

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: June 30, 2023 2:00 PM
To: 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #611

Carleton Masters Swimming Newsletter #611

Friday, June 30th, 2023

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2022, Winter 2023, Spring 2023, and Alumni, 7:35am Earlybirds I (60 addresses), 8:40am Earlybirds II (48 addresses), 6:00pm Whitecaps I (44 addresses), 7:15pm Whitecaps II (41 addresses), Saturday Only (14 addresses), Alumni (38 addresses).

"The distance between your dreams and reality is called action. "

Masters Swimming Program Notes

- **A reminder that there are no workouts on Saturday July 1 or Monday July 3.**
- The Spring session ran from **Monday May 8** until **Friday June 30**.
 - The **Saturday May 13** workout was at the usual time (8:15am) but **long course** (50m set up).
 - The **Saturday May 20** workout was from **10:45-11:55am** and **long course**, due to the Somersault Earlybird Triathlon.
 - **There were no workouts Monday May 22** (Victoria Day).
- The Summer session starts on **Tuesday July 4**, **Wednesday July 5**, and/or **Saturday July 8**, depending on your group(s).
- Full details of the Summer session can be found at the end of the newsletter.
 - The **7:35am Earlybirds** group is **full** for Summer. **Please let me know if you are on the wait list.**

Bring on the Bay

Coach **Mark** is encouraging everyone to participate in **Bring on the Bay** on **Saturday July 15**. You can sign up for a 1.5k or 3k swim: <https://bringonthebay.com/>. For team you can select "Carleton University Masters" or "Team Meme" (see below). Talk to **Mark** for more information.

Also, **Anne Griffith** (8:40am Earlybirds)'s daughter, **Amelia**, is an Easter Seals kid, and is raising funds for Easter Seals by doing this swim, and has also set up "Team MeMe". MeMe is what Amelia's twin sister, Lily, calls her. **Anne** sends a big thank you for those who have already sponsored her. Here's the link: <https://secure.e2rm.com/p2p/fundraising/382061/participant/5203198/en-CA>.

Swimmer Notes

Swimmer Updates:

- Huge congratulations to **David Lapins** (6:00pm Whitecaps / 8:15am Saturdays) on being selected to the Canadian Men's Water Polo Team for the World Aquatics Championships: <https://www.waterpolo.ca/article/85952>.
- Please welcome **Paddy Mallia** (6pm Whitecaps and 8:40am Earlybirds) to the Carleton Masters Coaching team! **Paddy** will be one of the coaches for the 6pm group this summer, as well as a sub-coach for the other groups.
- Coach **Andrew** and I recently completed an inventory of the Varsity swim team merchandise and we have the following available for sale to raise funds for the Varsity team. All items are \$20 each.
 - Purple cotton short-sleeved T-shirts with Ravens Swimming logo on the front: Men: 4: L; 1: M; Women: 4: L; 4: M; 2: S
 - Black hoodies with red trim (like this: <https://carleton.ca/seo/wp-content/uploads/Spirit-Day-Hoodie-Size-Chart-1-1.pdf> \$20): 1: XL; 8: L; 6: M; 3: S
 - Black TYR Women's 100% polyester swimsuit with "CARLETON" on the chest: 5: size 36; and 2: size 38
 - Red Ravens Swimming back pack with the name "Hamdy" embroidered on it: anyone know a "Hamdy"?
- Note that **Colonel By Drive will be reduced to one lane during weekdays and closed from 6pm to 7am Sunday to Friday from June 25 to August 4**: <https://students.carleton.ca/2023/06/colonel-by-road-closures/>.
- World Aquatics confirmed on June 20 that the World Aquatics Masters Championships 2024 in Doha will take place from 23 February – 3 March 2024: <https://www.worldaquatics.com/news/3544328/competition-dates-announced-for-the-world-aquatics-masters-championships-doha-2024>.
- If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you.
- **Permanent Lockers Available**: Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.
- The public swim schedule can be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

Aquatic-Related Links:

