4, and the gallery is open Friday, Saturday, and Sunday from 1:00 - 5:00 pm each week. La Fab is located at 8 chemin Mill, Chelsea, Quebec J9B 1K8 (819) 827-3326. Also in the show is her multi-plate reduction linocut and drypoint of migrating barrenground caribou "On the Move":



- **Permanent Lockers Available:** Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.
- Great job by all the Carleton swimmers who participated in OlymPINK! Full details in the “Race Results” section.
- If you test positive for COVID, and have been on campus in the five days prior, please complete the COVID Symptom Reporting Form here: <https://carleton.ca/covid19/cuscreen/symptom-reporting/>.
- 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:

- Five Reasons why Masters Swimming Keeps Getting Faster!: <https://www.swimmingworldmagazine.com/news/5-reasons-masters-swimming-keeps-getting-faster/>
- Rare Animal Sighting: Chirodectes Maculatus: <https://twitter.com/WaterIsScary/status/1633078627675017216>
- How to Swim Safely Under a Full Moon: <https://outdoorswimmer.com/featured/how-to-swim-safely-under-a-full-moon/>
- Woman Swims with Alligator [Ed. Note: Don't try this!]: <https://twitter.com/AKBrews/status/1633218279593459715>
- Well-Balanced Turtle: <https://twitter.com/buitengebieden/status/1634485427108298754>
- A Swimmer's Home [Ed. Note: The pool itself looks decent, too!]: <https://twitter.com/zillowgonewild/status/1635332444923789312>

- The Best Indoor Swimming Pools in Toronto:
https://www.blogto.com/toronto/the_best_indoor_swimming_pools_in_toronto/
- An Earthquake Shakes the Pools at the Top of a Building in Mexico City:
<https://twitter.com/fasc1nate/status/1625059055013138433>
- Australian Surf Swim Club Members Shocked by Ban on Nudity in Changing Rooms and Showers:
<https://www.cnn.com/2023/03/31/sport/australia-surf-club-nudity-policy-intl-spt-scli>

News and Other Links:

- Farm Kid, Social Media Jokester, Olympian and, now, Paris-Roubaix Cycling Race Winner: Meet Canadian **Alison Jackson**: <https://www.cyclingweekly.com/news/farm-kid-social-media-jokester-olympian-and-now-paris-roubaix-winner-meet-alison-jackson>
- Age No Barrier: How **Jo Schoonbroodt** Smashed the Men's 70+ Marathon Record:
<https://www.theguardian.com/sport/2022/may/12/age-no-barrier-how-jo-schoonbroodt-smashed-the-70-marathon-record>
- Proven Muscle-Building Training Principles: <https://us.humankinetics.com/blogs/excerpt/proven-muscle-building-training-principles>

Spring Session Information

Information on themes, etc., will be in the next newsletter.

Winter Session Information

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

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**;
Sub-Coach: **Adrian**

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

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

Any changes will be noted here.

Adrian coached the 6:00pm and 7:15pm Whitecaps on **Thursday April 6**.

Adrian coached the 6:00pm and 7:15pm Whitecaps on **Monday April 10**.

Adrian coached the 6:00pm and 7:15pm Whitecaps on **Thursday April 13**.

Special Sets:

Mon Feb 6: fin day

Mon Feb 13: short distance time trials (morning groups: lanes 3/4)

Tue/Wed Feb 21/22: short distance time trials (morning groups: lanes 1/2)

Thu/Fri Mar 2/3: short distance time trials (morning groups: lanes 5/6)

Thu/Fri Mar 9/10: fin day

Mon Mar 13: short distance time trials (morning groups: lanes 1/2)

Tue/Wed Mar 21/22: 800/1500 free time trial

Tue/Wed Mar 28/29: short distance time trials (morning groups: lanes 5/6)

Wed/Thu Apr 5/6: short distance time trials (morning groups: lanes 3/4)

Thu/Fri Apr 13/14: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint23.pdf>.

