

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** April 13, 2024 2:08 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 #631

## Carleton Masters Swimming Newsletter #631

Saturday, April 13, 2024

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2023, Winter 2024, and Alumni: 7:35am Earlybirds I (51 addresses), 8:40am Earlybirds II (47 addresses), 6:00pm Whitecaps I (51 addresses), 7:15pm Whitecaps II (45 addresses), Saturday Only (13 addresses), Alumni (44 addresses).

"Practice the philosophy of continuous improvement – get a little better every day." – Brian Tracy

## Masters Swimming Program Notes

- The Winter session ended this morning, **Saturday April 13**.
- The pool is **closed from Monday April 15 to Tuesday April 30** for annual maintenance.
- The Spring session starts on **Wednesday May 1**.
- **Registration for the Spring and Summer sessions is underway:** see below. There is still space in all groups, but some are close to full: For the Spring session there are **four** spots left for Whitecaps 1, and **five** for Earlybirds 1.

## Carleton Masters Spring/Summer Programs

Registering online is recommended unless 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:

**Spring Session:** Wednesday May 1 to Saturday June 29; no workouts Monday May 20.

**Earlybirds 1:** Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

**Earlybirds 2:** Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$112+HST

**Whitecaps 1:** Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$115+HST

**Whitecaps 2:** Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$108+HST

**Saturdays:** 8:15-9:25am, except 10:45-11:55am on May 18; Coaches: Rotating Schedule; \$56+HST

**Summer Session:** Tuesday July 2 to Saturday August 31; no workouts Monday July 1 or Monday August 5.

**Earlybirds 1:** Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

**Whitecaps 1:** Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$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/>.

## Swimmer Notes

- Congratulations to ROC Swimming Coach and Carleton Ravens Varsity Coach **Nico Belisle** on being selected for the Swimming Canada Enhanced Development Program for Coaches:

<https://www.swimming.ca/en/news/2024/04/08/swimming-canada-introduces-enhanced-development-program-for-coaches/>

- If you are a Carleton student who has swum with Masters this academic year, you may add Activity: "Carleton Aquatics Masters Swim", Position: "Member" to your co-curricular record. The deadline is May 10. Details here:

<https://carleton.ca/seo/ccr/student-information/>.

- Update on the women's change room repairs: The electrical outlets for hair dryers have been replaced and a new hair dryer provided!

- **Sam Beaumont-Stidwill** (6pm Whitecaps) is cycling in the Jack Ride for mental health. You can sponsor **Sam** here:

<https://jack.akaraisin.com/ui/jackride2024/p/6ccfd64566b54a3893114b3bde3624b1>

### **Aquatic-Related Links:**

- 89-year-old Chilean **Eliana Busch** is a Champion Swimmer Who Doesn't Plan to Stop Any Time Soon [thanks to **Andrea Chandler** (8:40am Earlybirds)]: <https://twitter.com/afpr/status/1776535506378989925>

- Having Been Through 'Hell and back,' **Penny Oleksiak** Returns to the Pool With Full Focus on Olympics:

<https://www.cbc.ca/sports/olympics/summer/aquatics/swimming/swimming-canadian-open-penny-oleksiak-april-10-1.7169368>

- Humboldt Broncos Bus Crash Survivor, **Jacob Wassermann**, is on a Fast Track to Para Rowing in the Paris

Paralympics: <https://www.cbc.ca/sports/paralympics/jacob-wassermann-para-rowing-paris-paralympics-1.7164321>

- Swimming Canada Searches for New National Trials Venue after Montreal Pool Closure:

<https://www.cbc.ca/sports/olympics/summer/aquatics/canada-olympic-swimming-trials-venue-montreal-1.7163052>

- Swimmer's Bathtub?:



### **News and Other Links:**

- Ottawa **Judy Piel** Ran Her First Boston Marathon in 2003 and Will Be Back for Her 21<sup>st</sup> on April 15:

<https://www.irun.ca/index.php/i-ran-my-first-boston-marathon-in-2003-i-will-be-back-april-15th-to-run-my-21st/>