- From the Bermuda Royal Gazette: **Chris Smith** Smashes Swim Records in his Nineties: <https://www.royalgazette.com/lifestyle/article/20230628/chris-smith-smashes-swim-records-in-his-nineties/>
- Search Called Off for Missing Channel Swimmer, Firefighter **Iain Hughes**: <https://www.theguardian.com/uk-news/2023/jun/21/search-called-off-for-swimmer-who-went-missing-attempting-channel-crossing>
- Here's Why Cold Plunging is a Really Good Addition to Fitness Training: <https://getouttheremag.com/articles/5362/heres-why-cold-plunging-is-a-really-good-addition-to-fitness-training>
- Make Swimming Your Summer Workout [Ed. Note: For your non-swimming friends!]: <https://www.nytimes.com/2022/05/27/well/move/swimming-workout-exercise.html>
- How to Execute on Race Day When the Pressure is On: <https://www.yourswimlog.com/how-to-execute-on-race-day-when-the-pressure-is-on/>
- Fish Skin Can be Grafted onto Burn Victims: <https://twitter.com/fasc1nate/status/1646181793425391619>
- Scallops Use Jet Propulsion to Swim: <https://twitter.com/gunsnrosesgirl3/status/1657370129036988417>
- 'It was Crazy,' says California Kayaker who was Engulfed in a Whale's Mouth: <https://www.cbc.ca/radio/asithappens/as-it-happens-thursday-edition-1.5790998/it-was-crazy-says-california-kayaker-who-was-engulfed-in-a-whale-s-mouth-1.5791001>
- Be Careful with Those Kickboards!: <https://twitter.com/InternetH0F/status/1665131910337626113>
- Nine Strange Skills Every Swimmer Acquires Over Time: <https://www.swimmingworldmagazine.com/news/9-strange-skills-every-swimmer-acquires-over-time/>

News and Other Links:

- Life Time Survey: Building Muscle Tops Weight Loss As Primary Focus For 2023: <https://sgbonline.com/life-time-survey-building-muscle-tops-weight-loss-as-primary-focus-for-2023/>
- The Five-Minute Fix: How to Improve your Fitness, Strength and Posture at Super-Quick Speed: <https://www.theguardian.com/lifeandstyle/2023/jan/16/five-minute-fix-how-to-improve-fitness-strength-posture-super-quick-speed>
- How Sports Psychologists Define Mental Toughness: <https://www.outsideonline.com/health/training-performance/mental-toughness-research-2023/>

Summer Session Information

Dates: Tuesday July 4 to Saturday September 2. No workouts Monday July 3 (Canada Day Stat Hol), Monday August 7 (Civic Holiday).

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 3 Lanes Shallow: **Lynn**
6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: **Mark, Adrian, Sean, Paddy**
12:15-1:25pm Saturdays: Shallow End: rotating coach schedule

Any changes will be noted here.

Mark is coaching for **Lynn** on **Monday July 10, Wednesday July 12, and Friday July 14.**

Special Sets:

Tue/Wed July 25/26: short distance time trials (morning group: lanes 7-9)
Thu/Fri August 3/4: fin day
Tue/Wed August 8/9: 800/1500 free time trial
Tue/Wed August 15/16: short distance time trials (morning groups: lanes 4-6)
Thu/Fri August 24/25: short distance time trials (morning groups: lanes 1-3)
Thu/Fri August 31/September 1: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum23.pdf>.

The attendance statistics will be added here as the term progresses.

Spring Session Information

Dates: Monday May 8 to Friday June 30. No workouts Monday May 22 (Victoria Day), Saturday July 1 (Canada Day).

The 7:15pm Whitecaps 2 workout on Monday June 19 will now run as 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; Thu: Deep: Usually **Mark** or **Adrian** (with **Sean, Andrew and Lynn** as subs)
7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: Usually **Mark** or **Adrian** (with **Sean, Andrew and Lynn** as subs)
8:15-9:25am Saturdays, except **May 20 is 10:45-11:55am**: Shallow End (**long course on May 13**): rotating coach schedule

Any changes will be noted here.

