

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** July 21, 2023 3:27 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 #612

## Carleton Masters Swimming Newsletter #612

Friday, July 21, 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 (46 addresses), 7:15pm Whitecaps II (41 addresses), Saturday Only (15 addresses), Alumni (39 addresses).



Thank you to the Carleton Masters Club for supporting **Anne Griffith** (8:40am Earlybirds) and her daughter, **Amelia**, by helping raise \$7900 for Easter Seals through the Bring on the Bay event. It was a perfect day for a swim with clear skies and calm water!



**Joanie Conrad** (6pm Whitecaps; swim angel), **Jennifer Glassman** (7:35am Earlybirds), **Heloise Emdon** (7:35am Earlybirds); **Kathleen Beall** (7:35am Earlybirds) at Bring on the Bay.



7:35am Earlybirds swimmers **Wendy Gifford, Heloise Emdon, Jennifer Glassman, Kathy Ye, and Kathleen Beale** at Bring on the Bay.



**Liliane Cardinal** (7:35am Earlybirds) finished second in the women's 70-79 category in the Bring on the Bay 3km!

### Masters Swimming Program Notes

- The Summer session runs from on **Tuesday July 4** to **Saturday September 2**.
  - There are **no workouts on Monday August 7** (Civic Holiday).
- 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

Wow! What a great turn out by Carleton swimmers! A big thank you to Coach **Mark** for encouraging such a large number to attend. The Carleton results can be found in the "Race Results" section. Congratulations to **Anne Griffith** (8:40am Earlybirds) for being the top fundraiser for the second year in a row! As mentioned in a previous newsletter, Easter Seals is very important to **Anne** as her daughter **Amelia** is an Easter Seals kid. **Anne** raised \$7900 this year, and she sends a big thank you to all who sponsored her! **Jennifer Glassman** (7:35am Earlybirds) raised \$1719 making her the third highest fundraiser! Congratulations to you both! Here's the fundraising summary:

<https://secure.e2rm.com/p2p/event/382061/en-CA>.

A shout out to the swim “angels” who accompanied first time or nervous swimmers, including **Joanie Conrad** (6pm Whitecaps) and **Dawn Walsh** (Earlybirds).

Check out the photos above. If anyone else wants to share some photos, please pass them along!

## Swimmer Notes

### Swimmer Updates:

- Good luck to **Carolyn Odecki** (6pm Whitecaps), **Cheri Reddin** (7:35am Earlybirds), **Claude Tellier** (Earlybirds), **Colette Kenney** (Earlybirds), **Debby Whately** (8:40am Earlybirds), **Isabelle Fradette** (Earlybirds), **Megan Holtzman** (8:40am Earlybirds), and all the other Bytown paddlers for the Dragon Boat Nationals in Welland this weekend. They are hoping to qualify for the Club Crew World Championships in Ravenna, Italy next year!

- Best of luck to **Jamie Chalmers** (7:35am Earlybirds) and **Mike Wheatley** (7:35am Earlybirds) for the Masters World Championships in Fukuoka in early August. **Jamie** is competing in swimming, and **Mike** in water polo!

- My apologies to **Margaret Janse van Rensburg** (7:35am Earlybirds) for attributing her 1500m time to **Margaret King** (7:35am Earlybirds) in the previous newsletter. Thanks to Margaret King for letting me know about the error. The correct **Margaret** now has her fastest swimmer certificate!

- Congratulations to **Marie-Odile Junker** (8:40am Earlybirds) for 30 years at Carleton in the Department of Linguistics and Language Studies!

- Congratulations to **Amir Banhashemi** (x-Earlybirds) for 25 years at Carleton in the Department of Systems and Computer Engineering!

- Toronto Masters swimmer and coach, **Kim Lumsdon**, Plans Redemption Swim Across Lake Ontario [Ed. Note: GoFundMe link is: <https://gofund.me/954ba0be>]: [https://www.niagarathisweek.com/life/a-redemption-swim-woman-planning-niagara-on-the-lake-to-toronto-swim-across-lake-ontario/article\\_6458d570-f7c8-5cb2-8a40-69f376fc8263.html](https://www.niagarathisweek.com/life/a-redemption-swim-woman-planning-niagara-on-the-lake-to-toronto-swim-across-lake-ontario/article_6458d570-f7c8-5cb2-8a40-69f376fc8263.html)

- Long-time Toronto Masters swimmer **George Milne** has passed away: <https://www.dignitymemorial.com/obituaries/toronto-on/george-milne-11367364>.