Here are the attendance statistics for the term to date. Please let me know of any errors or omissions! Note that only the swimmer(s) with the best attendance **for each group** are listed below.

7:35am Earlybirds: January 4 to April 14 (42 workouts); range: 14-32; average: 21.8
Missed 2 Workouts: **Margaret Janse van Rensburg**

8:40am Earlybirds: January 4 to April 14 (42 workouts); range: 14-26; average: 19.5
Perfect Attendance: **Isla Paterson**

6:00pm Whitecaps: January 3 to April 13 (43 workouts); range: 14-25; average: 20.7
Perfect Attendance: **Cameron Dawson, Christian Cattan, Don Wells**

7:15pm Whitecaps: January 3 to April 13 (43 workouts); range: 10-25; average: 17.5
Missed 5 Workouts: **Gillian Massel**

8:15am Saturdays: January 7 to April 15 (15 workouts); range: 17-29; average: 24.8
Perfect Attendance: **Cori Dinovitzer**

Winter Session Summary and Awards

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

Thank you also to everyone who participated in time trials this term. We were able to do some short distance time trials for the morning group, as well as the long distance freestyle time trial for everyone this term. There were 339 time trials completed: 219 by women and 120 by men. A total of 102 swimmers participated: 61 women and 41 men.

Below you'll find the list of fastest and most improved swimmers, as well as the top 3 fastest and most improved in each event. For the fastest swimmers, a cutoff of 270 on the FINA 2015 table is used. For the Top 3 in the 800 freestyle, only those who could not easily complete the 1500 in the time limit are eligible. As previously mentioned, as my time trial spreadsheet goes back to 2001, making it near to impossible for our long-time swimmers to "improve", I have started a "new" spreadsheet this term!

Congratulations to **Laura MacMillan** (8:40am Earlybirds) for the top swim of 33.7 in 50 fly earning 378 points. Top man and second overall was **Adam Vieira** (6pm Whitecaps) earning 363 points for 19:51 in 1500 free. Next were **Seana Biggs** (7:15pm Whitecaps) with 335 (22:04 1500 free), **Tony Revitt** with 332 (20:27 1500 free), and **Courtney Buchanan** (7:15pm Whitecaps) with 331 (22:09 1500 free). Rounding out the top 3 was **Edward Cyr** (7:35am Earlybirds) with 327 (29.4 in 50 free).

The most improved swimmers were led by **Kathy Ye** (7:35am Earlybirds) with a 6:00 (45 sec/100m) improvement in 800 free. **Kathleen Beall** (8:40am Earlybirds) improved by 2:01 (15.1sec/100m) in 800 free, and **Jamie Lee** improved by 2:55 (11.7sec/100m) in 1500 free. Fourth and top man was **Zak Jacques** (6pm Whitecaps) with a 2:18 (9.2sec/100m) improvement in 1500 free. Next for the men was **Christian Cattan** (6pm Whitecaps) with a 1:22 (5.5sec/100m) improvement in 1500 free. He was followed by **Peter Barton** and **Stewart Schmidt-Haake** (both 8:40am Earlybirds) and both with a 4.9sec/100m improvement: Peter by 1:14 in 1500 free, and Stewart by 4.9 seconds in 100 free.

Our attendance winners for this term, all with perfect attendance are: **Cameron Dawson** (6pm Whitecaps), **Christian Cattan** (6pm Whitecaps), **Cori Dinovitzer** (Saturdays), **Don Wells** (6pm Whitecaps), and **Isla Paterson** (8:40am Earlybirds).