- Brit **Jasmin Paris** First Woman to Complete Gruelling Barkley Marathons Race: <https://www.bbc.com/news/uk-scotland-edinburgh-east-fife-68643341>

- **Ihor Verys** becomes first Canadian to finish Barkley Marathons: <https://runningmagazine.ca/trail-running/ihor-verys-becomes-first-canadian-to-finish-barkley-marathons/>

- Yoga for Triathletes: Back to Basics: <https://triathlonmagazine.ca/training/yoga-for-triathletes-back-to-basics/>

- Why Do We Age: [https://www.nytimes.com/2024/03/20/well/live/aging-biology-dna.html?ugrp=m&unlocked\\_article\\_code=1.e00.dCrP.wjaDAPulBBn8&smid=url-share](https://www.nytimes.com/2024/03/20/well/live/aging-biology-dna.html?ugrp=m&unlocked_article_code=1.e00.dCrP.wjaDAPulBBn8&smid=url-share)

- **Community Members Parking:** 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. 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 Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is available on iOS and Android devices. The app allows users to view pool schedules, register for sessions, and subscribe to personalized push notifications including aquatics updates for any closures or schedule changes. The public swim schedule can also be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

## 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.

**Paddy** coached the **6pm and 7:15pm Whitecaps** on **Tuesday April 2**.

**Paddy** coached the **6pm and 7:15pm Whitecaps** on **Tuesday April 9**.

**Adrian** coached the **6pm and 7:15pm Whitecaps** on **Thursday April 11**.

### 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>.

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.

**7:35am Earlybirds:** January 3 to April 12 (42 workouts); range: 14-31; average: 23.5

Perfect Attendance: **Bruce Brown, Margaret Janse van Rensburg**

**8:40am Earlybirds:** January 3 to April 12 (42 workouts); range: 18-28; average: 22.8

Perfect Attendance: **Debby Whately**

**6:00pm Whitecaps:** January 2 to April 11 (43 workouts); range: 15-31; average: 23.9  
Perfect Attendance: **Konstantin Petoukhov**

**7:15pm Whitecaps:** January 2 to April 11 (43 workouts); range: 9-19; average: 13.4  
Missed 4 Workouts: **Joel Meredith, Kelly Biggs**

**8:15am Saturdays:** January 6 to April 13 (15 workouts); range: 20-35; average: 28.4  
Perfect Attendance: **Christian Cattan, Francois Jacques, Susan Hulley**

## Winter 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 124 time trials completed: 66 by women and 58 by men. A total of 60 swimmers participated: 31 women and 29 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 225 on the FINA 2015 table was 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.

Twelve swimmers scored over 225 points in one or more events. The top swimmer overall was **Adam Vieira** (6pm Whitecaps) with 431 points for a very impressive 18:45 1500 freestyle. He was followed by **Jeremie Lanctot** (8:40am Earlybirds) with 368 points for 30.4 in 50 butterfly. He was followed by **Peter Volney** (6pm Whitecaps) with 346 points for a 20:10 1500 freestyle. The top woman was **Seana Biggs** (7:15pm Whitecaps) with 277 points for 23:30 in 1500 freestyle, followed by **Kelly Biggs** (7:15pm Whitecaps) with 257 points for 24:06 in 1500 freestyle, and **Sandy Lawson** (7:35am Earlybirds) with 234 points for 24:52 in 1500 freestyle. **Jeremie** scored over 225 points in five events, and **Mike Wheatley** (7:35am Earlybirds) scored over 225 points in four events.

There were 42 improvements (22 by women, and 20 by men). A total of 27 swimmers improved (13 women and 14 men). The biggest improvement was by **Sigi Johnson** (7:35am Earlybirds) with a 10.0 second (10.0 sec/100m) improvement in 100 freestyle. She was followed by **Ursula Scott** (7:35am Earlybirds) with an 8.5 second (8.5 sec / 100m) improvement in 100 freestyle. Next, and top man, was **Patrick Nadeau** (7:35am Earlybirds) with a 4.2 second (8.4 sec/100m) improvement in 50 butterfly. Next was **Summer O'Neill** (8:40am Earlybirds) with a 7.5 second (7.5 sec/100m) improvement in 100 IM. She was followed by **Doug Brubacher** (8:40am Earlybirds) with a 1:47 (7.1 sec/100m) improvement in 1500 freestyle, and **Paul Buzuloiu** (7:35am Earlybirds) with a 1:27 (5.8 sec/100m) improvement in 1500 freestyle. **Susan Hulley** (8:40am Earlybirds) improved in no fewer than five events! **Doug, Marie Pelletier** (7:35am Earlybirds), and **Sigi** each improved in three events.

