

Carleton Masters Swimming Newsletter #670

Friday, September 5, 2025

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those registered for Fall 2025 and Alumni: 7:35am Earlybirds I (44 addresses), 8:40am Earlybirds II (44 addresses), 6:00pm Whitecaps I (38 addresses), 7:10 Whitecaps II (17 addresses), Saturday Only (12 addresses), Alumni (8 addresses).

And those registered for Fall 2024, Winter 2025, Spring 2025, and Summer 2025, and Alumni: 7:35am Earlybirds I (22 addresses), 8:40am Earlybirds II (17 addresses), 6:00pm Whitecaps I (30 addresses), 7:15pm Whitecaps II (27 addresses), Saturday Only (14 addresses), Alumni (37 addresses).

"Don't wait for motivation to show up – show up, and motivation will follow." – James Clear

Masters Swimming Program Notes

- The Summer Masters Session ran from Monday June 30 to Saturday August 30, inclusive.
 - The end of term statistics can be found below.
- The Fall Masters Session runs from Tuesday September 2 to Saturday December 20, inclusive.
 - Workouts run as usual on **Tuesday September 30** (National Day of Reconciliation).
 - There are **no workouts on Monday October 13** (Thanksgiving).
 - The 7:35am Earlybirds 1 and 8:40am Earlybirds 2 groups are full. The 6pm Whitecaps 1 and Saturday groups are getting close to full, with 2 and 1 spots, respectively. There is lots of space in 7:10pm Whitecaps 2. Please let me know if you are on a wait list.
 - Full details of the Fall groups can be found near the end of the newsletter.

Swimmer Notes

- I am very sad to report that **Dave Caldwell** (Earlybirds)'s wife, **Tanyse**, let me know that **Dave** passed away on **Friday August 29**. He had been battling cancer but received the news that he was in remission just a week before his death. He suddenly succumbed due to heart damage caused by the cure – the cruel reality of fighting cancer. **Tanyse** says: "He truly loved the club and was always hoping to make his way back there". Here's his obituary: <https://ottawacitizen.remembering.ca/obituary/david-caldwell-1093065448>.



- Carleton's Football team has home games on **Saturday September 13 at 1:00pm** and **Saturday September 27 at 4:00pm**. Sometimes, for home games, the Lot 5 is closed (or partly closed) for the whole day. Give yourself a bit of extra time for parking if you swim on those dates.

- Ottawa's **Sarah Dobbin** swam an unprecedented 50km route in the Ottawa River (Canada) between Victoria Island and Wendover. Unofficial elapsed time 15h55m: <https://www.facebook.com/share/v/177x2sAtaq/>. More here: <https://www.facebook.com/profile.php?id=61575524647372>

- As part of our annual registration with Swim Ontario, we get four free tickets to the Swim Ontario Conference – Inspiring the Future, September 19-20 in Toronto: <https://www.swimontario.com/about/2025-swim-ontario-conference/>. If anyone is interested, please let me know.

- The Carleton University Pool Staff dove into the Canadian Cancer Society's "Swim 10k in August Challenge", with a bold fundraising goal of \$3,000! 🐬❤️ They are calling all swimmers and coaches to support the cause – you can join the team and take on the challenge of swimming 10 kilometers in the month of August, make a donation toward our

fundraising goal or both – either way you are helping us make waves in the fight against cancer. Let's show the power of our Carleton University Athletic community—every lap counts! You can check out the fundraising page here:

<https://fundraisemyway.cancer.ca/teams/CUP>

Aquatic-Related Links:

- Scottish Brothers Set New 139 Day Record for Pacific Ocean Row: <https://www.bbc.com/news/articles/c9876y4z4rgo>
- Canadian Triathlete **Mathis Beaulieu's** Brave Move, and the Coach Who Helped Him Rise: <https://triathlonmagazine.ca/feature/mathis-beaulieus-brave-move-and-the-coach-who-helped-him-rise/>
- Moose-Eating Shark Rescued in Newfoundland Harbour: <https://www.cbc.ca/news/canada/newfoundland-labrador/moose-eating-shark-rescued-in-newfoundland-harbour-1.2434102>
- Taking the Waters: A Fish-Eye View Gives a New Perspective on Travel: <https://travel.everythingzoomer.com/travel/2025/04/09/taking-the-waters-a-fish-eye-view-gives-a-new-perspective-on-travel>
- Breaststroke Head Movement: <https://www.facebook.com/reel/1752533152342970>
- Another Different Way to Enter the Pool: <https://x.com/duoswim/status/1949589211688075508>
- When You Climb Out of the Water at Different Ages [Ed. Note: It depends how challenging the workout was!]: <https://www.facebook.com/reel/1307433360942539>

News and Other Links:

- Four Ways Women Are Physically Stronger Than Men: <https://www.msn.com/en-us/news/us/4-ways-women-are-physically-stronger-than-men/ar-AA1FPJXU>
- Ten Best Foam Roller Stretches To Loosen Tight Muscles: <https://flabfix.com/foam-roller-stretches-loosen-tight-muscles/>
- CAA Study Shows Real Dangers Cyclists Face but Stops Short of Real Solutions: <https://momentummag.com/caa-study-intersection-safety-cyclists/>
- World's Deepest Marathon [Ed. Note: In a mine, 1120m below sea level!]: <https://www.worldsdeepestmarathon.com/>

- **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/>.