- Ravens summer camps are in full swing which means high traffic is expected around Stadium Way and Lot P5 in the mornings and afternoons from Monday to Friday until the end of August. As a result, delays may occur when entering and exiting this area. Please drive safely.

- 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; 5: M; 3: S
- Black TYR Women’s 100% polyester swimsuit with “CARLETON” on the chest: 5: size 36 only
- 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/>.

- 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:

- “For the Love of the Water”: Tours for the Swimming Obsessed [Thanks to **Ruth Fawcett** (7:35am Earlybirds) and **Evelyn Simpson** (Saturdays)]: <https://www.nytimes.com/2023/07/15/travel/swimming->

[tours.html?unlocked\\_article\\_code=oPuHb6JE-XXtZTI3xqmKLzX4LtcUz3cq04LJq-vN8w-RnvGCBf1HDIbvlrOlvVtdFEDksicf69JoMF6Eu59g3mz8qo9VPjEXNfGc\\_QDCrxQAGxlsyqwssS83-fs3tz9oI62YroflwnJ8w2LeYYAF5Zh9\\_kO3NVAauTSP4PCIJUNmvrCgheEKGQeaitxdFR9aGxWLeN4Sh27Zr3NY\\_1\\_oR28Zs8FgqeQve7zPnwVtYTe5qodCrSnQ5OHZizJtiZQgXXWRcw90dFjzQz3fyyBBSKHoxpSaxHbyd7FyJJe8n4Lmn1CIP1mUBfsJJMutGVz68VKqplm-QJ8&smid=nytcare-ios-share&referringSource=articleShare](https://tours.html?unlocked_article_code=oPuHb6JE-XXtZTI3xqmKLzX4LtcUz3cq04LJq-vN8w-RnvGCBf1HDIbvlrOlvVtdFEDksicf69JoMF6Eu59g3mz8qo9VPjEXNfGc_QDCrxQAGxlsyqwssS83-fs3tz9oI62YroflwnJ8w2LeYYAF5Zh9_kO3NVAauTSP4PCIJUNmvrCgheEKGQeaitxdFR9aGxWLeN4Sh27Zr3NY_1_oR28Zs8FgqeQve7zPnwVtYTe5qodCrSnQ5OHZizJtiZQgXXWRcw90dFjzQz3fyyBBSKHoxpSaxHbyd7FyJJe8n4Lmn1CIP1mUBfsJJMutGVz68VKqplm-QJ8&smid=nytcare-ios-share&referringSource=articleShare)

- Canadian **Molly Carlson** wins the High Diving World Cup with Four Dives from 20m:

<https://twitter.com/WorldAquatics/status/1675414007627522048>

- World Aquatics Rejects Premise Of Enhanced Games Backed By Cayman Islands Swimmer **Brett Fraser**:

<https://www.stateofswimming.com/world-aquatics-rejects-premise-of-enhanced-games-backed-by-swimmer-brett-fraser/>

- Can You Touch the Flags When You Jump In the Pool?:

[https://twitter.com/SirHerb\\_the3rd/status/1657167155622993920](https://twitter.com/SirHerb_the3rd/status/1657167155622993920)

- Upside-Down Synchronized Swimmers: <https://twitter.com/Rainmaker1973/status/1657432023181541377>

- Soaring Stingray: <https://twitter.com/AMAZINGNATURE/status/1658042035268636672>

- Harvard Men's Swimming and Diving 1965 vs. 2015: [https://gocrimson.com/news/2015/6/2/6\\_2\\_2015\\_7884](https://gocrimson.com/news/2015/6/2/6_2_2015_7884)

- Curious Fish: <https://twitter.com/AKBrews/status/1661868882162745350>

## News and Other Links:

- A Shipwreck Changed **Els Visser's** Life... Now She's a Pro Triathlete: <https://triathlonmagazine.ca/personalities/a-shipwreck-changed-her-life-now-shes-a-pro-triathlete/>

- Great Britain's **Sean Conway** is Close to Breaking the Iron Cowboy's Record of 101 Daily Full-Distance Triathlons: <https://triathlonmagazine.ca/personalities/great-britains-sean-conway-is-a-week-away-from-breaking-the-iron-cowboys-record/>

- An Ironman Podium at 50? Meet the Super-Athletes Who Have Achieved Top Finishes After Turning 46:

<https://triathlonmagazine.ca/personalities/an-ironman-podium-at-50-meet-the-super-athletes-who-have-achieved-top-finishes-after-turning-46/>

