

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: December 23, 2023 1:08 PM
To: Colin Adams; 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #623

Carleton Masters Swimming Newsletter #623

Saturday, December 23, 2023

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023 and Alumni: 7:35am Earlybirds I (46 addresses), 8:40am Earlybirds II (41 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (11 addresses), Alumni (47 addresses).

"Under pressure, you don't rise to the occasion, you sink to the level of your training." – Anonymous

Masters Swimming Program Notes

- Happy Holidays!
- The Fall session ran from **Tuesday September 5** to **Saturday December 23**.
- The Winter session runs from **Tuesday January 2** to **Saturday April 13**.
- Three Masters Interim Workouts will be held. Details are in the following paragraph.
- Details on the Winter Programs can be found in "Notes and Reminders" near the end of the newsletter.
 - The 6pm group is full, but a wait list is available. Saturday morning and the 7:35am Earlybirds are getting close to full.

Carleton Masters Interim Swims

There will be three interim swims. These are open to those registered for Fall and/or Winter Carleton Masters programs. In addition, members may bring a guest. Cost for each swimmer (including guests) is \$6. **Payment is made by purchasing an adult swim ticket at the Welcome Centre. You must ask for a receipt and give it to the coach on deck for admission.**

Schedule:

Wednesday December 27: 6:00-7:15pm

Friday December 29: 6:00-7:15pm

Saturday December 30: 12:00-1:15pm

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

Swimmer Notes

- As part of **Mark's** coaching certification, he created a 13 week program for learning and improving butterfly. He was able to try it with one lane during the summer session. If anyone has any questions, or is interested in trying the program, feel free to email him (mblenkin@math.carleton.ca) or speak to him when you see him. NOTE: He will not be coaching as much over the winter, but will return to coaching evenings regularly in May!

- The Sportsplex will be hosting a 10k swim to all swimmers interested on Friday Dec 29th from 3-7pm. The swim will be 100 x 100s on a designated pace time. The pool will be set up as SHORT COURSE. We have room for 56 swimmers. To reserve a spot, please complete this form <https://forms.office.com/r/dSaH7def0P>.

The admission fee is the regular City of Ottawa Lane Swim admission. Swimmers with a City of Ottawa swim membership may scan their membership card upon entry. Swimmers will pay their entry or scan their membership on the day of the event at the Sportsplex Customer Service desk.

Confirmation emails will be sent to all swimmers who complete the form. There will be 1 last information email sent 24 hours prior to the swim to inform all swimmers of their lane assignments and last-minute updates.

- **Community Members Parking Update:** Most community memberships include a Lot 5 parking pass (<https://athletics.carleton.ca/memberships/>). As long as your parking information is on file with the Welcome Centre, members can enjoy up to 3 hours of parking in Lot P5 during the Fitness Centre's hours of operation. HotSpot codes are no longer required. If you get a new car or new plate, let the Welcome Centre know so that your parking information can be updated.

- If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you. If necessary, I'll also get your plate information updated.

- **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:

- Santa's Sleigh: Pool Butterfly Version: <https://www.facebook.com/reel/261977463558963>

- Five Reasons Why 'Casual' Masters Swimming is Important: <https://www.swimmingworldmagazine.com/news/5-reasons-why-casual-masters-swimming-is-important/>

- We've All Had Days Like This 😊: <https://twitter.com/buitengebieden/status/1734601502759772308>

- Some Very Cold Sea Turtles Were Just Flown South for the Winter: https://www.nytimes.com/2023/12/07/us/sea-turtles-cold-stun-florida.html?unlocked_article_code=1.EU0.ZhOT.WmXcVyrVjdUW&smid=url-share

- 'Nyad' Director **Elizabeth Chai Vasarhelyi**: "We Live in a Society That Discards Women After a Certain Age": <https://www.everythingzoo.com/arts-entertainment/2023/11/13/nyad-director-elizabeth-chai-vasarhelyi-we-live-in-a-society-that-discards-women-after-a-certain-age/>

- **Diana Nyad's** Swimming Brought Her Glory, Fame, and An Adversary Dedicated to Exposing Her Lies:

<https://defector.com/diana-nyads-swimming-brought-her-glory-fame-and-an-adversary-dedicated-to-exposing-her-lies>