Adrian coached the **6pm and 7:15pm Whitecaps** on **Monday June 19** and **Monday June 26.**

Mark coached the **6pm and 7:15pm Whitecaps** on **Tuesday June 20, Thursday June 22, Tuesday June 27, and Thursday June 29.**

Special Sets:

Thu/Fri Jun 1/2: fin day
Thu/Fri Jun 8/9: short distance time trials (morning groups: lanes 5/6)
Tue/Wed Jun 13/14: short distance time trials (morning groups: lanes 3/4)
Mon Jun 19: 800/1500 free time trial
Mon Jun 26: short distance time trials (morning groups: lanes 1/2)
Thu/Fri Jun 29/30: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum23.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: May 8 to June 30 (23 workouts); range: 20-34; average: 26.4
Perfect Attendance: **Ann Bortolotti**

8:40am Earlybirds: May 8 to June 30 (23 workouts); range: 16-29; average: 23.1
Perfect Attendance: **Heather Bonas, Steve Dods**

6:00pm Whitecaps: May 8 to June 29 (23 workouts); range: 13-25; average: 19.7
Missed 1 Workout: **Christian Cattan, Peter Lithgow**

7:15pm Whitecaps: May 8 to June 29 (23 workouts); range: 9-19; average: 13.9
Missed 2 Workouts: **Richard Arsenault**

8:15am Saturdays: May 13 to June 24 (7 workouts); range: 20-27; average: 22.9
Perfect Attendance: **Bob Tipple, Christian Cattan, Luciara Nardon, Mariette Kenney**

Spring Session Summary and Awards

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

Thank you also to everyone who participated in time trials this term. We did some short distance time trials for the morning group, as well as the long distance freestyle time trial for everyone. There were 165 time trials completed: 112 by women and 53 by men. A total of 56 swimmers participated: 35 women and 21 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 240 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 started a "new" spreadsheet in 2023!

Six swimmers scored over 240 points in one of their events. Congratulations to **Adam Vieira** (6pm Whitecaps) for the top swim earning 357 points for 19:58 in 1500 free. Next was **Paddy Mallia** (8:40am Earlybirds) with 315 points for 37.1 in 50 breast. He was followed by **Nathan Fudge** (6pm Whitecaps) with 283 points for 1500 free and **Joel Meredith** (7:15pm Whitecaps) with 259 points in 1500 free. The top two women were **Leila Guidolin** (7:35am Earlybirds) with 247 points for 37.0 in 50 free, and **Margaret King** (7:35am Earlybirds) with 245 points for 24:29 in 1500 free.

There were 28 improvements (20 by women, and 8 by men). A total of 21 swimmers improved (14 women and 7 men). The most improved swimmer was Heather Bonas (8:40am Earlybirds) with an 8.2 second improvement in 100IM. Next were **Brenda Ferguson** (8:40am Earlybirds) and **Jennifer Glassman** (7:35am Earlybirds) with 7.0 sec/100 improvements: **Brenda** with a 3.5 second improvement in 50 free and **Jennifer** with the same amount in 50 back.. Next, and top man, was **Steve Dods** (8:40am Earlybirds) with a 25 second (6.3 sec/100m) improvement in 400 free. Rounding out the top three for the men were **Tom Heyerdahl** (8:40am Earlybirds) with a 3.1 second (6.2 sec/100m) improvement in 50 free, and **Jake Graham** (7:35am Earlybirds) with a 22.3 (5.6 sec/100m) in 400 free. **Brenda** and **Heather** each improved in three different events!

Our attendance winners for this term, all with perfect attendance are: **Ann Bortolotti** (7:35am Earlybirds), **Bob Tipple** (8:15am Saturdays), **Christian Cattan** (8:15am Saturdays), **Heather Bonas** (8:40am Earlybirds), **Luciara Nardon** (8:15am Saturdays), **Mariette Kenney** (8:15am Saturdays), and **Steve Dods** (8:40am Earlybirds)

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	Leila Guidolin	EB1	F	50fs	37.0	247
2	Margaret King	EB1	F	1500fs	24:29	245
1	Adam Vieira	WC1	M	1500fs	19:58	357
2	Paddy Mallia	EB2	M	50br	37.1	315
3	Nathan Fudge	WC1	M	1500fs	21:34	283

