

Carleton Masters Swimming Newsletter #660

Friday, April 18, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025 and Alumni: 7:35am Earlybirds I (54 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (50 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (19 addresses), Alumni (40 addresses).

"If you don't like something, change it. If you can't change it, change your attitude." – Maya Angelou

Masters Swimming Program Notes

- The Winter session ran from **Monday January 6 to Tuesday April 8**.
- There were **interim workouts** from **Wednesday April 9 to Saturday April 12**. Thank you to those who participated!
- The **pool is closed for maintenance from Monday April 14 to Friday May 2**, inclusive.
- The **Spring Masters Sessions start Saturday May 3**. Details on the Spring and Summer sessions and registration start dates are below.
 - Spring registration is open. 7:35am Earlybirds is full. Wait lists are available. Please let me know if you are on a wait list.
 - Registration for Summer will start at 9am on Wednesday June 11. (Some swimmers were already able to register for 7:35am Earlybirds as registration was opened early. Everyone else will be able to register in June.)
 - Note that registration for the Summer sessions will start in June. The April 9 registration start date is for Spring Masters only. My apologies for the incorrect information in the previous newsletters.

Spring / Summer Masters Programs

Registration for the Spring Masters programs starts at **9am on Wednesday April 9**. Registration for the Summer Masters programs starts **9am on Wednesday June 11**.

Registering online (<https://rec.carleton.ca/>, search for "Masters") is recommended unless you wish to use a credit on your account, then register by phone or in person. Note that only some membership categories may be purchased online.

Here are the details of the programs and dates:

Spring Session: Saturday May 3 to Saturday June 28; no workouts Saturday May 17 (Early Bird Triathlon) or Monday May 19 (Victoria Day).

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$113+HST: Full: Waitlist available

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$113+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Nick/Mark, Sub: Adrian; \$122+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Nick/Mark, Sub: Adrian; \$113+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$61+HST

Summer Session: Monday June 30 to Saturday August 30; no workouts Tuesday July 1 or Monday August 4.

Earlybirds: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$127+HST

Whitecaps: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Nick/Mark, Sub: Adrian; \$133+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$69+HST

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

Swimmer Notes

- **Janine Debanne** (8:40am Earlybirds) and her husband, **Yvan Labiche**, are featured in this article: "From Campus to Community: The Power of Giving": <https://carleton.ca/advancement/cu-story/from-campus-to-community-the-power-of-giving/>

- It seems that Carleton Masters swimmers need to guard their thumbs carefully. Last time I included information on **Anne Griffith** (8:40am Earlybirds) infected thumb. Now, **Jake Graham** (7:35am Earlybirds) reports a sprained thumb on his skiing trip.



- Thanks again to coach **Mark** for his work on our pace clocks! Two pace clocks have been relocated. The deep end one will be covered by a screen to avoid it being broken by water polo balls. The power to the shallow end plug will be fixed.

- Thanks to **Natalie Aucoin** (7:35am Earlybirds) for organizing a group of us to participate in the April 5 OlymPINK. Details can be found in the Race Results section.

- **Coach Mark Blenkinsop** once again has honey! He and his wife, **Krista**, actually had a great harvest this year, so much so that he needed to make a special order for more bottles. The only size they have is the regular 500g bottles, and they are selling them for \$12 each. Mark is at the pool regularly on Wednesday morning (for Varsity practice) and Thursday evening (for Whitecaps). Otherwise, feel free to email him .