Our attendance winners for this term, all with perfect attendance are: **Bruce Brown** (7:35am Earlybirds), **Margaret Janse van Rensburg** (7:35am Earlybirds), **Debby Whately** (8:40am Earlybirds), **Konstantin Petoukhov** (6pm Whitecaps), **Christian Cattan** (8:15am Saturdays), **Francois Jacques** (8:15am Saturdays), and **Susan Hulley** (8:15am Saturdays). Congratulations to **Bruce** for having perfect attendance two terms in a row!!

### Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	<b>Seana Biggs</b>	<b>WC2</b>	<b>F</b>	<b>1500fs</b>	<b>23:30</b>	<b>277</b>
2	<b>Kelly Biggs</b>	<b>WC2</b>	<b>F</b>	<b>1500fs</b>	<b>24:06</b>	<b>257</b>
3	<b>Sandy Lawson</b>	<b>EB1</b>	<b>F</b>	<b>1500fs</b>	<b>24:52</b>	<b>234</b>
4	Margaret Janse van Rensburg	EB1	F	1500fs	24:58	231
5	Natalie Aucoin	EB1	F	1500fs	25:05	228
5	Nicole Delisle	WC1	F	1500fs	25:05	228
1	<b>Adam Vieira</b>	<b>WC1</b>	<b>M</b>	<b>1500fs</b>	<b>18:45</b>	<b>431</b>
2	<b>Jeremie Lanctot</b>	<b>EB2</b>	<b>M</b>	<b>50fl</b>	<b>30.4</b>	<b>368</b>

3	Peter Volney	WC1	M	1500fs	20:10	346
3	Don Wells	WC1	M	1500fs	21:12	298
5	Mike Wheatley	EB1	M	1500fs	22:11	260
6	Bruce Brown	EB1	M	1500fs	22:33	248

### Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Sigi Johnson	EB1	F	100fs	10.0	10.0
2	Ursula Scott	EB1	F	100fs	8.5	8.5
3	Summer O'Neill	EB2	F	100IM	7.5	7.5
4	Susan Hulley	EB2	F	100fs	5.4	5.4
5	Marie Pelletier	EB1	F	50fs	2.3	4.6
6	Aine Ryan	EB2	F	50fs	2.0	4.0
7	Jennifer Glassman	EB1	F	800fs	30.0	3.8
8	Fiona Hill	EB1	F	1500fs	35.0	2.3
9	Brenda Ferguson	EB2	F	50br	1.0	2.0
10	Julia Stratton	WC1	F	1500fs	23.0	1.5
11	Natalie Aucoin	EB1	F	50fl	0.7	1.4
12	Nicole Delisle	WC1	F	1500fs	13.0	0.9
13	Isla Paterson	EB2	F	50br	0.4	0.8
1	Patrick Nadeau	EB1	M	50fl	4.2	8.4
2	Doug Brubacher	EB2	M	1500fs	107.0	7.1
3	Paul Buzuloiu	EB1	M	1500fs	87.0	5.8
4	Richard Arsenault	WC2	M	1500fs	79.0	5.3
5	Tom Heyerdahl	EB2	M	200fs	10.4	5.2
6	Josh Weissbock	WC1	M	1500fs	73.0	4.9
7	Adam Vieira	WC1	M	1500fs	66.0	4.4
8	Hazem Abu Alteen	EB1	M	1500fs	35.0	2.3
9	Christian Cattan	WC1	M	1500fs	33.0	2.2
10	Mike Wheatley	EB1	M	50fs	1.0	2.0
10	Ralph Siemsen	EB2	M	50fs	1.0	2.0
12	Bryan Morris	EB1	M	1500fs	28.0	1.9
13	Cory Fraser	EB1	M	50fs	0.9	1.8
14	Bruce Brown	EB1	M	50fs	0.5	1.0