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	Laura MacMillan	EB2	F	50f1	33.7	378
2	Seana Biggs	WC2	F	1500fs	22:04	335
3	Courtney Buchanan	WC2	F	1500fs	22:09	331
4	Gillian Massel	WC2	F	1500fs	23:06	292
5	Stephanie Le Saux Farmer	WC2	F	1500fs	23:08	290

6	Shauna Ironside	WC1	F	1500fs	23:18	284
1	Adam Vieira	WC1	M	1500fs	19:51	363
2	Tony Revitt	EB2	M	1500fs	20:27	332
3	Edward Cyr	EB1	M	50fs	29.4	327
4	Zak Jacques	WC1	M	1500fs	20:36	325
5=	Jonathan Critch	WC2	M	1500fs	20:43	319
5=	Nathan Fudge	WC1	M	1500fs	20:44	319
7	Mark Lebel	WC2	M	1500fs	20:46	317
8	Don Wells	WC1	M	1500fs	20:51	313
9	Peter Lithgow	WC1	M	1500fs	20:54	311

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Kathy Ye	EB1	F	800fs	360.0	45.0
2	Kathleen Beall	EB2	F	800fs	121.0	15.1
3	Jamie Yae Eun Lee	WC2	F	1500fs	175.0	11.7
4	Juliette Pons	WC1	F	1500fs	136.0	9.1
5	Heather Bonas	EB2	F	1500fs	125.0	8.3
6	Janine Debanne	EB2	F	800fs	55.0	6.9
7	Shauna Ironside	WC1	F	1500fs	101.0	6.7
8	Jennifer Glassman	EB1	F	800fs	40.0	5.0
9=	Margaret Janse van Rensburg	EB1	F	1500fs	74.0	4.9
9=	Seana Biggs	WC2	F	1500fs	73.0	4.9
11	Kelly Biggs	WC2	F	1500fs	58.0	3.9
12=	Liliane Cardinal	EB1	F	50bk	1.5	3.0
12=	Shealagh Pope	EB1	F	50fs	1.5	3.0
14=	Laura MacMillan	EB2	F	1500fs	27.0	1.8
14=	Marie-Eve Racette	EB1	F	50fs	0.9	1.8
16	Isla Paterson	EB2	F	50fs	0.7	1.4
1	Zak Jacques	WC1	M	1500fs	138.0	9.2
2	Christian Cattan	WC1	M	1500fs	82.0	5.5
3=	Peter Barton	EB2	M	1500fs	74.0	4.9
3=	Stewart Schmidt-Haake	EB2	M	100fs	4.9	4.9
5	Peter Kallai	WC1	M	1500fs	57.0	3.8
6	Tom Heyerdahl	EB2	M	50fs	1.4	2.8
7	Richard Arsenault	WC2	M	1500fs	30.0	2.0
8	Bruce Brown	EB1	M	100bk	1.8	1.8
9	Hazem Abu Alteen	EB1	M	1500fs	22.0	1.5
10	John Clarke	WC1	M	1500fs	14.0	0.9
11	Jonathan Critch	WC2	M	1500fs	12.0	0.8
12	Ian Lorimer	EB1	M	50fs	0.3	0.6
13	Mark Lebel	WC2	M	1500fs	6.0	0.4

Fastest Three Swimmers Per Event:

	Name	Group	Gender	Time
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50fs				
1	Laura MacMillan	EB1	F	34.4
2	Leila Guidolin	EB1	F	36.8
3	Jennifer McArton	EB2	F	38.3
1	Edward Cyr	EB1	M	29.4
2	Tony Revitt	EB2	M	32.6
3	Hazem Abu Alteen	EB1	M	32.8
(45/21)				
100fs				
1	Laura MacMillan	EB1	F	1:11.6
2	Jennifer McArton	EB2	F	1:20.4
3	Margaret Janse van Rensburg	EB1	F	1:24.2
1	Tony Revitt	EB2	M	1:08.6
2	Peter Barton	EB2	M	1:13.9
3	Hazem Abu Alteen	EB1	M	1:14.1
(30/20)				
200fs				
1	Sandy Lawson	EB1	F	3:07.5
2	Margaret Janse van Rensburg	EB1	F	3:21.5
3	Anne Griffith	EB2	F	3:25.8
1	Edward Cyr	EB1	M	2:35.3
2	Mike Sowka	EB1	M	2:47.3
3	Bruce Brown	EB1	M	2:47.8
4	Patrick Nadeau	EB1	M	2:48.0
(8/8)				
400fs				
1	Margaret Janse van Rensburg	EB1	F	6:27.6
2	Hannah MacLellan	WC2	F	17:24
1	Jake Graham	EB1	M	8:35.6
2	Steve Dods	EB2	M	12:55
(2/2)				
800fs				
1	Maria Charron	WC2	F	16:04
2	Janine Debanne	EB2	F	16:42
3	Ann Bortolotti	EB1	F	17:10
1	Chris Ritchie	WC2	M	14:59
2	Stewart Schmidt-Haake	EB2	M	16:26
(15/2)				
1500fs				
1	Laura MacMillan	EB2	F	21:24
2	Seana Biggs	WC2	F	22:04
3	Courtney Buchanan	WC2	F	22:09
1	Adam Vieira	WC1	M	19:51
2	Tony Revitt	EB2	M	20:27