- Breathe Your Way to a Faster Swim Split: <https://triathlonmagazine.ca/training/breathe-your-way-to-a-faster-swim-split/>

News and Other Links:

- Five Things That Make Triathletes Different: <https://triathlonmagazine.ca/feature/5-things-that-make-triathletes-different/>

- Check Out What Happened at This Year's Record-Setting Ultraman World Championship:

<https://triathlonmagazine.ca/racing/think-an-ironman-is-tough-hah-check-out-what-happened-at-this-years-record-setting-ultraman-world-championship>

- Three Mental Blocks That Might Be Impacting Your Performance: <https://www.trainingpeaks.com/blog/mental-blocks-sports-performance/>

- How to Exercise to Cut Your Age-Related Fitness Decline in Half: <https://www.bicycling.com/news/a27224993/exercise-benefits-persist-after-a-decade/>

Fall Session Information

Dates: Tuesday September 5 to Saturday December 23. No workouts Monday October 9 (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; Thu: Deep: Mon: **Sean**; Tue: **Mark**; Thu: **Paddy** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: Mon: **Sean**; Tue: **Mark**; Thu: **Paddy** (sub: **Adrian**)

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

Further details and changes will be noted here.

Mark coached the **6pm and 7:15pm Whitecaps** for **Paddy** on **Thursday December 14**.

Special Sets:

Tue/Wed Oct 17/18: fin day
Mon Oct 30: 800 free time trial for Earlybirds
Mon Nov 6: 1500/800 free time trial
Thu/Fri Nov 16/17: fin day
Tue/Wed Nov 21/22: short distance time trials (evening groups)
Mon Nov 27: short distance time trials for all morning group lanes
Tue/Wed Nov 28/29: short distance time trials (evening groups)
Thu/Fri Dec 14/15: short distance time trials (evening groups)
Thu/Fri Dec 21/22: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanfall23.pdf>.

Here are the attendance statistics for the term. 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. **Ursula Scott** (7:35am Earlybirds) was close to having perfect attendance for the term until a kitchen knife accident kept her out of the pool 😞. Heal quickly, **Ursula!**

7:35am Earlybirds: September 6 to December 22 (46 workouts); range: 16-32; average: 23.4
Perfect Attendance: **Bruce Brown**

8:40am Earlybirds: September 6 to December 22 (46 workouts); range: 17-31; average: 23.5
Perfect Attendance: **Luciara Nardon**

6:00pm Whitecaps: September 5 to December 21 (46 workouts); range: 14-30; average: 23.7
Perfect Attendance: **Cameron Dawson**

7:15pm Whitecaps: September 5 to December 21 (46 workouts); range: 7-21; average: 15.3
Missed 2 Workouts: **Joel Meredith**

8:15am Saturdays: September 9 to December 23 (16 workouts); range: 20-31; average: 26.4
Perfect Attendance: **Joel Meredith, Luciara Nardon**

Fall Session Summary

A big thank you to our coaches this term: **Adrian Finn, Blake Christie, Mark Blenkinsop, Paddy Mallia, Sean Dawson,** 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 the morning and some evening swimmers. There were 160 time trials completed: 94 by women and 66 by men. A total of 71 swimmers participated: 43 women and 28 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. All times are compared to the "new" spreadsheet that I started in 2023.

Ten swimmers scored over 240 points in one or more events. Steve Kennedy (6pm Whitecaps) had the top swim overall with 406 points for 19:08 in 1500 free. Next was Jonah Smith (7:15pm Whitecaps) with 318 points earned for a 20:45 1500. Rachel Bennett (6pm Whitecaps) was the top woman with 278 points for a 23:28 1500. Next, and tied for #3 on the men's side were Joel Meredith (7:15pm Whitecaps) and Jonathan Critch (7:15pm Whitecaps) both with 268 for 21:58 1500s. **Paul Buzuloiu** (7:30am Earlybirds) was next with 262 points for a 1:10.2 100 free. Second on the women's side was Juliette Pons (6pm Whitecaps) with 257 for a 24:06 1500. Rounding out the top three for the women was Kelly Biggs (7:15pm Whitecaps) with 251 points for a 12:39 800. She was followed closely by Seana Biggs (7:15pm Whitecaps) with a 24:24 1500 worth 247 points and Natalie Aucoin (7:35am Earlybirds) with a 24:36 1500.