- Me Walk Pretty One Day [Ed. Note: Obsessed...]: <https://www.nytimes.com/2023/06/30/well/david-sedaris-walking.html>

- So that Belgium is not Disqualified, Shot Putter **Jolien Boumkwo** Runs 100m Hurdles at European Team Championships: <https://twitter.com/EuroAthletics/status/1672621749379416068>

## 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** coached the **6:00-7:10pm Whitecaps** on **Tuesday July 4, Thursday July 6, Tuesday, July 11, and Tuesday July 18.**

**Mark** coached the **7:35-8:35am Earlybirds** for **Lynn** on **Monday July 10, Wednesday July 12, and Friday July 14.**

**Paddy** coached the **6:00-7:10pm Whitecaps** on **Monday July 10 and Thursday July 20.**

**Sean** coached the **6:00-7:10pm Whitecaps** on **Thursday July 13 and Monday July 17.**

## 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>.

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:** July 5 to 21 (8 workouts); range: 32-40; average: 36.3

Perfect Attendance: **Ann Bortolotti, Bob Tipple, Bruce Brown, Cori Dinovitzer, Isla Paterson, Margaret Janse van Rensburg, Natalie Aucoin, Ralph Siemsen, Steve Dods, Susan Hulley, Ursula Scott**

**6:00pm Whitecaps:** July 4 to 20 (8 workouts); range: 18-26; average: 23.4

Perfect Attendance: **Adam Vieira, Cameron Dawson, Christian Cattan, Don Wells, Joanie Conrad, Kelly Biggs, Matthew Sinclair, Seana Biggs**

**12:15pm Saturdays:** July 8 to 15 (2 workouts); range: 13-14; average: 13.5

Perfect Attendance: **Ameer Hejazi, Christian Cattan, Dominique Groulx, Elaine Yardley, Evelyn Simpson, Homero Martinez, Jim Farmer, Ken Johnson, Mariette Kenney, Nicole Delisle, Nicole Le Saux**

## Ask the Coach

**Dear Coach:** How are swimming races timed? Curious Swimmer

Dear C. Swimmer: It depends on the competition. Most competitions have electronic and manual timing. Some have just one or the other. In manual timing the starting signal is either a starting pistol or an electronic beep and light. The timers watch for the flash and start their watches when they see it (which is slightly before the sound). They then take splits and the final time with the watch, recording times to two decimal places. Usually there are three timers per lane, in which case the middle time is the official one. If there are just two times, they are averaged. When there is electronic timing, the timing system starts automatically on the electronic light. The timing pads in the water (usually yellow) detect when the swimmers touch them to register splits and the final time. Electronic systems have back up "plungers" connected to the timing pads that are used by the timers. The plunger time will be used if the pad malfunctions. In addition, the starting blocks have sensors that can detect the swimmer's reaction time (usually 0.6 to 0.8 for elite swimmers). In a relay, where the non-lead-off swimmers can anticipate the start, the reaction time will be close to 0.

**Dear Coach:** I'm having trouble with my flutter kick. When I use a board I have trouble maintaining any forward momentum. What do you suggest? Stationary Kicker

Dear S. Kicker: First, start by sitting on the floor (or pool deck) with your legs extended. Point your toes, then turn your toes and knees inward (pigeon-toed) and see if you can touch the floor with your big toes. That's the position you want to aim for when kicking, to reduce the resistance that your feet will otherwise generate. Also focus on small and quick kicks, and focus more on the up kick than the down kick (as gravity will bring your legs down). You want your feet to be near the surface and your kick amplitude to be not much wider than your body. Your heels can break the surface, but your toes should not. Ask your coach to have a look and give you some feedback.

**Dear Coach:** What Masters swim groups will run this Fall and when will registration start? Keen Swimmer

Dear K. Swimmer: As soon as this information is available, it will be in the newsletter (near the top!). I expect that the groups will be similar to last Fall and that registration will start around mid-August.

## 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!

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!