3	Zak Jacques	WC1	M	20:36
(35/30)				
50bk				
1	Leila Guidolin	EB1	F	39.9
2	Jennifer McArton	EB2	F	41.7
3	Megan Holtzman	EB2	F	52.5
1	Sam Hersh	EB1	M	39.5
2	Mike Wheatley	EB1	M	40.0
3	Bruce Brown	EB1	M	43.7
(19/7)				
100bk				
1	Leila Guidolin	EB1	F	1:28.2
2	Jennifer McArton	EB2	F	1:33.0
3	Sandy Lawson	EB1	F	1:49.5
1	Sam Hersh	EB1	M	1:21.6
2	Bruce Brown	EB1	M	1:35.5
3	Tony Michel	EB1	M	1:43.3
(5/5)				
200bk				
1	Sam Hersh	EB1	M	2:49.6
(0/1)				
50br				
1	Laura MacMillan	EB2	F	42.5
2	Jennifer McArton	EB1	F	51.6
3	Margaret King	EB1	F	52.0
1	Edward Cyr	EB1	M	37.1
2	Tony Revitt	EB2	M	42.4
3	Sam Hersh	EB1	M	43.6
4	Enmanuel Mujica	EB2	M	43.7
(20/6)				
100br				
1	Laura MacMillan	EB2	F	1:34.0
2	Jennifer McArton	EB1	F	1:46.7
3	Margaret King	EB1	F	1:51.1
1	Edward Cyr	EB1	M	1:22.7
2	Tony Revitt	EB2	M	1:28.6
3	Enmanuel Mujica	EB2	M	1:29.3
(6/4)				
50fl				
1	Laura MacMillan	EB2	F	33.7
2	Jennifer McArton	EB2	F	38.4
3	Margaret Janse van Rensburg	EB1	F	40.3
1	Tony Revitt	EB2	M	35.2
2	Peter Barton	EB2	M	35.3

3	Mike Wheatley	EB1	M	37.6
(12/5)				
100f1				
1	Laura MacMillan	EB1	F	1:17.8
2	Megan Holtzman	EB2	F	1:51.4
1	Enmanuel Mujica	EB2	M	1:23.0
(2/1)				
200f1				
1	Enmanuel Mujica	EB2	M	2:58.1
(0/1)				
100IM				
1	Jennifer McArton	EB2	F	1:28.9
2	Cheri Reddin	EB1	F	1:41.8
3	Margaret King	EB1	F	1:47.3
1	Mike Wheatley	EB1	M	1:25.5
2	Ian Lorimer	EB1	M	1:35.7
3	Tony Michel	EB1	M	1:50.0
(15/4)				
200IM				
1	Laura MacMillan	EB2	F	2:53.8
2	Margaret Janse van Rensburg	EB1	F	3:17.7
3	Cheri Reddin	EB1	F	3:30.7
1	Tony Revitt	EB2	M	2:45.5
2	Peter Barton	EB2	M	3:02.0
3	Enmanuel Mujica	EB2	M	3:09.0
(5/3)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Kathleen Beall	EB2	F	1.7	3.4
2	Shealagh Pope	EB1	F	1.5	3.0
3	Liliane Cardinal	EB1	F	1.3	2.6
1	Tom Heyerdahl	EB2	M	1.4	2.8
2	Ian Lorimer	EB1	M	0.3	0.6
(5/2)					
100fs					
1	Stewart Schmidt-Haake	EB2	M	4.9	4.9
(0/1)					
200fs					
1	Bruce Brown	EB1	M	1.3	0.7
(0/1)					
800fs					
1	Kathy Ye	EB1	F	360.0	45.0
2	Kathleen Beall	EB2	F	121.0	15.1