Aquatic-Related Links:

- OLAUG = Old Ladies Against Underwater Garbage [Thanks to **Ruth Fawcett** (8:40am Earlybirds)]: <https://olaug-ma.com/> and <https://olaug-ma.com/olaug-in-the-news>

- Aquaman Mode: <https://www.facebook.com/reel/1008111101191721>

- Sports Lessons From **Gary Hall Jr.**, Trash-Talking US Olympic Swimmer Who Lost Everything in LA Fires: <https://www.usatoday.com/story/sports/2025/04/06/gary-hall-jr-olympic-swimmer-advice-project-play-summit/82799267007/>

- Secrets to Being Strong and Fast in Triathlon After 50: <https://triathlonmagazine.ca/training/secrets-to-being-strong-and-fast-in-triathlon-after-50>

- Penguin in Passenger Seat Causes Helicopter Crash in South Africa: <https://www.msn.com/en-ca/travel/news/penguin-in-passenger-seat-causes-helicopter-crash-in-south-africa/ar-AA1Clour>

- The 10-Minute Indoor Triathlon Race Set to Launch This Season: <https://triathlonmagazine.ca/racing/the-10-minute-indoor-triathlon-race-set-to-launch-this-season/>

- Dubai's Atlantis The Royal Hotel has Over 90 Pools!: <https://www.youtube.com/watch?v=YmLkHKRPX38>

News and Other Links:

- 'Cyclettes' Author **Tree Abraham** (Who Grew up in Ottawa) Has Written a Cycling Book Like No Other: <https://momentummag.com/cyclettes-author-tree-abraham-has-written-a-cycling-book-like-no-other/>
- Five Science-Backed Longevity 'Hacks' That Don't Cost a Fortune: https://www.nytimes.com/2025/04/10/well/longevity-low-cost-tips.html?unlocked_article_code=1.04.K7vZ.AY61iFFxJEI0&smid=url-share
- Here's One More Reason to Try to Exercise: https://www.nytimes.com/2025/03/19/well/move/inflammation-exercise.html?unlocked_article_code=1.04.nZKN.d4uekCsAqZKI&smid=url-share
- A 10-Minute Evening Yoga Routine for Better Sleep: https://www.nytimes.com/2025/03/24/well/move/evening-yoga-routine.html?unlocked_article_code=1.04.GWXJ.yth9wExzI1h&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, take a photo or scan and 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.

- Note that the full list of Carleton Athletics memberships can be found here: <https://athletics.carleton.ca/memberships/>. Only some categories of memberships may be purchased online.

- 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: Monday January 6 to Tuesday April 8; no workouts Monday February 17.

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

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

8:15-9:25am Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Malcolm coached the **6pm and 7:15pm Whitecaps** for **Paddy** on **Tuesday April 8**.

Special Sets:

Thu/Fri February 6/7: short distance time trials

Tue/Wed February 25/26: fin day

Tue/Wed March 18/19: 1500/800 time trial

Thu/Fri March 27/28: fin day

Mon a.m./Tue April 6/7: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanwint25.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 6 to April 7 (39 workouts); range: 18-37; average: 26.7
Perfect Attendance: **Bruce Brown, Margaret Janse van Rensburg**

8:40am Earlybirds: January 6 to April 7 (39 workouts); range: 18-32; average: 25.0
Missed 1 Workout: **Susan Hulley**

6:00pm Whitecaps: January 6 to April 8 (40 workouts); range: 10-33; average: 23.3
Perfect Attendance: **Don Wells, Konstantin Petoukhov**

7:15pm Whitecaps: January 6 to April 8 (40 workouts); range: 9-21; average: 14.2
Missed 4 Workouts: **Richard Arsenault**

8:15am Saturdays: January 11 to April 5 (13 workouts); range 20-32; average: 28.1
Missed 1 Workout: **Christian Cattan, Don Wells, Mariette Kenney, Nicole Le Saux**

Winter Session Summary

A big thank you to our coaches for Winter 2025: **Adrian Finn, Malcolm Egan, Mark Blenkinsop, Nicholas Scott, 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 swimmers, as well as the long distance freestyle time trial for everyone. There were 142 time trials completed: 82 by women and 60 by men. A total of 66 swimmers participated: 39 women and 27 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 (<https://www.swimmasters.eu/calculator/fina>). 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.