4	Joel Meredith	WC2	M	1500fs	22:13	259
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Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Heather Bonas	EB2	F	100IM	8.2	8.2
2=	Brenda Ferguson	EB2	F	50fs	3.5	7.0
2=	Jennifer Glassman	EB1	F	50bk	3.5	7.0
4	Susan Nevitt-Yelle	EB1	F	800fs	47.0	5.9
5	Kathleen Beall	EB2	F	100fs	5.2	5.2
6	Debby Whately	EB2	F	1500fs	67.0	4.5
7=	Kathy Ye	EB1	F	50fs	2.1	4.2
7=	Sandy Lawson	EB1	F	50bk	2.1	4.2
9	Margaret Janse van Rensburg	EB1	F	200fs	6.6	3.3
10	Sheila Kealey	EB2	F	1500fs	38.0	2.5
11	Liliane Cardinal	EB1	F	800fs	18.0	2.3
12	Ann Bortolotti	EB1	F	800fs	15.0	1.9
13	Ruth Fawcett	EB2	F	200fs	2.3	1.2
14	Susan Hulley	EB2	F	100IM	0.9	0.9
1	Steve Dods	EB2	M	400fs	25.0	6.3
2	Tom Heyerdahl	EB2	M	50fs	3.1	6.2
3	Jake Graham	EB1	M	400fs	22.3	5.6
4	Malcolm Dinovitzer	EB1	M	50fs	1.7	3.4
5	Bruce Brown	EB1	M	100bk	2.8	2.8
6	Ralph Siemsen	EB2	M	1500fs	37.0	2.5
7	Richard Arsenault	WC2	M	1500fs	13.0	0.9

Fastest Three Swimmers Per Event:

Note that "s" indicates a split during a longer swim.

	Name	Group	Gender	Time
50fs				
1	Leila Guidolin	EB1	F	37.0
2	Sheila Kealey	EB2	F	39.9
3	Sandy Lawson	EB1	F	41.2s
1	Paddy Mallia	EB2	M	33.0
2	Mike Wheatley	EB1	M	35.5s
3	Bryan Morris	EB1	M	35.9
(18/9)				
100fs				
1	Sandy Lawson	EB1	F	1:24.0
2	Sheila Kealey	EB2	F	1:26.4
3	Eleanor Fast	EB1	F	1:28.3
1	Mike Wheatley	EB1	M	1:13.0
2	Harley Gifford	EB1	M	1:17.1
3	Bruce Brown	EB1	M	1:26.3s
(17/6)				

200fs				
1	Margaret Janse van Rensburg	EB1	F	3:04.9s
2	Ruth Fawcett	EB2	F	3:24.8
3	Mary-Lou Dunnigan	EB2	F	3:39.7
1	Bruce Brown	EB1	M	2:55.6
2	Jake Graham	EB1	M	4:01.0s
3	Tom Heyerdahl	EB2	M	4:15.1
(6/4)				
400fs				
1	Margaret Janse van Rensburg	EB1	F	6:18.0
2	Ann Bortolotti	EB1	F	8:35.1
3	Liliane Cardinal	EB1	F	10:24.4
1	Jake Graham	EB1	M	8:13.3
2	Steve Dods	EB2	M	11:03
(4/2)				
800fs				
1	Susan Nevitt-Yelle	EB1	F	16:40
2	Heather Bonas	EB2	F	16:46
3	Ann Bortolotti	EB1	F	16:55
1	Tom Heyerdahl	EB2	M	19:00
2	Jamie Chalmers	EB1	M	22:05
(11/2)				
1500fs				
1	Margaret King	EB1	F	24:29
2	Myriam Saboui	EB2	F	24:50
3	Cheri Reddin	EB1	F	26:00
4	Megan Holtzman	EB2	F	26:03
1	Adam Vieira	WC1	M	19:58
2	Nathan Fudge	WC1	M	21:34
3	Joel Meredith	WC2	M	22:13
(17/12)				
50bk				
1	Leila Guidolin	EB1	F	41.4
2	Eleanor Fast	EB1	F	50.5s
3	Sandy Lawson	EB1	F	51.2
1	Harley Gifford	EB1	M	39.6
2	Mike Wheatley	EB1	M	40.4
3	Bruce Brown	EB1	M	44.1s
(10/4)				
100bk				
1	Eleanor Fast	EB1	F	1:43.5
2	Rosie Do	EB2	F	2:47.5
1	Bruce Brown	EB1	M	1:32.7
(2/1)				