Fall Session Information

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

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: **Nick**; Thu: **Mark** (subs: **Adrian, Malcolm**)

7:10-8:10pm Mon/Tue/Thu Whitecaps 2: Shallow End: Mon: **Sean**; Tue: **Nick**; Thu: **Mark** (subs: **Adrian, Malcolm**)

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

Further details and changes will be noted here.

Malcolm is coaching the **6pm and 7:10pm Whitecaps** for **Sean** on **Monday September 15**.

Malcolm is coaching the **6pm and 7:10pm Whitecaps** for **Sean** on **Monday September 22**.

Special Sets:

Tue/Wed October 14/15: fin day
Mon November 3: 1500/800 time trial
Thu/Fri November 13/14: fin day
Mon November 24: short distance time trials
Thu/Fri December 18/19: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanfall25.pdf>.

Attendance for the Fall session will be included starting in the next newsletter!

Summer Session Information

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

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 **Sean** on **Monday August 25**.

Nick coached for **Paddy** on **Tuesday August 26**.

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 August 29 (26 workouts); range: 23-42; average: 31.2
Perfect Attendance: **Christine Rivas**

6:00pm Whitecaps: June 30 to August 28 (25 workouts); range: 12-26; average: 18.5
Missed Two Workouts: **Christian Cattan**

12:15pm Saturdays: July 5 to August 30 (9 workouts); range 10-14; average: 11.9
Perfect Attendance: **Mariette Kenney**

Summer Session Summary

A big thank you to our coaches for Summer 2025: **Adrian Finn, Blake Christie, Malcolm Egan, Mark Blenkinsop, Nicholas Scott, Paddy Mallia, Sean Dawson, and Tim Kilby**. Once again, best of luck to **Paddy** for Teacher's College at UBC!

Thank you also to everyone who participated in time trials this term. Everyone had the opportunity to do some short distance time trials, as well as the long distance freestyle time trial. There were 88 time trials completed: 52 by women and 36 by men. A total of 35 swimmers participated: 22 women and 13 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 20 swims scoring at least 225 points (11 by women and 9 by men). The top point score was 343 achieved by **Tara Kaushik** (7:35am Earlybirds) with 33.2 in 50m freestyle. Next, and top man, was **Alex Cox-Tardowski** (7:35am Earlybirds) with 304 points for 30.1 in 50m freestyle. He was followed closely by **Sam Hersh** (7:35am Earlybirds) earning 295 points for 1:07.5 in his 100m freestyle. Next was **Maddie Perrault** (7:35am Earlybirds) with 270 points for 3:08.5 in 200m IM. Third for the men was **Julian Labrin** (7:35am Earlybirds) scoring 249 points with his 100m freestyle of 1:11.4. Rounding out the top 3 for the women was **Margaret Janse van Rensburg** (7:35am Earlybirds) with 245 points for her 3:14.7 200m IM. **Margaret** has promised to send an update once she is settled in South Carolina! **Tara** scored 225 points or more in five different events, and **Maddie** and **Julian** in four!

There were 21 improvements and ties (12 by women, and 9 by men). A total of 11 swimmers improved (6 women and 5 men). Most improved was **Maddie Perrault** (7:35am Earlybirds) who improved her 200m IM by 17.2 seconds (8.6sec/100m). It's rare for the same swimmer to get a Fastest Swimmer and a Most Improved Swimmer award the same term, and **Maddie** even did it in the same event! She was followed by **Christine Rivas** (7:35am Earlybirds) with a 42 second (5.3sec/100m) improvement in 800m freestyle. Next, and top man, was **Andrew Rolleston** (7:35am Earlybirds) with a 2.5 (5.0sec/100m) improvement in 50m freestyle. Next were **Joanie Conrad** (6pm Whitecaps) and **Julian Labrin** (7:35am Earlybirds) who both improved by 3.2sec/100m: **Joanie** with a 48 second improvement in 1500m freestyle and **Julian** with 3.2 seconds in 100m freestyle. Rounding out the top three for the men was **Kevin Woodley** (7:35am Earlybirds) with a 1.7 second (1.7sec/100m) improvement in 100m backstroke. **Kevin** improved in four different events, and **Christine**, **Maddie**, and **Margaret** all improved in three!

The swimmers with perfect attendance for this term are: **Christine Rivas** (7:35am Earlybirds) and **Mariette Kenney** (Saturdays). It's always great to see someone, in this case **Christine**, get a Perfect Attendance and a Most Improved Swimmer award. Perhaps there's a correlation 😊 !