There were 19 swims scoring 225 points or more (9 by women and 10 by men). The top point scorer was **Tony Revitt** (7:35am Earlybirds) with 374 points for a 19:39 1500 free. He was followed by **Mark Lebel** (7:15pm Whitecaps) and **Sam Hersh** (7:35am Earlybirds) who were just one second apart in their 1500s, scoring 308 and 307, respectively, for 20:58 and 20:59. Top woman was **Rachel Bennett** (6pm Whitecaps) earning 272 points for her 23:39 1500 free. She was followed by **Juliette Pons** (6pm Whitecaps) and **Luz Osorio** (6pm Whitecaps) earning 269 and 261 points for their 1500 frees, finishing in 23:44 and 23:58..

There were 41 improvements (27 by women, and 14 by men). A total of 24 swimmers improved (15 women and 9 men). Most improved overall was **Christine Rivas** (7:35am Earlybirds) with a huge improvement of 8.5 second (17.0sec/100m) in 50 back. Next was **Sigi Johnson** (7:35am Earlybirds) with a whopping 2:10 (16.3sec/100m) improvement in 800 free. Rounding out the top three for the women was **Janine Debanne** (8:40am Earlybirds) who also had a very large 6.5 second (13.0sec/100m) improvement in 50 back. The top man was **Miguel Mejicano Quintana** (7:35am Earlybirds) with a 5.1 second (10.2sec/100m) improvement in 50 fly. He was followed by **Sam Hersh** with an improvement of 1:46 (7.1sec/100m) and **Julian Labrin** (7:35am Earlybirds) with a 1:27 (5.8sec/100m) improvement, both in 1500 free. Christine and Janine both improved in four different events!

The swimmers with perfect attendance for this term are: **Bruce Brown** (7:35am Earlybirds) – the second term in a row for **Bruce**!; **Don Wells** (6pm Whitecaps), **Margaret Janse van Rensburg** (7:35am Earlybirds), and **Konstantin Petoukhov** (6pm Whitecaps).

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	Rachel Bennett	WC1	F	1500fs	23:39	272
2	Juliette Pons	WC1	F	1500fs	23:44	269
3	Luz Osorio	WC1	F	1500fs	23:58	261
4	Natalie Aucoin	EB1	F	50fs	37.0	247
5	Maddie Perrault	EB1	F	100fs	1:21.8	242
6	Margaret Janse van Rensburg	EB1	F	1500fs	24:38	240
7=	Julia Stratton	WC1	F	1500fs	25:03	229
7=	Karen Jensen	WC1	F	1500fs	25:03	229
9	Megan Holtzman	EB2	F	1500fs	25:10	225
1	Tony Revitt	EB1	M	1500fs	19:39	374

2	Mark Lebel	WC2	M	1500fs	20:58	308
3	Sam Hersh	EB1	M	1500fs	20:59	307
4	Joel Meredith	WC1	M	1500fs	21:15	296
5	Don Wells	WC1	M	1500fs	21:53	271
6	Derek Woodard	WC1	M	1500fs	21:59	267
7	Hazem Abu Alteen	EB1	M	50fs	31.5	266
8	Bruce Brown	EB1	M	1500fs	22:39	244
9	Konstantin Petoukhov	WC1	M	1500fs	22:50	238
10	Julian Labrin	EB1	M	50fl	35.5	231