### 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
<b>50fs</b>				
1	Susan Hulley	EB2	F	46.6
2	Sigi Johnson	EB1	F	50.0
3	Ursula Scott	EB1	F	50.7
1	Jeremie Lanctot	EB2	M	28.6
2	Mike Wheatley	EB1	M	32.5

3	Bruce Brown	EB1	M	37.1
(13/10)				
<b>100fs</b>				
<b>1</b>	<b>Susan Hulley</b>	<b>EB2</b>	<b>F</b>	<b>1:43.7</b>
2	Sigi Johnson	EB1	F	1:49.5
3	Ursula Scott	EB1	F	1:51.5
<b>1</b>	<b>Kevin Woodley</b>	<b>EB1</b>	<b>M</b>	<b>1:20.1</b>
2	Ralph Siemsen	EB2	M	1:27.8
3	Cory Fraser	EB1	M	1:29.6
4	Doug Brubacher	EB2	M	1:30.7
(5/6)				
<b>200fs</b>				
<b>1</b>	<b>Susan Hulley</b>	<b>EB2</b>	<b>F</b>	<b>3:43.8</b>
2	Sigi Johnson	EB1	F	4:01.4
<b>1</b>	<b>Jeremie Lanctot</b>	<b>EB2</b>	<b>M</b>	<b>2:29.8</b>
2	Bruce Brown	EB1	M	2:48.4
3	Kevin Woodley	EB1	M	2:50.1
(2/6)				
<b>400fs</b>				
<b>1</b>	<b>Ann Bortolotti</b>	<b>EB1</b>	<b>F</b>	<b>8:47.5</b>
2	Nancy Luitwieler	EB2	F	9:20
(2/0)				
<b>800fs</b>				
<b>1</b>	<b>Ann Bortolotti</b>	<b>EB1</b>	<b>F</b>	<b>17:55</b>
2	Marie Pelletier	EB1	F	19:02
3	Isla Paterson	EB2	F	19:06
<b>1</b>	<b>Tom Heyerdahl</b>	<b>EB2</b>	<b>M</b>	<b>16:51</b>
2	Steve Dods	EB2	M	22:49
3	Ken Johnson	EB2	M	23:11
(6/5)				
<b>1500fs</b>				
<b>1</b>	<b>Seana Biggs</b>	<b>WC2</b>	<b>F</b>	<b>23:30</b>
2	Kelly Biggs	WC2	F	24:06
3	Sandy Lawson	EB1	F	24:52
4	Margaret Janse van Rensburg	EB1	F	24:58
5	Natalie Aucoin	EB1	F	25:05
5	Nicole Delisle	WC1	F	25:05
<b>1</b>	<b>Adam Vieira</b>	<b>WC1</b>	<b>M</b>	<b>18:45</b>
2	Peter Volney	WC1	M	20:10
3	Don Wells	WC1	M	21:12
(19/20)				
<b>50bk</b>				
<b>1</b>	<b>Jennifer Glassman</b>	<b>EB1</b>	<b>F</b>	<b>1:10.8</b>
2	Ann Bortolotti	EB1	F	1:12.4

