

Carleton Masters Swimming Newsletter #666

Friday, July 11, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025, Spring 2025, Summer 2025, and Alumni: 7:35am Earlybirds I (69 addresses), 8:40am Earlybirds II (53 addresses), 6:00pm Whitecaps I (60 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (20 addresses), Alumni (41 addresses).

"Most people never run far enough on their first wind to find out they've got a second." – William James

Masters Swimming Program Notes

- The Spring Masters Session ran from Saturday May 3 to Saturday June 28, inclusive.
 - This newsletter contains the summary of time trials and attendance statistics.
- The Summer Masters Session runs from Monday June 30 to Saturday August 30, inclusive.
 - Note that there are **no workouts on Monday August 4**.
 - The 7:35am Earlybirds and 6pm Whitecaps are full. Wait lists are available. Please let me know if you are on a wait list. There is lots of space in the 12:15pm Saturdays group. Details near the end of the newsletter.
- Registration for the Fall Masters Session starts at **9am on Thursday August 7**. Mark your calendar! Details are in the following section.

Fall Masters Programs

Registration for the Fall Masters programs starts at **9am on Thursday August 7**.

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. The Whitecaps 2 group will be five minutes earlier this year to allow for a 5 minute gap between Whitecaps 2 and the following group.

Here are the details of the programs and dates:

Fall Session: Tuesday September 2 to Saturday December 20; no workouts Monday September 1 or Monday October 13.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$210+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$210+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Nick, Mark, sub: Adrian; \$227+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:10-8:10pm; Coaches: Sean, Nick, Mark, sub: Adrian; \$210+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$106+HST

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

Swimmer Notes

- Congratulations to Coach **Nicholas Scott** who has now officially completed his NCCP Level 1 Swimming Coaching certification!!

- Good luck to everyone participating in tomorrow's **Bring on the Bay** swim races. Please let me know if you are competing!

- **Tom Heyerdahl** (8:40am Earlybirds) set off on his quest to swim the 40km length of Lake Memphremagog at 3pm June 25. He covered 22km in 17 hours!! Here's his race report:

I started with a hope of landing in Magog. I pulled my self onto the boat just a little past halfway at 22 km, after 17 hours of swimming. I also swam in the dark for 7 hours. The first 5 hours were all "in my face chop". **Nadine Bennett** and **Sarah Dobbins** as my support crew were fantastic (first picture). **Margaret Rivard** and **Gary Coburn** were piloting the boat. They also were fantastic.

I had trouble keeping feeds down after 5 hours, earlier than I expected. I eventually found some strength from baby puree.

The encouragement of friends passed on the whiteboard lifted my spirits.

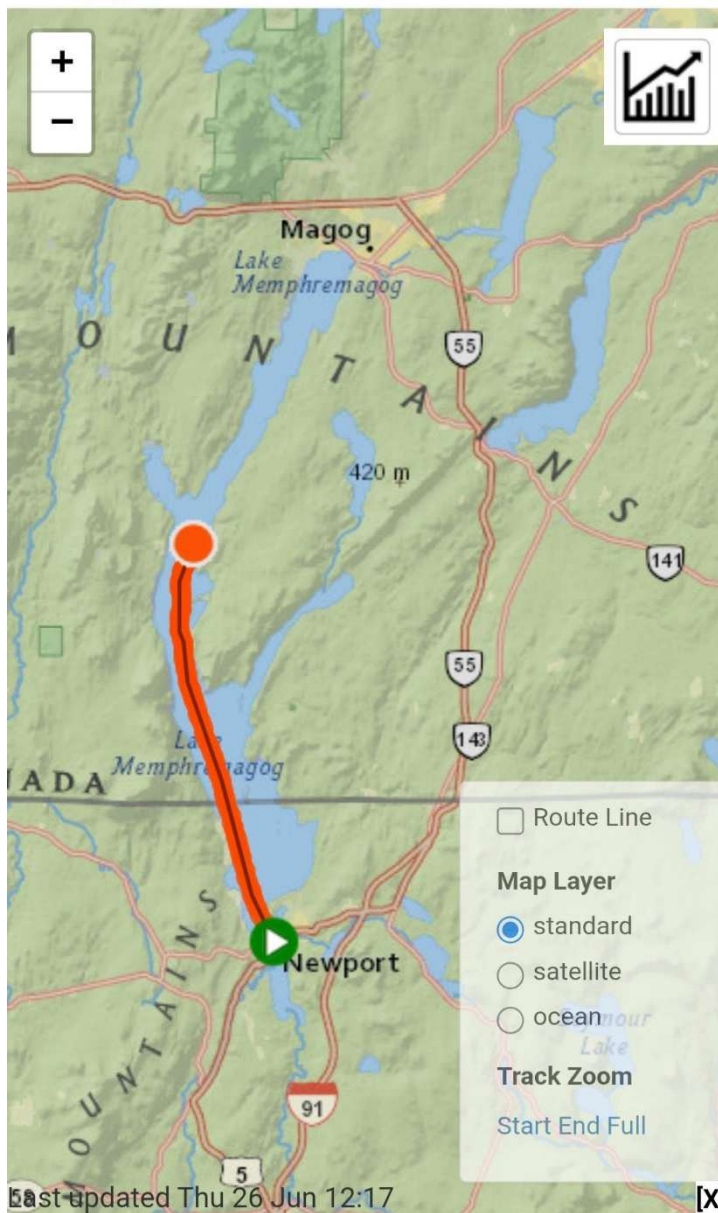
I'm proud that I did my longest continuous swim ever: 22km, also at 17 hours, definitely my longest continuous swim. Many lessons were learned, first and foremost, the importance of electrolytes.