### July 1 and 2: Montreal Challenge Dragon Boat Competition

Thanks to **Megan Holtzman** (8:40am Earlybirds) for this report:

Bytown sent a Sportchicks boat (mostly Senior B women with **Isabelle Fradette** (Earlybirds), **Cheri Reddin** (7:35am Earlybirds), **Claude Tellier** (Earlybirds) and **myself**) who achieved bronze in the Women's Final A in 200m, 500m, and 2k against some strong premiere boats. Our Super C Women with **Colette Kenney** (Earlybirds), **Debby Whately** (8:40am Earlybirds) and **Carolyn Odecki** (6pm Whitecaps) got silver in the Women's Final B 500m, also featuring my daughter **Arabella** on the drum (!). They also raced with Bytown C Mixed and got gold/silver in the 500m/200m final D and bronze in the 2k final B. Our Evolution community boat was coached by **Isabelle** and **myself** and featured my husband **Aaron** (convinced into paddling for the first time in 12 years). They achieved gold in the Community Final E 500m & 200m, and silver in the Final B 2K.

### July 9 Ironman 70.3 Musselman Geneva, New York

Congrats to **Tony** on a great race! This was the race he chose after Tremblant was cancelled due to poor air quality. Full results: <https://www.ironman.com/im703-musselman-results>.

**Tony Revitt** (8:40am Earlybirds; M50-54): 146<sup>th</sup> overall, 133<sup>rd</sup> male, and 12<sup>th</sup> in category in 5:03:07 (swim: 27:09)

### July 9 Etobicoke Long Course Meet

I was Carleton's only participant. I was a bit disappointed, but the water was very warm! Full results:

<https://www.swimming.ca/en/meet/39469/>.

**Lynn Marshall** (Coach; F60-64): 1<sup>st</sup> 200 backstroke (2:51.36), 200 breaststroke (3:23.96), 200 butterfly (2:59.65), 400IM (6:00.86)

### July 15 Delta Lake Double Triathlon, New York

**Peter** was the only Canadian in the race! Congratulations to **Peter** on a fantastic job in winning the "Delta Double", and for finding races that included swimming this time!! This race involved a Sprint triathlon, about a 20 minute break, and then an Olympic triathlon. Full results: Sprint: <https://coachmarkwilson.com/wp-content/uploads/2023/07/WES-20230715-Delta-Lake-Triathlon-Sprint-Results.pdf>, Olympic: <https://coachmarkwilson.com/wp-content/uploads/2023/07/WES-20230715-Delta-Lake-Triathlon-Olympic-Results.pdf>, Delta Double: <https://coachmarkwilson.com/wp-content/uploads/2023/07/Delta-Double-Results-2023.pdf>.

**Peter Konecny** (6pm Whitecaps; M60-64):

Sprint (176 participants): 4<sup>th</sup> overall, 4<sup>th</sup> male, and 1<sup>st</sup> in category in 1:07:21

Olympic (88 participants): 9<sup>th</sup> overall, 8<sup>th</sup> male, and 1<sup>st</sup> in category in 2:09:55

Delta Double (11 participants): 1<sup>st</sup> overall in 3:17:16

### July 15 Bring on the Bay Swims, Ottawa

I counted 25 Carleton swimmers, but I probably missed some – please let me know if you did the swim but are not listed! There were 585 swimmers who completed the races. Full results: <https://bringonthebay.com/race-day/results/>. Congratulations to everyone, especially the podium finishers: **Ingrid** won the women's 30-39 wetsuit division! **Heloise**, **Kathleen**, **Liliane**, and **Mark** were silver medallists, and **Jessica** finished third in her category.

1.5k (188 participants): Results: <https://www.sportstats.ca/display-results.xhtml?raceid=118596>

**Mark Blenkinsop** (Coach; M40-49): 16<sup>th</sup> overall; 7<sup>th</sup> man, and 2<sup>nd</sup> in category in 25:08.1

**Juliette Pons** (6pm Whitecaps; F15-19): 31<sup>st</sup> overall; 18<sup>th</sup> woman, and 6<sup>th</sup> in category in 28:09.7