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Christine Rivas	EB1	F	50bk	8.5	17.0
2	Sigi Johnson	EB1	F	800fs	130.0	16.3
3	Janine Debanne	EB2	F	50bk	6.5	13.0
4	Brenda Ferguson	EB2	F	800fs	91.0	11.4
5	Julia Stratton	WC1	F	1500fs	127.0	8.5
6	Margaret Janse van Rensburg	EB1	F	100fl	5.2	5.2
7	Natalie Aucoin	EB1	F	50fs	2.1	4.2
8	Megan Holtzman	EB2	F	50fl	2.0	4.0
9	Sandra Kiviaho	EB2	F	1500fs	56.0	3.7
10	Ann Bortolotti	EB1	F	400fs	10.4	2.6
11	Sheila Kealey	EB1	F	200fs	4.6	2.3
12	Susan Hulley	EB2	F	1500fs	16.0	1.1
13	Luciara Nardon	EB2	F	1500fs	9.0	0.6
14=	Juliette Pons	WC1	F	1500fs	6.0	0.4
14=	Tara Connolly	EB2	F	50fs	0.2	0.4
1	Miguel Mejicano Quintana	EB1	M	50fl	5.1	10.2
2	Sam Hersh	EB1	M	1500fs	106.0	7.1
3	Julian Labrin	EB1	M	1500fs	87.0	5.8
4	Colin Kiviaho	EB2	M	1500fs	74.0	4.9
5	Joel Meredith	WC1	M	1500fs	43.0	2.9
6=	Hazem Abu Alteen	EB1	M	50fs	1.2	2.4
6=	Peter Barton	EB2	M	100IM	2.4	2.4
8	Tony Revitt	EB1	M	1500fs	23.0	1.5
9	Konstantin Petoukhov	WC1	M	1500fs	18.0	1.2

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	Natalie Aucoin	EB1	F	37.0
2=	Tara Connolly	EB2	F	39.1
2=	Maddie Perrault	EB1	F	39.1
4	Sheila Kealey	EB1	F	39.5
1	Hazem Abu Alteen	EB1	M	31.5
2	Peter Barton	EB2	M	33.9
3	Julian Labrin	EB1	M	34.2
(15/14)				

100fs				
1	Maddie Perrault	EB1	F	1:21.8
2	Steph Carr	EB1	F	1:26.9
3	Sheila Kealey	EB1	F	1:27.5
1	Rick Hellard	EB2	M	1:23.1
2	Colin Kiviaho	EB2	M	1:26.3
3	Ralph Siemsen	EB2	M	1:28.2
4	Mike Vanderveer	EB2	M	1:29.8
(8/10)				
200fs				
1	Natalie Aucoin	EB1	F	3:02.9
2	Sheila Kealey	EB1	F	3:10.8
3	Sandra Kiviaho	EB2	F	3:21.6
1	Rick Hellard	EB2	M	3:03.7
2	Colin Kiviaho	EB2	M	3:13.8
3	Mike Vanderveer	EB2	M	3:34.0
(5/4)				
400fs				
1	Steph Carr	EB1	F	6:57.0
2	Ann Bortolotti	EB1	F	8:24.7
(2/0)				
800fs				
1	Sigi Johnson	EB1	F	16:20
2=	Ann Bortolotti	EB1	F	17:05
2=	Chris Clement	EB1	F	17:05
1	Gonzalo Wills	EB2	M	16:08
2	Miguel Mejicano Quintana	EB1	M	17:21
3	Ken Johnson	EB2	M	24:09
(12/3)				
1500fs				
1	Rachel Bennett	WC1	F	23:39
2	Juliette Pons	WC1	F	23:44
3	Luz Osorio	WC1	F	23:58
1	Tony Revitt	EB1	M	19:39
2	Mark Lebel	WC2	M	20:58
3	Sam Hersh	EB1	M	20:59
(22/21)				
50bk				
1	Janine Debanne	EB2	F	56.4
2	Christine Rivas	EB1	F	1:04.4
(2/0)				
100bk				
1	Maddie Perrault	EB1	F	1:33.2
1	Peter Barton	EB2	M	1:29.4
2	Bruce Brown	EB1	M	1:35.3
3	Tony Michel	EB1	M	1:45.2