There were 27 improvements (16 by women, and 11 by men). A total of 21 swimmers improved (12 women and 9 men). The largest improvement was by **Tom Heyerdahl** (8:40am Earlybirds) with a 1:56 (14.5sec/100m) improvement in 800 free. He was followed by **Ralph Siemsen** (8:40am Earlybirds) with a 3.7 sec (7.4sec/100m) improvement in 50 free. Next, and top woman, was **Anne Griffith** (8:40am Earlybirds) with a 7.1 sec improvement in 100IM. She was followed by **Natalie Aucoin** (7:35am Earlybirds) with a 1:39 (6.6sec/100m) improvement in 1500 free, and **Aine Ryan** (8:40am Earlybirds) with a 26 sec (6.5sec/100m) improvement in 400 free. Rounding out the top three for the men was **Bruce Brown** (7:35am Earlybirds) with a 1.8 sec (3.4 sec/100m) improvement in 50 back. **Anne, Mary-Lou Dunnigan** (8:40am Earlybirds), **Natalie, Susan Nevitt-Yelle** (7:35am Earlybirds), **Tom**, and Mike Wheatley (7:35am Earlybirds) each improved in two different events.

Our attendance winners for this term, all with perfect attendance are: **Bruce Brown** (7:35am Earlybirds), **Luciara Nardon** (8:40am Earlybirds), **Cameron Dawson** (6pm Whitecaps), **Joel Meredith** (8:15am Saturdays), and **Luciara Nardon** (8:15am Saturdays). Congratulations to **Luciara** for having perfect attendance in two groups!!

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	Rachel Bennett	WC1	F	1500fs	23:28	278
2	Juliette Pons	WC1	F	1500fs	24:06	257
3	Kelly Biggs	WC2	F	800fs	12:39	251
4	Seana Biggs	WC2	F	1500fs	24:24	247
5	Natalie Aucoin	EB1	F	1500fs	24:36	241
1	Steve Kennedy	WC1	M	1500fs	19:08	406
2	Jonah Smith	WC2	M	1500fs	20:45	318
3	Joel Meredith	WC2	M	1500fs	21:58	268
3	Jonathan Critch	WC2	M	1500fs	21:58	268
5	Paul Buzuloiu	EB1	M	100fs	1:10.2	262

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Anne Griffith	EB2	F	100IM	7.1	7.1
2	Natalie Aucoin	EB1	F	1500fs	99.0	6.6
3	Aine Ryan	EB2	F	400fs	26.0	6.5
4	Sandy Lawson	EB1	F	1500fs	93.0	6.2
5	Heather Bonas	EB2	F	1500fs	61.0	4.1
6	Luciara Nardon	EB2	F	1500fs	50.0	3.3
7	Fiona Hill	EB1	F	1500fs	45.0	3.0
8	Cheri Reddin	EB1	F	1500fs	43.0	2.9
9=	Sigi Johnson	EB1	F	100fs	1.8	1.8
9=	Susan Hulley	EB2	F	50fs	0.9	1.8
11	Susan Nevitt-Yelle	EB1	F	50bk	0.6	1.2
12	Mary-Lou Dunnigan	EB2	F	100fs	0.9	0.9
1	Tom Heyerdahl	EB2	M	800fs	116.0	14.5
2	Ralph Siemsen	EB2	M	50fs	3.7	7.4
3	Bruce Brown	EB1	M	50bk	1.8	3.6
4	Ian Lorimer	EB1	M	50fl	1.7	3.4
5	Jake Graham	EB1	M	400fs	7.1	1.8
6	Mike Wheatley	EB1	M	50fl	0.8	1.6
7	Doug Brubacher	EB2	M	50fs	0.6	1.2

8	Joel Meredith	WC2	M	1500fs	15.0	1.0
9	Andrew Rolleston	EB1	M	1500fs	3.0	0.2

Fastest Three Swimmers Per Event:

Note that each swimmer is only listed once per event, and only those who would not have time to complete the 1500 are eligible to be listed below for the 800 free.