200bk				
1	Leila Guidolin	EB1	F	3:14.3
(1/0)				
50br				
1	Ruth Fawcett	EB2	F	56.0
2	Mary-Lou Dunnigan	EB2	F	58.9
3	Heather Bonas	EB2	F	1:00.0
1	Paddy Mallia	EB2	M	37.1
2	Ian Lorimer	EB1	M	56.8
(11/2)				
50f1				
1	Margaret Janse van Rensburg	EB1	F	40.5
2	Cheri Reddin	EB1	F	45.8
3	Eleanor Fast	EB1	F	46.2
1	Paddy Mallia	EB2	M	37.0
x	Mark Blenkinsop	Ch	M	38.1s
2	Mike Wheatley	EB1	M	39.0
3	Ian Lorimer	EB1	M	42.1
(8/6)				
100f1				
1	Mark Blenkinsop	Ch	M	1:25.6
(1/0)				
100IM				
1	Cheri Reddin	EB1	F	1:42.3
1	Sandy Lawson	EB1	F	1:42.3
3	Heather Bonas	EB2	F	1:57.6
x	Mark Blenkinsop	Ch	M	1:24.3
1	Bryan Morris	EB1	M	1:31.0
2	Ian Lorimer	EB1	M	1:37.0
(7/3)				
200IM				
1	Margaret Janse van Rensburg	EB1	F	3:19.3
(1/0)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Brenda Ferguson	EB2	F	3.5	7.0
2	Heather Bonas	EB2	F	2.2	4.4
3	Kathy Ye	EB1	F	2.1	4.2
1	Tom Heyerdahl	EB2	M	3.1	6.2
2	Malcolm Dinovitzer	EB1	M	1.7	3.4
(4/2)					
100fs					

1	Kathleen Beall	EB2	F	5.2	5.2
2	Brenda Ferguson	EB2	F	1.8	1.8
(2/0)					
200fs					
1	Margaret Janse van Rensburg	EB1	F	6.6	3.3
2	Ruth Fawcett	EB2	F	2.3	1.2
1	Jake Graham	EB1	M	8.8	4.4
(2/1)					
400fs					
1	Margaret Janse van Rensburg	EB1	F	9.6	2.4
1	Steve Dods	EB2	M	25.0	6.3
2	Jake Graham	EB1	M	22.3	5.6
(1/2)					
800fs					
1	Susan Nevitt-Yelle	EB1	F	47.0	5.9
2	Heather Bonas	EB2	F	42.0	5.3
3	Liliane Cardinal	EB1	F	18.0	2.3
(4/0)					
1500fs					
1	Debby Whately	EB2	F	67.0	4.5
2	Sheila Kealey	EB2	F	38.0	2.5
1	Ralph Siemsen	EB2	M	37.0	2.5
2	Richard Arsenault	WC2	M	13.0	0.9
(2/2)					
50bk					
1	Jennifer Glassman	EB1	F	3.5	7.0
2	Sandy Lawson	EB1	F	2.1	4.2
(2/0)					
100bk					
1	Bruce Brown	EB1	M	2.8	2.8
(0/1)					
50br					
1	Brenda Ferguson	EB2	F	0.9	1.8
(1/0)					
100IM					
1	Heather Bonas	EB2	F	8.2	8.2
2	Susan Hulley	EB2	F	0.9	0.9
(2/0)					

Ask the Coach

Dear Coach: When kicking in fly, should I focus more on the down kick or the up kick? Improving My Fly

Dear I.M. Fly: While you should kick both up and down, as gravity helps bring our legs down, so you should focus more on the up kick.

Dear Coach: I've noticed that when alternating swimming fast and moderate or easy, I actually go faster and get less fatigued on the moderate/easy part. Do you have any drills to recommend being more efficient when going fast or any tips on how fast should feel? Want to Swim Faster

Dear W.t.S. Faster: Often when we think about swimming fast, we increase our stroke rate (move our arms faster). This can lead to our arms "slipping" through the water, rather than "holding" the water. To go faster we need to get a good "hold" on the water and push it behind us. Also, when we increase our stroke rate and when we get tired, we tend to shorten the stroke (at the front, and especially at the back). The majority of the propulsion comes from the back part of the stroke, so when we shorten up we slow down. Then we get more tired, and the stroke gets even shorter, etc. The "swimming golf" drill is a good test to experiment with stroke length vs. speed. Count your strokes and the seconds for either 25m or 50m. To get a lower score (which is the goal), you either need to swim faster with the same number of strokes, or the same speed with fewer strokes. It's not a perfect drill, as for most people, just kicking (i.e. 0 strokes) will give the lowest score, but it does get you thinking about your stroke rate when swimming fast. Let me know if any of that helps!