(1/3)				
200bk				
1	Megan Holtzman	EB2	F	3:46.1
(1/0)				
50br				
1	Emily Mahoney	EB2	F	56.6
2	Sigi Johnson	EB1	F	1:00.5
3	Isla Paterson	EB2	F	1:01.7
(4/0)				
200br				
1	Megan Holtzman	EB2	F	3:55.7
(1/0)				
50f1				
1	Natalie Aucoin	EB1	F	41.7
2	Megan Holtzman	EB2	F	49.0
3	Christine Rivas	EB1	F	1:01.3
1	Julian Labrin	EB1	M	35.5
2	Peter Barton	EB2	M	36.2
3	Miguel Mejicano Quintana	EB1	M	54.4
(4/3)				
100f1				
1	Margaret Janse van Rensburg	EB1	F	1:31.7
(1/0)				
100IM				
1	Christine Rivas	EB1	F	2:09.0
1	Peter Barton	EB2	M	1:25.2
2	Ralph Siemsen	EB2	M	1:39.9
3	Rick Hellard	EB2	M	1:43.1
(1/4)				
200IM				
1	Maddie Perrault	EB1	F	3:25.7
(1/0)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Janine Debanne	EB2	F	5.2	10.4
2	Christine Rivas	EB1	F	3.7	7.4
3	Natalie Aucoin	EB1	F	2.1	4.2
1	Miguel Mejicano Quintana	EB1	M	3.6	7.2
2	Hazem Abu Alteen	EB1	M	1.2	2.4
3	Colin Kiviaho	EB2	M	1.1	2.2
(7/4)					
100fs					
1	Janine Debanne	EB2	F	3.6	3.6
2	Susan Hulley	EB2	F	0.6	0.6

1	Miguel Mejicano Quintana	EB1	M	4.2	4.2
2	Colin Kiviaho	EB2	M	0.9	0.9
(2/2)					
200fs					
1	Sigi Johnson	EB1	F	9.2	4.6
2	Sheila Kealey	EB1	F	4.6	2.3
(2/0)					
400fs					
1	Ann Bortolotti	EB1	F	10.4	2.6
(1/0)					
800fs					
1	Sigi Johnson	EB1	F	130.0	16.3
2	Brenda Ferguson	EB2	F	91.0	11.4
(2/0)					
1500fs					
1	Janine Debanne	EB2	F	131.0	8.7
2	Julia Stratton	WC1	F	127.0	8.5
3	Sandra Kiviaho	EB2	F	56.0	3.7
1	Sam Hersh	EB1	M	106.0	7.1
2	Julian Labrin	EB1	M	87.0	5.8
3	Colin Kiviaho	EB2	M	74.0	4.9
(7/6)					
50bk					
1	Christine Rivas	EB1	F	8.5	17.0
2	Janine Debanne	EB2	F	6.5	13.0
(2/0)					
50f1					
1	Christine Rivas	EB1	F	5.9	11.8
2	Megan Holtzman	EB2	F	2.0	4.0
1	Miguel Mejicano Quintana	EB1	M	5.1	10.2
(2/1)					
100f1					
1	Margaret Janse van Rensburg	EB1	F	5.2	5.2
(1/0)					
100IM					
1	Christine Rivas	EB1	F	5.1	5.1
1	Peter Barton	EB2	M	2.4	2.4
(1/1)					

Spring Session Information

Dates: Saturday May 3 to Saturday June 28; no workouts Saturday May 17 or Monday May 19.

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: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Nick/Mark** (sub: **Adrian**)
7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Nick/Mark** (sub: **Adrian**)
8:15-9:25am Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Special Sets:

Thu/Fri May 29/30: fin day
Thu/Fri June 5/6: short distance time trials (morning: lanes 1-3)
Tue/Wed June 10/11: short distance time trials (morning: lanes 4-6)
Monday June 16: 1500/800 time trial
Thu/Fri June 26/27: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum25.pdf>. (Note: Saturday coaches will be added soon.)