**Mike Sowka** (7:35am Earlybirds; M40-49): 55<sup>th</sup> overall; 19<sup>th</sup> man, and 4<sup>th</sup> in category in 31:17.7  
**Jessica Reddin** (Cheri's daughter; F20-29): 62<sup>nd</sup> overall; 40<sup>th</sup> woman, and 3<sup>rd</sup> in category in 31:31.6  
**Matthew Sinclair** (6pm Whitecaps; M30-39): 84<sup>th</sup> overall; 31<sup>st</sup> man, and 5<sup>th</sup> in category in 34:40.6  
**Heloise Emdon** (7:35am Earlybirds; F60-69): 110<sup>th</sup> overall; 71<sup>st</sup> woman, and 2<sup>nd</sup> in category in 39:30.3  
**Summer O'Neill** (Saturdays; no category specified): 129<sup>th</sup> overall  
**Kathy Ye** (7:35am Earlybirds; F30-39): 133<sup>rd</sup> overall; 86<sup>th</sup> woman, and 12<sup>th</sup> in category in 41:51.8  
**Wendy Gifford** (7:35am Earlybirds; F60-69): 148<sup>th</sup> overall; 96<sup>th</sup> woman, and 6<sup>th</sup> in category in 45:08.2  
**Kathleen Beall** (7:35am Earlybirds; F70-79): 157<sup>th</sup> overall, 103<sup>rd</sup> woman, and 2<sup>nd</sup> in category in 49:18.0  
**Jennifer Glassman** (7:35am Earlybirds; F50-59): 158<sup>th</sup> overall, 104<sup>th</sup> woman, and 12<sup>th</sup> in category in 49:23.2

3k (475 participants): Results: <https://www.sportstats.ca/display-results.xhtml?raceid=118595>

**Ingrid Hagberg** (Whitecaps; F30-39 Wetsuit): 49<sup>th</sup> overall; 14<sup>th</sup> woman, and 1<sup>st</sup> in category in 47:10.8  
**Nathan Fudge** (6pm Whitecaps; M40-49): 53<sup>rd</sup> overall, 37<sup>th</sup> man, and 4<sup>th</sup> in category in 47:26.3  
**Gillian Massel** (6pm Whitecaps; F30-39): 105<sup>th</sup> overall; 35<sup>th</sup> woman, and 5<sup>th</sup> in category in 53:01.2  
**John Clarke** (6pm Whitecaps; M50-59): 118<sup>th</sup> overall; 73<sup>rd</sup> man, and 7<sup>th</sup> in category in 54:12.8  
**Anne Griffith** (8:40am Earlybirds; F40-49): 212<sup>th</sup> overall; 95<sup>th</sup> woman, and 17<sup>th</sup> in category in 1:01:38.1  
**Luciara Nardon** (7:35am Earlybirds; F50-59): 249<sup>th</sup> overall; 116<sup>th</sup> woman, and 17<sup>th</sup> in category in 1:05:16.4  
**Sean Kelly** (Ursula's husband; M60-69): 259<sup>th</sup> overall; 134<sup>th</sup> man, and 8<sup>th</sup> in category in 1:06:00.3  
**Christiane Wilke** (Earlybirds; F40-49): 316<sup>th</sup> overall, 159<sup>th</sup> woman, and 26<sup>th</sup> in category in 1:11:52.5  
**Tom Heyerdahl** (8:40am Earlybirds; M60-69): 343<sup>rd</sup> overall; 164<sup>th</sup> man, and 13<sup>th</sup> in category in 1:16:02.2  
**Jake Graham** (7:35am Earlybirds; M30-39): 344<sup>th</sup> overall, 165<sup>th</sup> man, and 7<sup>th</sup> in category in 1:16:23.8  
**Jesula Drouillard** (7:10pm Whitecaps; F50-59 Wetsuit): 361<sup>st</sup> overall; 192<sup>nd</sup> woman, and 17<sup>th</sup> in category in 1:20:09.4  
**Mary Donaghy** (7:35am Earlybirds; F50-59): 374<sup>th</sup> overall; 201<sup>st</sup> woman, and 37<sup>th</sup> in category in 1:23:20.4  
**Liliane Cardinal** (7:35am Earlybirds; F70-79): 400<sup>th</sup> overall; 217<sup>th</sup> woman, and 2<sup>nd</sup> in category in 1:31:27.3  
**Ursula Scott** (7:35am Earlybirds; F60-69): 403<sup>rd</sup> overall; 220<sup>th</sup> woman, and 11<sup>th</sup> in category in 1:33:16.1

## July 17 to 29 Men's Water Polo World Championships

**David Lapins** (6pm Whitecaps) is #11 on the Canadian Team. In round-robin play (Group B), they beat China and then lost to Italy and France, finishing 3<sup>rd</sup> in their group. On July 23 they play USA (who finished second in Group A) in a crossover match. If they win they would move to the quarter finals. A loss will put them in the positions 9 through 12 classification matches. Full results: <https://waterpolo.sportresult.com/res.asp?event=WCH2023>.

## 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 **July 18**).

## 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

Note that the schedule is currently full, but reach out if you are interested and we'll figure something out!

**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: full (wait list available)

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

Happy lengths!  
Lynn

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

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