	Name	Group	Gender	Time
50fs				
1	Anne Griffith	EB2	F	39.1
2	Margaret King	EB1	F	42.3
3	Sandra Kiviaho	EB2	F	44.7
1	Hazem Abu Alteen	EB1	M	32.7
2	Harley Gifford	EB1	M	35.3
3	Ian Lorimer	EB1	M	36.4
(11/9)				
100fs				
1	Megan Holtzman	EB2	F	1:29.5
2	Sandra Kiviaho	EB2	F	1:37.3
3	Mary-Lou Dunnigan	EB2	F	1:42.8
1	Paul Buzuloiu	EB1	M	1:10.2
2	Harley Gifford	EB1	M	1:19.8
3	Matthew Helmer	EB1	M	1:27.7
(8/8)				
200fs				
1	Margaret King	EB1	F	3:24.4
2	Mary-Lou Dunnigan	EB2	F	3:38.4
3	Susan Hulley	EB2	F	3:58.7
1	Bruce Brown	EB1	M	2:50.9
2	Hazem Abu Alteen	EB1	M	2:55.5
3	Ralph Siemsen	EB2	M	3:12.0
(5/6)				
400fs				
1	Sandra Kiviaho	EB2	F	7:06.7
2	Janine Debanne	EB2	F	8:14.2
3	Sigi Johnson	EB1	F	8:49.9
1	Paul Buzuloiu	EB1	M	5:57.9
2	Colin Kiviaho	EB2	M	6:53.7
3	Matthew Helmer	EB1	M	7:06.9
(6/7)				
800fs				
1	Ann Bortolotti	EB1	F	17:03
2	Heloise Emdon	EB1	F	18:21
3	Sigi Johnson	EB1	F	18:30
1	Matthew Helmer	EB1	M	15:23
2	Tom Heyerdahl	EB2	M	17:04

3	Jamie Chalmers	EB1	M	24:35
(14/5)				
1500fs				
1	Rachel Bennett	WC1	F	23:28
2	Juliette Pons	WC1	F	24:06
3	Seana Biggs	WC2	F	24:24
1	Steve Kennedy	WC1	M	19:08
2	Jonah Smith	WC2	M	20:45
3	Joel Meredith	WC2	M	21:58
3	Jonathan Critch	WC2	M	21:58
(24/18)				
50bk				
1	Summer O'Neill	EB2	F	57.0
2	Susan Nevitt-Yelle	EB1	F	1:01.0
3	Jennifer Glassman	EB1	F	1:16.7
1	Harley Gifford	EB1	M	39.0
2	Paul Buzuloiu	EB1	M	39.2
3	Bruce Brown	EB1	M	41.9
(3/5)				
100bk				
1	Megan Holtzman	EB2	F	1:52.8
2	Janine Debanne	EB2	F	2:11.8
3	Melanie Heroux	EB2	F	3:23.9
1	Bruce Brown	EB1	M	1:33.2
(3/1)				
50br				
1	Anne Griffith	EB2	F	47.4
2	Margaret King	EB1	F	53.0
3	Jennifer Glassman	EB1	F	1:01.6
(3/0)				
100br				
1	Mike Wheatley	EB1	M	1:38.3
(0/1)				
50f1				
1	Natalie Aucoin	EB1	F	40.8
2	Margaret Janse van Rensburg	EB1	F	42.2
3	Melanie Heroux	EB2	F	1:46.7
1	Mike Wheatley	EB1	M	36.8
2	Ian Lorimer	EB1	M	40.4
3	Harley Gifford	EB1	M	46.9
(3/3)				
100f1				
1	Margaret Janse van Rensburg	EB1	F	1:36.9
2	Megan Holtzman	EB2	F	1:56.0

(2/0)				
100IM				
1	Anne Griffith	EB2	F	1:41.3
2	Heather Bonas	EB2	F	2:01.8
3	Ursula Scott	EB1	F	2:13.6
1	Mike Wheatley	EB1	M	1:25.4
2	Ian Lorimer	EB1	M	1:37.9
3	Ralph Siemsen	EB2	M	1:41.5
(6/3)				
200IM				
1	Natalie Aucoin	EB1	F	3:29.2
2	Anne Griffith	EB2	F	3:37.6
3	Sandra Kiviaho	EB2	F	3:55.0
(5/0)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Anne Griffith	EB2	F	2.6	5.2
2	Susan Hulley	EB2	F	0.9	1.8
3	Susan Nevitt-Yelle	EB1	F	0.3	0.6
1	Ralph Siemsen	EB2	M	3.7	7.4
2	Doug Brubacher	EB2	M	0.6	1.2
(3/2)					
100fs					
1	Sigi Johnson	EB1	F	1.8	1.8
2	Mary-Lou Dunnigan	EB2	F	0.9	0.9
1	Tom Heyerdahl	EB2	M	1.5	1.5
(2/1)					
200fs					
1	Mary-Lou Dunnigan	EB2	F	1.3	0.7
(1/0)					
400fs					
1	Aine Ryan	EB2	F	26.0	6.5
1	Jake Graham	EB1	M	7.1	1.8
(1/1)					
800fs					
1	Tom Heyerdahl	EB2	M	116.0	14.5
(0/1)					
1500fs					
1	Natalie Aucoin	EB1	F	99.0	6.6
2	Sandy Lawson	EB1	F	93.0	6.2
3	Heather Bonas	EB2	F	61.0	4.1
1	Joel Meredith	WC2	M	15.0	1.0