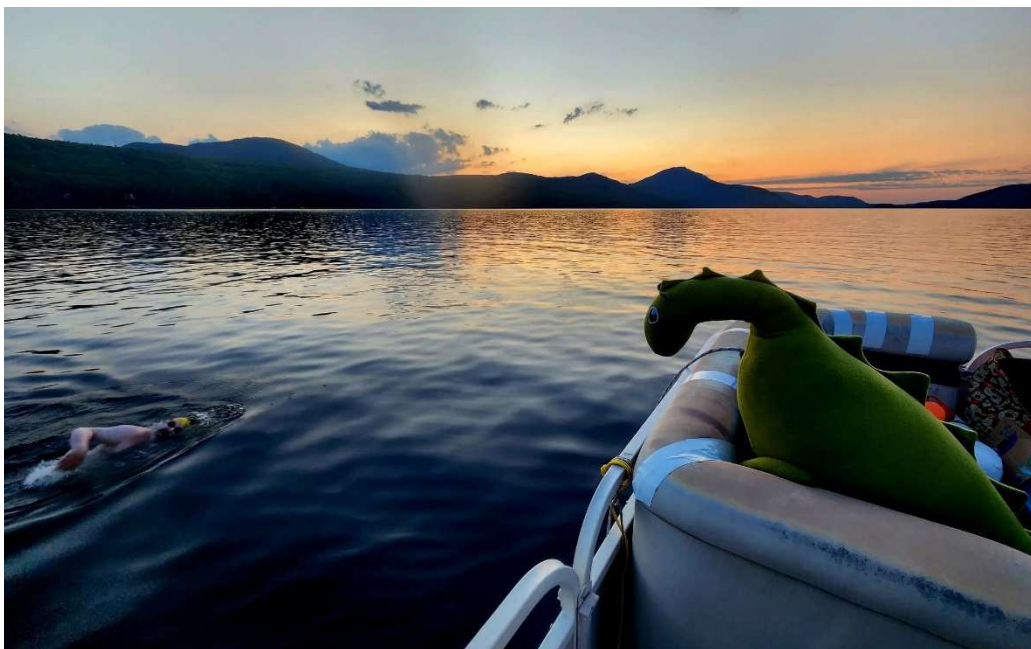
Many thanks to **Phil White** and **Kathleene Marcil** for organizing such an epic swim.





Tom Heyerdahl In Search of Memphre





- Congratulations to **David Lapins** (x-Earlybirds). He's one of five Ottawa Titans Waterpolo Players representing Canada at the World Championships. This is his fourth time making the team (he's on the left)!!