3	Janine Debanne	EB2	F	55.0	6.9
(4/0)					
1500fs					
1	Jamie Yae Eun Lee	WC2	F	175.0	11.7
2	Juliette Pons	WC1	F	136.0	9.1
3	Heather Bonas	EB2	F	125.0	8.3
1	Zak Jacques	WC1	M	138.0	9.2
2	Christian Cattan	WC1	M	82.0	5.5
3	Peter Barton	EB2	M	74.0	4.9
(9/9)					
50bk					
1	Kathleen Beall	EB2	F	2.6	5.2
2	Liliane Cardinal	EB1	F	1.5	3.0
1	Bruce Brown	EB1	M	0.2	0.4
(2/1)					
100bk					
1	Bruce Brown	EB1	M	1.8	1.8
(0/1)					
50f1					
1	Janine Debanne	EB2	F	0.3	0.6
(1/0)					
100IM					
1	Jennifer Glassman	EB1	F	0.5	0.5
(1/0)					

Ask the Coach

Dear Coach: I am a Carleton Athletics member and thus entitled to free parking, except between 10am and 4pm Monday to Friday. However, I got a parking ticket in Lot 5 during my 7:35-8:35am swim. Who should I talk to about that? Ticketed Swimmer

Dear T. Swimmer: Send me a copy of the ticket by email and I'll get it sorted out for you!

Dear Coach: I have a teenager who would like to get some swimming in over the summer, preferably daily. Are there any programs or camps that you would recommend? Mom Swimmer

Dear M. Swimmer: Most of the local camps that I could find are aimed at younger kids. If any readers have suggestions, please let me know. However, in case you are not aware, Carleton Masters is open to swimmers age 14 and over (as that is the minimum age to become a Carleton Athletics Member), so that is an option. Note that swimmers can sign up for both morning and evening groups (as well as Saturday).

Dear Coach: Some swimmers from our lane are thinking of doing Bring on the Bay to dip our feet (and the rest of our bodies) into open water swimming. It will be a new experience for some of us and we wanted to ask if you could provide advice and recommendations of gear/equipment that would help us with the event. New Open Water Swimmers

Dear N.O.W. Swimmers: Fantastic! Bring on the Bay is a great event. No special equipment is needed. I wouldn't recommend a wet suit unless you get cold really easily. The water is usually a very reasonable temperature for the event. I would recommend that you try a bit of open water swimming prior to the event, just to build confidence. That said, swimming three times per week with Carleton Masters over the Winter will give you the endurance needed. If

anyone is very insecure in open water, they can request a swim angel. Some of our swimmers have helped out in that capacity in previous years.

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. Note that the Swimming Canada site was hacked last month, so some links below won't work. Contact me if you need information on how to enter a Swim Canada meet!