3	Marie Pelletier	EB1	F	1:15.2
<b>1</b>	<b>Jeremie Lanctot</b>	<b>EB2</b>	<b>M</b>	<b>33.4</b>
2	Mike Wheatley	EB1	M	40.3
3	Bruce Brown	EB1	M	42.8
(5/4)				
<b>100bk</b>				
<b>1</b>	<b>Bruce Brown</b>	<b>EB1</b>	<b>M</b>	<b>1:34.4</b>
2	Kevin Woodley	EB1	M	1:37.5
(0/2)				
<b>50br</b>				
<b>1</b>	<b>Isla Paterson</b>	<b>EB2</b>	<b>F</b>	<b>1:00.7</b>
2	Jennifer Glassman	EB1	F	1:01.5
3	Marie Pelletier	EB1	F	1:03.1
(6/0)				
<b>50f1</b>				
<b>1</b>	<b>Natalie Aucoin</b>	<b>EB1</b>	<b>F</b>	<b>40.1</b>
2	Sandy Lawson	EB1	F	49.1
<b>1</b>	<b>Jeremie Lanctot</b>	<b>EB2</b>	<b>M</b>	<b>30.4</b>
2	Mike Wheatley	EB1	M	35.8
3	Patrick Nadeau	EB1	M	37.4
(2/3)				
<b>100IM</b>				
<b>1</b>	<b>Summer O'Neill</b>	<b>EB2</b>	<b>F</b>	<b>2:02.5</b>
2	Susan Hulley	EB2	F	2:04.7
3	Jennifer Glassman	EB1	F	2:12.2
<b>1</b>	<b>Kevin Woodley</b>	<b>EB1</b>	<b>M</b>	<b>1:31.6</b>
2	Ralph Siemsen	EB2	M	1:42.6
(6/2)				

#### Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
<b>50fs</b>					
<b>1</b>	<b>Susan Hulley</b>	<b>EB2</b>	<b>F</b>	<b>2.5</b>	<b>5.0</b>
2	Marie Pelletier	EB1	F	2.3	4.6
3	Aine Ryan	EB2	F	2.0	4.0
<b>1</b>	<b>Mike Wheatley</b>	<b>EB1</b>	<b>M</b>	<b>1.0</b>	<b>2.0</b>
1	Ralph Siemsen	EB2	M	1.0	2.0
3	Cory Fraser	EB1	M	0.9	1.8
(4/4)					
<b>100fs</b>					
<b>1</b>	<b>Sigi Johnson</b>	<b>EB1</b>	<b>F</b>	<b>10.0</b>	<b>10.0</b>
2	Ursula Scott	EB1	F	8.5	8.5
3	Susan Hulley	EB2	F	5.4	5.4
<b>1</b>	<b>Cory Fraser</b>	<b>EB1</b>	<b>M</b>	<b>1.1</b>	<b>1.1</b>

1	<b>Doug Brubacher</b>	<b>EB2</b>	<b>M</b>	<b>1.1</b>	<b>1.1</b>
3	Ralph Siemsen	EB2	M	0.6	0.6
(4/3)					
<b>200fs</b>					
1	<b>Sigi Johnson</b>	<b>EB1</b>	<b>F</b>	<b>15.4</b>	<b>7.7</b>
2	Susan Hulley	EB2	F	8.8	4.4
1	<b>Tom Heyerdahl</b>	<b>EB2</b>	<b>M</b>	<b>10.4</b>	<b>5.2</b>
2	Doug Brubacher	EB2	M	3.6	1.8
(2/2)					
<b>800fs</b>					
1	<b>Jennifer Glassman</b>	<b>EB1</b>	<b>F</b>	<b>30.0</b>	<b>3.8</b>
1	<b>Tom Heyerdahl</b>	<b>EB2</b>	<b>M</b>	<b>13.0</b>	<b>1.6</b>
(1/1)					
<b>1500fs</b>					
1	<b>Ursula Scott</b>	<b>EB1</b>	<b>F</b>	<b>86.0</b>	<b>5.7</b>
2	Susan Hulley	EB2	F	53.0	3.5
3	Fiona Hill	EB1	F	35.0	2.3
1	<b>Doug Brubacher</b>	<b>EB2</b>	<b>M</b>	<b>107.0</b>	<b>7.1</b>
2	Paul Buzuloiu	EB1	M	87.0	5.8
3	Richard Arsenault	WC2	M	79.0	5.3
(5/8)					
<b>50br</b>					
1	<b>Marie Pelletier</b>	<b>EB1</b>	<b>F</b>	<b>1.5</b>	<b>3.0</b>
2	Brenda Ferguson	EB2	F	1.0	2.0
3	Isla Paterson	EB2	F	0.4	0.8
(3/0)					
<b>50f1</b>					
1	<b>Natalie Aucoin</b>	<b>EB1</b>	<b>F</b>	<b>0.7</b>	<b>1.4</b>
1	<b>Mike Wheatley</b>	<b>EB1</b>	<b>M</b>	<b>1.0</b>	<b>2.0</b>
2	Patrick Nadeau	EB1	M	4.2	8.4
(1/2)					
<b>100IM</b>					
1	<b>Summer O'Neill</b>	<b>EB2</b>	<b>F</b>	<b>7.5</b>	<b>7.5</b>
2	Susan Hulley	EB2	F	3.3	3.3
(2/0)					