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!

July 9 Worlds Warm Up Etobicoke LC Meet; SO registration required <https://www.swimming.ca/en/meet/39469/>

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 6 Canaqua Sports Midsummer Classic, Welland 1k, 2.5k, 5k, 10k swims <https://www.canaquasports.com/welland-canal-open-water-swim.html>

August 13 Ottawa Riverkeeper 1.5k and 4k Swims: <https://ottawariverkeeper.ca/riverkeeper-4k/>

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/>

February 23 – March 3, 2024 World Aquatic Masters Championships, Doha

<https://www.worldaquatics.com/news/3544328/competition-dates-announced-for-the-world-aquatics-masters-championships-doha-2024>

April 19-21, 2024 Swim Ontario Masters Provincials, Etobicoke

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!

June 17 National Capital Somersault Races, Long Sault

Congratulations to **Bryan** and **Peter** on their results – both making the podium! **Bryan** reports that the water was so cold, the swim was changed from 1500m to 500m. **Peter** promises that he will do some races involving swimming later in the summer 😊 !

Olympic Triathlon (500m/40k/10k; 120 participants)

<https://www.sportstats.ca/display-results.xhtml?raceid=117585>

Bryan Morris (7:35am Earlybirds; 60-64): 35th overall, 28th man, and 2nd in category in 2:26:47.0 (11:42 swim)

Olympic Duathlon (5k/40k/10k; 11 participants)

<https://www.sportstats.ca/display-results.xhtml?raceid=117587>

Peter Konecny (6pm Whitecaps; 60-64): 1st overall, 1st man, and 1st in category in 2:14:13.0

Saturday-Sunday June 24-25 Ottawa Dragon Boat Festival

Congratulations to **Andrea Chandler** (8:40am Earlybirds) who was on Carleton's CU in Our Wake team. She sends this note:

The "CU in our Wake" mixed team, of Carleton University faculty and staff, came first in our division (J) in the 200 metres final on Sunday June 25. Our time was 1:01.30.

Congratulations also to the Bytown Women on their fantastic results. **Megan Holtzman** (8:40am Earlybirds) sent this report:

Bytown had 4 crews registered last weekend, including Bytown Women with **Cheri Reddin** (7:35am Earlybirds) and I paddling, and **Carolyn Odecki** (6pm Whitecaps) steering. **Debby Whately** (8:40am Earlybirds) and Isabelle Fradette (Earlybirds) were there in spirit. This team won the Women's Sue Holloway Cup on the Saturday and their time put them in 6th place overall that night (just 4 men's crews and one mixed crew in front of them). They won gold in the 200m and 100m final on the Sunday. They cancelled racing right after our 100m race due to smoke.

Colette Kenney (Earlybirds) competed with the Senior C Women who brought home the silver medal in the 100m final. She also paddled with the Senior C mixed and I'll have to check their results. **Carolyn** was coaching and steering a bunch of teams and probably paddling on the same teams as **Colette** too if the schedule allowed her a break from steering.

Sunday June 25 Half Ironman Mont Tremblant

This race was cancelled due to the air quality. The correct decision, but frustrating for those on site and ready to race, like **Tony Revitt** (8:40am Earlybirds).

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 **June 28**).

Notes and Reminders

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Monday: 4:00-5:00pm and 5:00-6:00pm

Tuesday: 3:30-4:30pm and 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.

Carleton Masters Summer Program

Registration for the Summer Session can be done online:

<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:

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: Mark, Adrian, Sean, and Paddy; \$120+HST

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

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynmar/masters/>.

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, a parking pass 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), some silicone caps (\$2), as well as some brand new Speedo silicone caps and Speedo thick polyester 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: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>