- The Lifesaving Society's National Drowning Prevention Week is July 20 to 26: <https://www.lifesavingsociety.com/water-safety/community-events/national-drowning-prevention-week.aspx>

Aquatic-Related Links:

- Women's 10km Winner, **Moesha Johnson**, Averages 1:08/100m!!!:

<https://x.com/WorldAquatics/status/1933966419265495543>

- Taking a Deep Dive into Acadia University's Decision to Close Its Pool: <https://www.cbc.ca/news/canada/nova-scotia/acadia-university-pool-closure-freedom-of-information-documents-1.7555302>

- Dynamic No Fins (DNF) Free Diving Swimming World Record **Julia Kozerska** 210.80m! [Ed. Note: i.e. How far can you swim in a pool underwater without breathing?]: <https://www.youtube.com/watch?v=wkVad1-3eHU>

- The Joy of Swimming with Strangers: https://www.nytimes.com/2025/06/22/opinion/new-york-city-public-pools-swimming.html?unlocked_article_code=1.Q08.mhDc.c3AJMY-MeE6x&smid=url-share
- Two Masters Swimmers: **Emily** and **Cole**: <https://www.facebook.com/reel/586453490676514>
- Why Early Vertical Forearm is So Important for Fast Swimming: <https://www.yourswimlog.com/early-vertical-forearm/>

News and Other Links:

- **Faith Kipyegon** Comes Up Short in Bid to Break 4-Minute Mile: https://www.espn.com/olympics/trackandfield/story/_/id/45591248/faith-kiyegon-comes-short-bid-break-4-minute-mile
- **Faith Kipyegon** Ran the Fastest Mile and 1500 Ever This Summer. Which One Is More Impressive?: <https://www.runnersworld.com/news/a65367503/faith-kiyegon-mile-1500-analysis/>
- The Top Ten Most Nutritious Foods on the Planet: <https://blogs.naturalnews.com/top-10-nutritious-foods-planet/>
- Ride to Remember: How Cycling Can Help Keep Your Brain Young: <https://momentummag.com/ride-to-remember-how-cycling-can-help-keep-your-brain-young/>

- **Community Members Parking:** If you have an all-inclusive or Senior Ravens membership, there is no change to your parking process (ensure that your plate is on file at the Welcome Centre). However, for those with **Morning-only**, **Swim-only**, or a **Summer** membership, you must now **register with Hot Spot whenever you park at Athletics**. The link is: <https://hotspotparking.com/tapPoster/park/carletonU5>. For Morning-only use code: GYMAM. For Swim-only and Summer use code: GYM25.

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.

- 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.

- **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/>.

Summer Session Information

Dates: Monday June 30 to Saturday August 30; no workouts Tuesday July 1 or Monday August 4. or Monday May 19.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and Three Lanes Shallow: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark/Nick** (sub: **Adrian**)

12:15-1:25pm Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Mark coached for **Lynn** on **Monday June 30**.

Nick coached for **Sean** on **Monday June 30**.

There was no workout on Tuesday July 1.

Shane (Pool Staff) coached for **Lynn** on **Wednesday July 2**.

Paddy coached for **Lynn** on **Friday July 4**.

Nick coached for **Sean** on **Monday July 7**.

Special Sets:

Tue/Wed July 29/30: fin day

Tue/Wed August 5/6: short distance time trials (morning: lanes 1-3)

Thu/Fri August 7/8: short distance time trials (morning: lanes 4-6)

Tue/Wed August 12/13: short distance time trials (morning: lanes 7-9)

Tue/Wed/Fri August 19/20/22: 1500/800 time trial

Thu/Fri August 28/29: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum25.pdf>.

Here are the attendance statistics for the term so far. Please let me know of any errors or omissions.

7:35am Earlybirds: June 30 to July 11 (6 workouts); range: 28-38; average: 33.2

Perfect Attendance: **Andrew Rolleston, Bob Tipple, Christine Rivas, Kevin Woodley, Maddie Perrault, Margaret Janse van Rensburg**

6:00pm Whitecaps: June 30 to July 10 (5 workouts); range: 20-26; average: 23.0

Perfect Attendance: **Adam Vieira, Christian Cattan, Don Wells, Liz Parkin, Luciara Nardon, Mike Lee, Natalie Aucoin, Nicole Delisle**

12:15pm Saturdays: July 5 (1 workout1); range 12-12; average: 12.0

Perfect Attendance: **Christian Cattan, Don Wells, Enmanuel Mujica, Homero Martinez, Joanie Conrad, Luciara Nardon, Mariette Kenney, Natalie Aucoin, Nicole Delisle, Stephanie Le Saux-Farmer, Susan Hulley**

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: **Mark/Nick** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark/Nick** (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>.