## Spring Session Information

Dates: Wednesday May 1 to Saturday June 29; no workouts Monday May 20.

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**; Thu: **Mark** (sub: **Adrian**)



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

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

More details will be provided in the next newsletter!

## Ask the Coach

**Dear Coach:** I'm a Carleton student who would like to swim with Masters from May to August. I'm not taking any courses. Do I need to purchase a membership? Carleton Student Swimmer

Dear C.S. Swimmer: Yes. Carleton students who are not taking courses do not get free access to the facility. However, there is a very good deal for Summer memberships for students (and adults) if they are purchased before the end of April: <https://athletics.carleton.ca/memberships/summer-memberships/>

**Dear Coach:** What's the difference between IM and IMO? New Swimmer

Dear N. Swimmer: IM (Individual Medley) means that each repeat is (normally) divided into one quarter fly, one quarter back, one quarter breast, and one quarter free. IMO (Individual Medley Order) means that the first repeat is fly, the second one back, the third one breast, and the fourth one free. Thus 4 x 100 IM with 10 seconds rest would be 25 fly + 25 back + 25 breast + 25 free + 10 seconds rest, repeated four times. And 4 x 100 IMO with 10 seconds rest would be 100 fly + 10 seconds rest, 100 back + 10 seconds rest, 100 breast + 10 seconds rest, and 100 free + 10 seconds rest.

**Dear Coach:** When we did the set where I had to check to ensure that I finished each repeat before the red 15, I was not able to do that as my goggles were fogging up. Any suggestions? Foggy Goggled Swimmer

Dear F.G. Swimmer: Ideally, in all workouts you should be using the pace clock to help you determine your swim times. If you cannot see the clock, you will not know if you are descending or even splitting, etc., and thus missing out on most of the workout goals. If your goggles are old, you may need new ones. You can also try cleaning your old goggles with dish soap but do not rub the lenses and that will scratch them. You can buy anti-fog drops, or use a drop of dish soap, or baby shampoo. Saliva also works well. After putting your goggles on, put a drop or two of water in each lens. You can then shake your head to un-fog the goggles if they do fog up. It is best not to remove your goggles at all during the swim, as every time you take them off, they are more likely to fog up. If you are short or near-sighted, you can buy inexpensive off-the-shelf goggles in many different diopters.

## 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>.

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 5 University of Laval LCM Masters Meet (SO registration required)

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

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

June 30 to August 25 Quebec 5km and 10km Open Water Circuits <https://fng.ca/circuit-deau-libre-2024/>

July 13 Bring on the Bay 3km and 1.5km Open Water Swims, Ottawa <https://bringonthebay.com/>

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

August 10 Traversee du Lac Simon (Outaouais) 500m, 2km, 4km, 12km, relays

<https://www.facebook.com/events/1041186130447023>; <https://www.traverseelacsimon.com/>

August 17 Traversee du Lac Nicolet 500m, 1k, 2.5k, 5km relay <https://hydrosports.ca/>  
August Canadian Open Water Festival, Welland (SO registration required)  
November 6-10 Barbados Open Water Festival [www.barbadosopenwaterfestival.com](http://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!

### 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 5).

## Notes and Reminders

### Private and Semi-Private Masters Swim Lessons

#### Spring/Summer Schedule:

Likely Monday and Tuesday evenings. Details TBC.

**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.

#### 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/>.

**Team Aquatic Supplies / 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, and size 36 women's suits (\$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](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/>