2	Andrew Rolleston	EB1	M	3.0	0.2
(6/2)					
50bk					
1	Susan Nevitt-Yelle	EB1	F	0.6	1.2
1	Bruce Brown	EB1	M	1.8	3.6
(1/1)					
50f1					
1	Natalie Aucoin	EB1	F	1.3	2.6
1	Ian Lorimer	EB1	M	1.7	3.4
2	Mike Wheatley	EB1	M	0.8	1.6
(1/2)					
100IM					
1	Anne Griffith	EB2	F	7.1	7.1
1	Mike Wheatley	EB1	M	0.1	0.1
(1/1)					

Winter Session Information

Dates: Tuesday January 2 to Saturday April 13. No workouts Monday February 19 (Family Day) or Friday March 29 (Good Friday). There are workouts on Monday April 1, but they are one hour later than usual for the morning groups, and one hour earlier than usual for the evening groups.

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: Mon: **Sean**; Tue: **Paddy/Adrian**; Thu: **Paddy** (sub: **Mark**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: Mon: **Sean**; Tue: **Paddy/Adrian**; Thu: **Paddy** (sub: **Mark**)

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

Further details and changes will be noted here.

Special Sets:

Mon Feb 5: fin day

Thu/Fri Feb 15/16: short distance time trials

Thu/Fri Mar 7/8: fin day

Tue/Wed Mar 19/20: 1500/800 free time trial

Thu/Fri Mar 11/12: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanwint24.pdf>. Note that Saturday coaches will be added soon!

Ask the Coach

Dear Coach: I am getting lower back pain after swimming, which I do mostly freestyle. Do you have suggestions as to how to avoid this? Sore Swimmer

Dear S. Swimmer: If your lower back hurts after swimming, that likely means that you are arching your back as you swim freestyle. I would avoid breaststroke and fly (for now) as they do put strain on the lower back. Kicking with a board may also put strain on the back. However, with freestyle, you want to aim to keep the back neutral (straight) and not arch. You want the same feeling as you have lying on your back with your knees bent and pressing your lower back into

the ground, so that you can't slide your hand under your lower back. In other words, you want to keep some tension in the abs while swimming freestyle so that the back doesn't arch.

Dear Coach: We were talking about holiday swim gear at the pool and you mentioned that a company had recently brought out Christmas sweater suits. Do you have more information? Curious Swimmer

Dear C. Swimmer: Sure! Sporti has a Granny Sweater collection. Here are some pics:
<https://www.swimoutlet.com/collections/sporti/sporti-granny-sweater-collection>.

Dear Coach: I'm still having trouble with the breaststroke pull. On the insweep should my hands be deep or shallow and what angle should they be at? Struggling Breaststroker

Dear S. Breaststroker: On the outswEEP your hands should be fairly near the surface. On the insweep your elbows stay near the surface and your go deeper – you should feel your pectoral muscles working. Note that your hands should be in front of your elbows and fingers should point forward and down – not backwards. Ask your coach for some tips – it's easier to demonstrate than to describe!

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2024), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$50**. For both, it's **\$65**. Contact me for more details.