Here are the attendance statistics for the term.

7:35am Earlybirds: May 5 to June 27 (23 workouts); range: 23-33; average: 27.1

Perfect Attendance: **Jennifer Glassman**

8:40am Earlybirds: May 5 to June 27 (23 workouts); range: 16-30; average: 23.9

Perfect Attendance: **Debby Whately, Susan Hulley**

6:00pm Whitecaps: May 5 to June 26 (23 workouts); range: 14-27; average: 21.0

Perfect Attendance: **Natalie Aucoin**

7:15pm Whitecaps: May 5 to June 26 (23 workouts); range: 4-16; average: 9.7

Perfect Attendance: **Jesula Drouillard**

8:15am Saturdays: May 3 to June 28 (8 workouts); range 21-31; average: 24.6

Perfect Attendance: **Francois Jacques, Homero Martinez**

Spring Session Summary

A big thank you to our coaches for Spring 2025: **Adrian Finn, Blake Christie, 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 146 time trials completed: 82 by women and 64 by men. A total of 59 swimmers participated: 29 women and 30 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 25 swims scoring 225 points or more (7 by women and 18 by men). The top point scorer was **Alex Moggridge** (7:35am Earlybirds) with a score of 426 for an incredible 59.7 100m freestyle. He was followed by **Tony Revitt** (7:35am Earlybirds) and **Adam Vieira** (6pm Whitecaps) with 374 and 359 points, respectively, for 19:39 and 19:56 for their 1500m freestyles. Top score for the women was 277 by **Juliette Pons** (6pm Whitecaps) for 23:30 in 1500m freestyle. She was followed by **Maddy Barlow** (8:40am Earlybirds) and **Margaret Janse van Rensburg** (7:35am Earlybirds) with 261 and 244 points for their 23:59 and 24:30 times in 1500m freestyle. Margaret earned exactly the same point score for her 200m IM (3:14.9). **Alex** and **Margaret** each scored over 225 points in three different events.

There were 29 improvements and ties (13 by women, and 16 by men). A total of 18 swimmers improved or tied their best times (7 women and 8 men). Most improved overall was Julian Labrin (7:35am Earlybirds) with a whopping 19.0 second (19.0/100m) improvement in 100m freestyle. Next was Ralph Siemsen (8:40am Earlybirds) with a 3.9 second (7/8sec/100m) improvement in 50m backstroke. He was followed by the top female, Steph Carr (7:35am Earlybirds), with a 1:24 (5.6sec/100m) improvement in 1500m freestyle. Next was Maddie Perrault (7:35am Earlybirds) with a 1:17 (5.1sec/100m) improvement in her 1500m freestyle. She was followed by Megan Holtzman (8:40am Earlybirds) with a 4.9 second (4.9sec/100m) improvement in 100m IM. Rounding out the top three for the men was Mike Vanderveer (8:40am Earlybirds) with a 49 second (3.3sec/100m) improvement in 1500m freestyle. **Megan** and **Steph** each improved in four different events!

The swimmers with perfect attendance for this term are: **Jennifer Glassman** (7:35am Earlybirds); **Debby Whately** (8:40am Earlybirds); **Susan Hulley** (8:40am Earlybirds); **Natalie Aucoin** (6pm Whitecaps); **Jesula Drouillard** (7:15pm Whitecaps); **Richard Arsenault** (7:15pm Whitecaps); **Andrea Chandler** (Saturdays); **Francois Jacques** (Saturdays); and **Homero Martinez** (Saturdays).