May 6-7 (changed from March 25-26) Swim Ontario Masters Championships, Etobicoke; SO registration required; <https://www.swimming.ca/en/meet/37962/>; <https://www.swimontario.com/athletes/competitions/2023-ontario-masters-provincials/>

May 26-28 Canadian Masters Swim Championships, Calgary; SO registration required; <https://www.swimming.ca/en/events-results/events/2023-speedo-canadian-masters-championships/>

July 15 Bring on the Bay 1.5k and 3k swims <https://bringonthebay.com/>

July 15-16 Swim Ontario Open Water Masters Championships, Gull Lake, Gravenhurst; SO registration required; <https://www.swimontario.com/athletes/competitions/2023-ontario-open-water-championships/>

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>

August 3-6 Traversee du Lac Tremblant 1k to 15k Swims <https://www.traverseelactremblant.ca/>

August 12-13 Welland Open Water Festival (details TBC); SO registration required

August 27 Lac-Delage (near Quebec City) Open Water Swims: 1k to 6k and 4x500m relay <https://lesclassiquescapitale.com/defi-lac-delage/>

November 8-12 Barbados Open Water Festival 1.5k to 10k Swims <https://www.barbadosopenwaterfestival.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!

April 15, OlymPINK Swim Meet, Brewer Pool

Congratulations to the nine Carleton swimmers who participated! Great swims and lots of money raised for a good cause! **Jamie Chalmers** added a fourth qualifying time for Worlds (in 100 free) and set two club records. **Jamie's** 100 free time of 1:49.83 broke **George Tombler's** record of 1:58.29 from 2004, and **Jamie's** 50 fly time of 1:29.89 is an inaugural record. **Karen Jensen, Sandy Lawson, Cheri Reddin, Natalie Aucoin, and Anne Griffith** all earned the "Stupid" award for completing all seven events! Awesome job, ladies!!

Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=1187>

Updated club records: <https://carletonmasters.tripod.com/230415.Records.pdf>

Here's how everyone did:

Jamie Chalmers (x-Saturdays, M 80-84 Carleton): **1st** 25 free (17.87), 50 free (46.23), 100 free (1:49.83 Club Record), 50 back (1:02.13), 50 fly (1:29.89 Club Record)

Karen Jensen (6pm Whitecaps; W 60-64 Unattached): **1st** 50 breast (51.58); 2nd 50 fly (51.70), 100IM (1:50.44); 3rd 50 back (56.57); 4th 25 free (20.06), 50 free (44.80), 100 free (1:43.88)

Ian Lorimer (7:35am Earlybirds; M 60-64 Unattached): **2nd** 100IM (1:36.63); **3rd** 25 free (16.35), 50 free (35.08), 100 free (1:19.47)

Sandy Lawson (7:35am Earlybirds; W 55-59 Carleton): **1st** 25 free (17.63); **2nd** 50 free (39.63), 100 free (1:28.33), 50 back (50.84), 50 fly (48.63), 100IM (1:44.96); 4th 50 breast (54.69)

Cheri Reddin (7:35am Earlybirds; W 50-54 Unattached): **2nd** 50 breast (48.84), 100IM (1:34.46); **3rd** 25 free (17.88), 100 free (1:26.28), 50 back (47.57); 4th 50 fly (43.56); 5th 50 free (39.90)

Natalie Aucoin (Saturdays; W 50-54 Unattached): **1st** 100 free (1:19.02), 50 back (45.50), 50 fly (38.33), 100IM (1:32.78); **2nd** 25 free (16.63); **3rd** 50 free (36.01); 7th 50 breast (55.23)

Megan Holtzman (8:40am Earlybirds; W 45-49 Carleton): 7th 50 breast (53.49), 50 fly (50.91), 100IM (1:43.65); 9th 50 free (41.34); 10th 50 back (51.17)

Anne Griffith (8:40am Earlybirds; W 40-44 Unattached): **2nd** 50 breast (44.29); 4th 50 free (35.27), 50 back (44.22), 50 fly (42.12), 100IM (1:31.06); 5th 25 free (16.73); 6th 100 free (1:22.86)

Myriam Saboui (7:35am Earlybirds; W 35-39 Technosport): **1st** 25 free (15.66), 50 fly (40.87), 100IM (1:36.01)

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 **April 17**).

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Coming soon.

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

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/seo/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:
<https://www.sce.carleton.ca/faculty/lynnmar/masters/early1990sphotos.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).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

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