Here's a list of upcoming meets and races mostly in Ontario and Quebec. Details of Swim Ontario and Quebec meets can be found (after they are sanctioned) at <https://www.swimming.ca/en/events-results/live-upcoming-meets/>. (I will add detailed links below when available, if I remember!) Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

December 29 100x100 set Nepean

December 31 100x100 set Etobicoke

January 21 Susan Douglas Memorial, Wilmot (SO registration required)

January 27 Round 4 Quebec Cup Drummondville (SO registration required) <https://www.swimming.ca/en/meet/41245/>

January 29 Alderwood 25m Yards Meet, Alderwood (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

February 3 ROC No-Excuse-No-Regret, Clarington (SO registration required) <https://www.swimming.ca/en/meet/41257/>

February 10 Round 5 Quebec Cup Riviere-du-Loup (SO registration required) <https://www.swimming.ca/en/meet/41336/>

February 17 Nepean Winterlude LCM Meet, Nepean Sportsplex (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

February 18 Burlington Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/41297/>

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

<https://www.worldaquatics.com/competitions/3328/world-aquatics-masters-championships-doha-2024>

March 3 Stephen Forsey Meet, Markham (SO registration required)

<https://registration.swimming.ca/individualMeetEntry.aspx?sancid=40043> <https://www.swimming.ca/en/meet/40043/>

March 16 Round 6 Quebec Cup Victoriaville (SO registration required) <https://www.swimming.ca/en/meet/39792/>

March 22-24 MSO LCM Provincials, Markham (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

April 19-21 Swim Ontario Masters Provincials, Etobicoke (SO registration required)

<https://www.swimming.ca/en/meet/41095/>

April 19-21 Quebec Masters Provincials, Pointe-Claire, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/41265/>

May 24-26 Canadian Masters Swimming Championships, Windsor (SO registration required)

<https://www.swimming.ca/en/events-results/events/2024-speedo-canadian-masters-championships/>

July 6(?) 5km King Wolf Swim, Kingston to Wolfe Island

July 13-14 Ontario Open Water Championships, Gravenhurst (SO registration required)

August Canadian Open Water Festival, Welland (SO registration required)

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 10 Red vs. Blue Masters Meet, Nepean

Three Carleton swimmers participated. We were all on the “red” team, but the “blue” team won 😞! Congratulations to **Margaret Janse van Rensburg** on her first swim meet since grade 9! Full results:

<https://ms.mastersswimmingontario.ca/web/stats/meets/meetResults.php>. Here’s how we did:

Melanie Heroux (8:40am Earlybirds; W40-44, swimming for Nepean Sharks Special Olympics): **2nd** 50 fly (1:43.30); 4th 100 free (3:25.62), 50 back (1:35.67), 100IM (3:38.99); 9th 4 x 50 medley relay: 50 back (1:31.76); 10th 4 x 50 free relay: lead-off (1:28.90); 17th 4 x 50 mixed free relay (1:27.39)

Margaret Janse van Rensburg (7:35am Earlybirds; W25-29): **1st** 100 free (1:23.02), 100 fly (1:30.66), 50 kick (49.36); **2nd** 50 free (38.33), 50 fly (41.31), 4 x 50 free relay: lead-off (38.60); **3rd** 4 x 50 medley relay: 50 fly (41.15)

Lynn Marshall (Coach, W60-64): **1st** 100 back (1:20.82), 50 breast (43.80), 100 breast (1:32.44), 50 fly (35.64), 100 fly (1:16.40), 100IM (1:20.48); **2nd** 4 x 50 medley relay: 50 back (38.51)

And some photos:

Melanie



Margaret



Lynn and Marty Raymond



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 **December 12**).

Notes and Reminders

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

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 Winter Programs

Registration for the Winter Session has started and can be done online:

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

If you wish to use a credit on your account, then register by phone or in person.

Here are the details of the programs and dates:

Winter Session: Tuesday January 2 to Saturday April 13; no workouts Monday February 19 or Friday March 29; workouts on Monday April 1 are one hour later than usual for the morning groups, and one hour earlier than usual for the evening groups.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$186+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$186+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Paddy/Adrian, Paddy (sub: Mark); \$206+HST: Full: waitlist available.

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean, Paddy/Adrian, Paddy (sub: Mark); \$190+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$94+HST

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

General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term. It must include pool access and be valid for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>.
- **Parking:** Most community memberships include parking in Lot 5. However, between 10am and 4pm Monday to Friday, you must use the hot spot code to register for two hours free parking. (We hope that use of the hot spot will soon be eliminated.)

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 2024. 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, hoodies, size 36 women's suits, and a red back pack with "Hamdy" on it (\$20 each) 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.

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/>