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	Juliette Pons	WC1	F	1500fs	23:30	277
2	Maddy Barlow	EB2	F	1500fs	23:59	261
3	Margaret Janse van Rensburg	EB1	F	1500fs	24:30	244
4	Maddie Perrault	EB1	F	1500fs	24:40	239
5	Megan Holtzman	EB2	F	1500fs	25:08	226
1	Alex Moggridge	EB1	M	100fs	59.7	426
2	Tony Revitt	EB1	M	1500fs	19:39	374
3	Adam Vieira	WC1	M	1500fs	19:56	359
4	Sam Hersh	EB1	M	50fs	29.3	330
5	Joel Meredith	WC1	M	1500fs	20:43	319
6	Gi Wu	EB2	M	50fs	29.9	311
7	Andrew Popp	EB1	M	50fs	30.6	290
8	Rodrigo Rojas	EB2	M	1500fs	21:29	286
9	Mark Lebel	WC2	M	1500fs	21:50	273
10	Hazem Abu Alteen	EB1	M	50fs	31.9	256

11	Julian Labrin	EB1	M	50fs	32.0	253
12	Konstantin Petoukhov	WC1	M	1500fs	22:35	246
13	Bruce Brown	EB1	M	1500fs	22:40	244
14	Jay D'Amour	WC2	M	1500fs	23:07	230

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Steph Carr	EB1	F	1500fs	84.0	5.6
2	Maddie Perrault	EB1	F	1500fs	77.0	5.1
3	Megan Holtzman	EB2	F	100IM	4.9	4.9
4	Margaret Janse van Rensburg	EB1	F	200IM	2.8	1.4
5=	Juliette Pons	WC1	F	1500fs	14.0	0.9
5=	Susan Hulley	EB2	F	200fs	1.8	0.9
7	Rocio Aranda	EB1	F	800fs	2.0	0.3
1	Julian Labrin	EB1	M	100fs	19.0	19.0
2	Ralph Siemsen	EB2	M	50bk	3.9	7.8
3	Mike Vanderveer	EB2	M	1500fs	49.0	3.3
4	Gi Wu	EB2	M	50fs	1.5	3.0
5	Joel Meredith	WC1	M	1500fs	32.0	2.1
6=	Konstantin Petoukhov	WC1	M	1500fs	15.0	1.0
6=	Tony Michel	EB1	M	800fs	8.0	1.0
8=	Francois Jacques	EB1	M	1500fs	12.0	0.8
8=	Sam Hersh	EB1	M	50bk	0.4	0.8
10	Paul Buzuloiu	EB1	M	1500fs	10.0	0.7
11	Tony Revitt	EB1	M	1500fs	0.0	0.0

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
50fs				
1	Steph Carr	EB1	F	39.4
2	Anne Griffith	EB2	F	41.6
3	Susan Hulley	EB2	F	47.4
1	Alex Moggridge	EB1	M	27.7
2	Sam Hersh	EB1	M	29.3
3	Gi Wu	EB2	M	29.9
4	Andrew Popp	EB1	M	30.6
(17/14)				
100fs				
1	Steph Carr	EB1	F	1:24.6
2	Megan Holtzman	EB2	F	1:27.3
3	Susan Hulley	EB2	F	1:44.8
1	Alex Moggridge	EB1	M	59.7
2	Julian Labrin	EB1	M	1:14.6
3	Chris Whitehead	EB1	M	1:23.7
(7/4)				

200fs				
1	Susan Hulley	EB2	F	3:41.8
(1/0)				
400fs				
1	Steph Carr	EB1	F	6:43.5
2	Debby Whately	EB2	F	7:40
1	Bob Tipple	EB2	M	8:28
2	John Weston	EB1	M	8:41
3	Thomas Foth	EB1	M	13:06
(2/3)				
800fs				
1	Sandy Lawson	EB1	F	16:21
2	Rocio Aranda	EB1	F	17:28
3	Shealagh Pope	EB1	F	18:05
4	Ursula Scott	EB1	F	18:10
1	Tony Michel	EB1	M	16:17
2	Ken Johnson	EB1	M	22:40
(12/2)				
1500fs				
1	Juliette Pons	WC1	F	23:30
2	Maddy Barlow	EB2	F	23:59
3	Margaret Janse van Rensburg	EB1	F	24:30
4	Maddie Perrault	EB1	F	24:40
1	Tony Revitt	EB1	M	19:39
2	Adam Vieira	WC1	M	19:56
3	Joel Meredith	WC1	M	20:43
(13/20)				
50bk				
1	Megan Holtzman	EB2	F	54.1
2	Susan Nevitt-Yelle	EB1	F	1:01.1
3	Heather Bonas	EB1	F	1:01.4
1	Alex Moggridge	EB1	M	34.3
2	Sam Hersh	EB1	M	37.7
3	Gi Wu	EB2	M	42.1
(7/6)				
100bk				
1	Margaret Janse van Rensburg	EB1	F	1:34.8
1	Bruce Brown	EB1	M	1:33.8
2	Tony Michel	EB1	M	1:43.7
(1/2)				
50br				
1	Anne Griffith	EB2	F	48.6
2	Megan Holtzman	EB2	F	52.4
3	Jennifer Glassman	EB1	F	1:01.1
1	Andrew Popp	EB1	M	39.4
2	Sam Hersh	EB1	M	40.6