Ask the Coach

Dear Coach: Can you please explain the difference between build and descend? Our lane is dying to know. Curious Swimmer

Dear C. Swimmer: We (should) use descend to refer to a group of repeats, where **each one** should be faster, e.g. 3 x 100 free descend 1 to 3. Build usually refers to getting faster within the **same** repeat, e.g. 400 freestyle build. Sometimes there are grey areas. For example, if we are doing a set of repeats of different distances, we may say build through the set.

Dear Coach: My work schedule has changed. Is it ok if I have to leave early from the 7:35am Earlybirds workout most days? Busy Swimmer

Dear B. Swimmer: Yes, that's fine. I understand that we all have busy lives and unfortunately things get in the way of swimming.

Dear Coach: I noticed in one of the recent newsletters someone was asking about headaches. I just saw this in "The Conversation" and thought it may be of interest to the community: <https://theconversation.com/why-do-i-get-headaches-when-i-exercise-even-when-i-drink-lots-of-water-253039>. **Luciara** (8:40am Earlybirds)

Dear Luciara: Thanks for sending that along!

Dear Coach: Is there an easier way to find pool schedules for Ottawa pool, rather than going through pools one by one? Frustrated Swimmer

Dear F. Swimmer: There is an app!: <https://lane-swim-webapp.vercel.app/>. It is helpful, but not perfect. IMO, if I ask for a swim (e.g.) between 10am and noon, and a pool has a swim from 9:30am to 1pm, it should include that one, but it doesn't. However, it is still very useful.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August **2025**), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$65**. For both, it's **\$80**. 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/>. Note that due to a new system, this link is not accurate (yet!). If you need to find meet packages, look here for Ontario:

<https://docs.google.com/spreadsheets/d/1xG03ELi1IWBnfjwuMmBTWQ84RfXfHrEBTgiv4XyB7wQ/edit?gid=1189075859#gid=1189075859>, and here for

Quebec: https://docs.google.com/spreadsheets/d/1jTV5t_HJfBgaUimKIMGbQqv7hYOxvUyR4P6RGU_92MY/edit?gid=0#gid=0.

Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

April 25-27 Swim Ontario Masters Championships, Markham Pan-Am Centre (SO registration required)

<https://www.swimontario.com/athletes/competitions/2025-ontario-masters-swimming-championships/>

April 25-27 Championnat Quebecois des Maitres, Drummondville (SO registration required)

May 17-19 Canadian Masters Swimming Championships (LCM), Saskatoon (SO registration required)

<https://www.swimming.ca/event/2025-speedo-canadian-masters-championships/>

June 29 Worlds Warm-Up LC Meet, Etobicoke (SO registration required)

July 12 Bring on the Bay 1.5k and 3k swims <https://bringonthebay.com/>

July 26-27 Ontario Open Water Provincials Gull Lake, Gravenhurst

July 26 – August 22 World Masters Aquatic Championships, Singapore (SO registration required): Open Water Swim: July 26-27; Pool Swimming: August 7-14: If you are planning to attend the Worlds Masters in Singapore there is a WhatsApp channel you can join: <https://chat.whatsapp.com/Km9BOl8WGjWDKwg9vq39xR>

November 5-9 Barbados Open Water Festival <https://www.barbadosopenwaterfestival.com/>

Global Open Water Swim Series (Year Round) <https://globalswimseries.com/races/>

Race Results

Please send in your results, and/or let me know if I missed anyone or any races!

Sun Mar 30 Around the Bay Road Race 2025, Hamilton

Congratulations to **Eren** and **Jes** on their races!! Full results: <https://results.raceroster.com/v2/en-US/results/vq344rmbpd65cw5j/results?subEvent=222498&page=1&search=jesula>

Eren Perez (6pm Whitecaps; F30-34): 519th overall, 71st female, and 15th in category in 2:21:27

Jesula Drouillard (7:15pm Whitecaps; F55-59): 1675th overall, 446th female, and 12th in category in 2:49:03

April 5 OlymPink Masters Challenge, Brewer Pool, Ottawa

Natalie rounded up seven of us to compete in this fundraiser. There were lots of great swims and a good time was had by all!

Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/meetResults.php>.

Here's a great Citizen article featuring **Karen**, **Natalie**, and **Derek**: <https://ottawacitizen.com/news/local-news/gallery-olympink-masters-challenge>.

More photos are available here: <https://sjudges.smugmug.com/Sports/Swimming/Olympink-2025/n-n6LWcK>.

And **Ursula** got a great photo with **Maggie Mac Neil** (below)!

In addition, **Ursula** and **Karen** set club records in the women's 65-69 age category. In 50 free, Karen broke Liliane Cardinal's record of 55.27 from 2017 with a time of 44.67! In 100 free, Ursula swam 1:56.56 and Karen swam 1:44.96, both well under Liliane's time of 2:06.92 from 2017. In 50 breaststroke, Karen from Liliane's time of 1:10.38 from 2016 with a time of 52.35. In 50 fly, Karen broke Angela Davis' time of 1:10.44 from 2013 with a 52.35 (yes, Karen did exactly the same time in 50 breast and 50 fly)! Finally, in 100IM, Ursula swam 2:14.28 and Karen 1:51.86, both under Liliane's time of 2:24.06 from 2017. Updated club records can be found here:

<https://www.sce.carleton.ca/faculty/lynnmar/masters/250405.Records.pdf>.

Here's how everyone did (Note: SER = single event registrant; CARMA = Carleton Masters; and the 25m free was categorized only by gender, not by age):

Sam Holmstrom (Saturdays; SER F30-34): 4th 50 free (38.99), 100 free (1:23.95), 50 breast (55.30), 50 fly (45.65)

Sarah Petrin Perron (Earlybirds; SER F30-34): 5th 100 free (1:37.73); 7th 50 free (53.53); 48th 25 free (20.47)

Derek Woodard (6pm Whitecaps; SER M30-34): 1st 50 free (27.90), 100 free (1:01.40), 50 back (32.59), 50 fly (28.83), 100IM (1:10.53); 2nd 50 breast (39.67); 3rd 25 free (12.95; heats: 12.36; semis: 12.50)

Natalie Aucoin (7:35am Earlybirds; CARMA F50-54): 1st 50 free (37.21), 100 free (1:20.99), 50 back (47.17), 50 fly (39.93), 100IM (1:40.02); 6th 50 breast (57.19); 28th 25 free (17.65)

Lynn Marshall (Coach; CARMA F60-64): 1st 50 free (33.81), 100 free (1:10.26), 50 back (40.03), 50 breast (44.78), 50 fly (36.29), 100IM (1:22.13)

Karen Jensen (6pm Whitecaps; CARMA F65-69): 1st 50 free (44.67 Club Record), 50 fly (52.35 Club Record); 2nd 50 back (55.26), 50 breast (52.35 Club Record), 100IM (1:51.86 Club Record); 6th 100 free (1:44.96 Club Record); 45th 25 free (20.06)

Ursula Scott (7:35am Earlybirds; CARMA F65-69): 6th 100IM (2:14.28 Club Record); 7th 100 free (1:56.56 Club Record)



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 18).

Notes and Reminders

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 three hour parking in Lot 5.

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Monday 4:00-4:40pm, 4:40-5:20pm, 5:20-6:00pm

Tuesdays 7:50-8:30am, 8:30-9:10am

Please send me an email by Monday April 21 if you are interested!

Prices: Private: \$52.50 per lesson, plus HST; Semi-Private (2-3 swimmers; per swimmer): \$34 per lesson, plus HST. Please e-mail me for more details.

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/se/ccr/>.

Team Aquatic Supplies Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is run by Team Aquatic Supplies. We receive a 15% discount on regularly priced merchandise until the end of August 2025. 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).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

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