3	Gi Wu	EB2	M	41.8
(9/7)				
50f1				
1	Shealagh Pope	EB1	F	1:00.0
2	Ursula Scott	EB1	F	1:12.0
1	Gi Wu	EB2	M	39.2
2	Ken Johnson	EB1	M	1:51.4
(2/2)				
100f1				
1	Margaret Janse van Rensburg	EB1	F	1:34.9
1	Julian Labrin	EB1	M	1:26.8
(1/1)				
100IM				
1	Megan Holtzman	EB2	F	1:41.3
2	Anne Griffith	EB2	F	1:44.6
3	Heather Bonas	EB1	F	2:06.4
1	Julian Labrin	EB1	M	1:24.0
2	Chris Whitehead	EB1	M	1:35.6
3	Ralph Siemsen	EB2	M	1:40.8
(8/3)				
200IM				
1	Margaret Janse van Rensburg	EB1	F	3:14.9
(1/0)				
400IM				
1	Margaret Janse van Rensburg	EB1	F	7:02.0
(1/0)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Steph Carr	EB1	F	0.7	1.4
1	Gi Wu	EB2	M	1.5	3.0
2	Julian Labrin	EB1	M	1.4	2.8
3	Mike Vanderveer	EB2	M	0.9	1.8
(1/4)					
100fs					
1	Steph Carr	EB1	F	2.3	2.3
2	Megan Holtzman	EB2	F	2.2	2.2
1	Julian Labrin	EB1	M	19.0	19.0
(2/1)					
200fs					
1	Susan Hulley	EB2	F	1.8	0.9
(1/0)					
400fs					
1	Steph Carr	EB1	F	13.5	3.4
(1/0)					

800fs					
1	Rocio Aranda	EB1	F	2.0	0.3
1	Tony Michel	EB1	M	8.0	1.0
(1/1)					
1500fs					
1	Steph Carr	EB1	F	84.0	5.6
2	Maddie Perrault	EB1	F	77.0	5.1
3	Juliette Pons	WC1	F	14.0	0.9
1	Mike Vanderveer	EB2	M	49.0	3.3
2	Joel Meredith	WC1	M	32.0	2.1
3	Julian Labrin	EB1	M	27.0	1.8
(4/7)					
50bk					
1	Ralph Siemsen	EB2	M	3.9	7.8
2	Sam Hersh	EB1	M	0.4	0.8
(0/2)					
50br					
1	Megan Holtzman	EB2	F	2.1	4.2
1	Ralph Siemsen	EB2	M	2.7	5.4
(1/1)					
100IM					
1	Megan Holtzman	EB2	F	4.9	4.9
(1/0)					
200IM					
1	Margaret Janse van Rensburg	EB1	F	2.8	1.4
(1/0)					

Ask the Coach

Dear Coach: In the last newsletter there was a question about swimming with a band. Perhaps for evening swimmers, in particular, who have forgotten or never experienced swimming with a band, you could explain what and why? Evening Swimmer

Dear E. Swimmer: The morning swimmers had a chance to try swimming with a band during the Spring end-of-term dice set. The band wraps around your ankles and you (attempt to) swim without using your legs. It's basically pulling without a pull buoy. It is challenging but a great drill to work on body position. If you would like to give this a try,

Dear Coach: During the 1500 time trial, should I stay underwater for a long time after each turn? Want To Get Faster

Dear W.T.G. Faster: A good streamline position off each wall in a submerged position is definitely something you should always do (regardless of the distance). For a longer distance, you don't want to stay underwater too long as it will tire you out. The amount of time (and distance) you stay underwater and the amount you kick while underwater is up to you. Always practice before the time trial, i.e. don't try something you haven't done before during the race!

Dear Coach: I have been looking for a good stretching routine for swimmers. Can you recommend something? Want To Stretch

Dear W.T. Stretch: A few caveats: it depends on whether you want something for before or after swimming. Normally before swimming you want to do activation vs. stretching, i.e. dynamic not static movements. Save the static stretching for after your workout. Also, listen to your body. Here are a few links with some good swimming stretches:

<https://www.mitrecsports.com/aquatics/8-important-warm-up-stretches-for-swimmers/>
<https://swimswam.com/stretches-for-swimmers/>
<https://eatswimwin.com/stretches-for-swimmers/>

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>.

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/Km9BOi8WGjWDKwg9vq39xR>

August 9 Traversee du Lac Simon 500m, 2k, 5k, 12k Swims <https://www.ms1inscription.com/traverseelacsimon2025>

August 16-17 Canadian Open Water Swimming Festival 200m, 500m, 1.5k, 2, 3k, 5k, 10k, 2 x 500m relay, Parc Jean-Drapeau, Montreal <https://www.ms1inscription.com/festivaleaulibre2025>

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!

June 28 Outrigger Canoe (OC) Racing, Dorval

Congratulations to **Debby, Megan, Cheri**, and **Isabelle**! Thanks to **Debby** for this report:

6-man outrigger boats had 2 categories: unlimited which are ultralight and Spec boats (heavier) doing a 16 km race.

In the women's race **Megan Holtzman** (8:40am Earlybirds) 's unlimited placed 1st out of 6, **Cheri Reddin** (7:35am Earlybirds) and Debby Whately (8:40am Earlybirds) placed 2nd out of 2 Spec boats (the starter started the race before we had left the dock and we had to make up about 400m to get to the start line!)

In the Mixed race, **Isabelle Fradette** (x-Earlybirds) 's unlimited placed 3rd out of 6 but they hulled (flipped) and still managed to get the boat over and back in the race.

In 2-man outrigger boats **Isabelle** did a Mixed 16 km race with her partner and won; **Cheri** was in a women's 8K which they won. (There was only one boat in each category but they did it and under **extremely** windy, wavy, rainy conditions without flipping.)

June 29 Worlds Warmup LC Meet, Etobicoke

Great job by **Natalie**: she swam all her five Worlds events in about 2 hours, and did super well! I swam seven events in 2.5 hours. **Nat** and I swam side by side and had a great race in her 400 free vs. my 400 IM! Good luck to **Natalie** for Worlds in Singapore next month. Masters worlds takes place after and in the same location as the World Aquatic World Championships. (I am not going to Worlds, but just wanted to race Long Course.)

Full results:

<https://docs.google.com/spreadsheets/d/1xG03Eli1IWBnfjwuMmBTWQ84RfXfHrEBTgiv4XyB7wQ/edit?gid=2037137124#gid=2037137124>

Natalie Aucoin (6pm Whitecaps; W50-54): **1st** 200 free (2:58.34), 400 free (6:10.20), 50 fly (38.36), 100 fly (1:32.84); **2nd** 50 free (35.85)

Lynn Marshall (Coach; W60-64): **1st** 50 free (33.14), 100 free (1:12.22), 400 free (5:10.36), 200 back (2:56.28), 200 breast (3:28.02), 200 IM (2:54.99), 400 IM (6:06.93)

July 4-5 PanAm Club Crew Championship Dragonboat Races, Olympic Basin, Montreal

Congratulations to **Debby, Megan, Aaron, Cheri, Carolyn, and Isabelle!** Thanks to **Debby** with some input from **Megan** for this report:

Bytown Club had 15 crews including 2 Standard boats (20 paddlers plus steers and drummers) and 13 Small boats (10 paddlers plus steers and drummers), the racing distances were 200m., 500m. and 2K for each crew. **Cheri Reddin** (7:35am Earlybirds) and **Debby Whately** (8:40am Earlybirds) paddled on two crews, while **Isabelle Fradette** (x-Earlybirds), **Megan Holtzman** (8:40am Earlybirds) and **Carolyn Odecki** (6pm Whitecaps) were involved with multiple crews between paddling, steering and drumming.

Senior C (over 60) women's standard boat **Debby** paddled and **Carolyn** steered and we were solid Gold. Our 2K was an adventure because they got hit on the second corner (it is raced on a 500m course with three turns). **Carolyn** did a fabulous job of steering after the hit and got them back on course. She did such an impressive job that the referee even called out that she did an amazing steering job!

Senior B (over 50) women's standard boat had **Cheri, Isabelle** and **Debby** paddling. We got Gold in the 200m and 500m race but silver in the 2K. They would have had gold but had an even more spectacular hit on the second corner. They got hit so hard that the steers just about had her head taken off by the dragon head of the other boat (had to be a contortionist) and we got turned 180, took on a ton of water (thought they were going to flip or sink) and were heading for the rocks on the side. They somehow managed to get turned around while Debby and her partner bailed like crazy.

Cheri and **Megan** were in a 10-man Women's boat in Senior A (40 and over) that got bronze in 500m and 2K in a very competitive division. **Isabelle** was in a different 10-man women's boat that didn't medal but gave lots of race experience to a relatively new crew.

Megan's two daughters were in a 10-man U16 women's boat that she steered and got silver (200m) and Gold in 500m and 2K. Our women's teams are called Sportchicks so the U16 boat were the Sportchicklets. ☺

Carolyn steered 3 boats and ended up with 9 medals. **Isabelle** steered the D women (over 70) small boat and got 3 Gold medals.

Megan drummed for the D women, coached a couple developing boats and paddled with a senior A mixed boat that she put together, which included an Argentinian paddler who didn't have his own crew. Her whole family participated - on top of her daughters **Elizabeth** and **Arabella** paddling u16 women and u16 mixed (silver in all distances), **Aaron Holtzman** (x-Earlybirds) paddled on the senior A mixed boat.

A neat note was that they selected flag bearers in the opening ceremonies from their two new crews, reflecting the youngest and oldest of the club - a 12 year old girl on u16 who was the granddaughter of one of the Senior D captains and an 80+ year old Senior D who was the grandfather of one of the u16 boys!

Our U16 were a pilot project but were such a success that they will have to continue the team and recruit a few more!

July 5 Gatineau Olympic Triathlon

Congratulations to **Sandra** and **Colin** on their great results and podium finishes! Full results:

<https://www.athlinks.com/event/356916/results/Event/1116537/Results>

Colin Kiviaho (7:35am Earlybirds; M50-54): 7th overall, 7th man, and **1st** in category in 2:12:18 (27:15 swim)

Sandra Kiviaho (8:40am Earlybirds; W45-49): 75th overall, 11th woman, and **2nd** in category in 2:45:40 (26:34 swim)

Here's **Sandra's** race report:

Well, another win for team **Sandra**...it appears I can only beat team **Colin** in a non-wetsuit, 1500m swim. But I'll take the win.

Extra special day as my friend, **Elise**, completed her first tri! Wonderful to share this experience with her. I think she's hooked.

The swim was fun at first with legs, arms and bubbles everywhere. But there was a bit more chaos with some big men being 'a bit intense' I must say that swearing when you're swimming is a new technique. Despite this, I had a really good swim - the guy beside me congratulated me as we finished and the crowd cheered too.

I was close to my record bike time. A closed bike course with multiple laps, is my favourite.

I wanted to run a 5:30 pace and was 5:32. So pretty happy with that.

Came second in my age group and the winner told me that we had been on a podium together before at another race.

Colin was 7th overall and 1st in his age group. Next race Ironman Ottawa (for Colin only)!!

The Gatineau holds a beautifully organized event with encouraging volunteers and I even found the participants extra nice this year.



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: <https://www.statsman.ca/#canada> (last update July 10).

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.

Summer Masters Session Details

Monday June 30 to Saturday August 30; no workouts Tuesday July 1 (Canada Day) or Monday August 4 (Civic Holiday).

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$127+HST: Full: Waitlist available

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark/Nick, Sub: Adrian; \$133+HST

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

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

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/>