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	Tara Kaushik	EB1	F	50fs	33.2	343
2	Maddie Perrault	EB1	F	200IM	3:08.5	270
3	Margaret Janse van Rensburg	EB1	F	200IM	3:14.7	245
1	Alex Cox-Tardowski	EB1	M	50fs	30.1	304
2	Sam Hersh	EB1	M	100fs	1:07.5	295
3	Julian Labrin	EB1	M	100fs	1:11.4	249
4	Andrew Rolleston	EB1	M	50br	50.6	237

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Maddie Perrault	EB1	F	200IM	17.2	8.6
2	Christine Rivas	EB1	F	800fs	42.0	5.3
3	Joanie Conrad	WC1	F	1500fs	48.0	3.2
4	Margaret Janse van Rensburg	EB1	F	100fl	1.6	1.6
5	Janine Debanne	EB1	F	50fl	0.5	1.0
6	Luciara Nardon	WC1	F	1500fs	2.0	0.1
1	Andrew Rolleston	EB1	M	50fs	2.5	5.0
2	Julian Labrin	EB1	M	100fs	3.2	3.2
3	Kevin Woodley	EB1	M	100bk	1.7	1.7
4	Ralph Siemsen	EB1	M	50bk	0.3	0.6

5	Mike Vanderveer	EB1	M	1500fs	6.0	0.4
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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	Tara Kaushik	EB1	F	33.2
2	Maddie Perrault	EB1	F	36.6
3	Laura Kelly	EB1	F	45.6
1	Alex Cox-Tardowski	EB1	M	30.1
2	Sam Hersh	EB1	M	31.6
3	Julian Labrin	EB1	M	32.6
4	Kevin Woodley	EB1	M	35.6
(7/7)				
100fs				
1	Laura Kelly	EB1	F	1:41.8
2	Janine Debanne	EB1	F	1:48.9
1	Sam Hersh	EB1	M	1:07.5
2	Julian Labrin	EB1	M	1:11.4
3	Kevin Woodley	EB1	M	1:16.2
(2/3)				
400fs				
1	Eren Perez	WC1	F	6:45.0
2	Hannah Mallalieu	WC1	F	7:07.4
3	Liz Parkin	WC1	F	8:14.9
(4/0)				
800fs				
1	Laura Kelly	EB1	F	15:54
2	Christine Rivas	EB1	F	16:29
3	Ursula Scott	EB1	F	17:41
1	Ken Johnson	EB1	M	22:38
(7/1)				
1500fs				
1	Maddie Perrault	EB1	F	24:49
2	Tara Kaushik	EB1	F	25:15
3	Cheri Reddin	EB1	F	26:00
1	Julian Labrin	EB1	M	22:43
2	Alex Cox-Tardowski	EB1	M	22:54
3	Kevin Woodley	EB1	M	23:55
(9/10)				
50bk				
1	Tara Kaushik	EB1	F	40.8
2	Maddie Perrault	EB1	F	41.9
3	Janine Debanne	EB1	F	58.8
1	Bruce Brown	EB1	M	42.1
2	Ralph Siemsen	EB1	M	45.9

3	Andrew Rolleston	EB1	M	45.9
(5/4)				
100bk				
1	Maddie Perrault	EB1	F	1:32.0
2	Andrea Chandler	EB1	F	2:56.0
1	Kevin Woodley	EB1	M	1:35.8
(2/1)				
50br				
1	Tara Kaushik	EB1	F	46.5
2	Christine Rivas	EB1	F	1:09.9
3	Andrea Chandler	EB1	F	1:10.9
1	Andrew Rolleston	EB1	M	50.6
(3/1)				
100br				
1	Tara Kaushik	EB1	F	1:37.0
(1/0)				
50f1				
1	Tara Kaushik	EB1	F	39.3
2	Maddie Perrault	EB1	F	40.9
3	Margaret Janse van Rensburg	EB1	F	42.8
1	Julian Labrin	EB1	M	35.6
2	Alex Cox-Tardowski	EB1	M	37.6
3	Kevin Woodley	EB1	M	44.0
(5/4)				
100f1				
1	Margaret Janse van Rensburg	EB1	F	1:30.1
(1/0)				
100IM				
1	Christine Rivas	EB1	F	2:09.2
1	Kevin Woodley	EB1	M	1:32.3
2	Ralph Siemsen	EB1	M	1:43.3
(2/3)				
200IM				
1	Maddie Perrault	EB1	F	3:08.5
2	Margaret Janse van Rensburg	EB1	F	3:14.7
1	Kevin Woodley	EB1	M	3:16.3
2	Andrew Rolleston	EB1	M	3:46.0
(2/2)				
400IM				
1	Margaret Janse van Rensburg	EB1	F	6:54.9
(1/0)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Maddie Perrault	EB1	F	2.5	5.0

1	Andrew Rolleston	EB1	M	2.5	5.0
(1/1)					
100fs					
1	Julian Labrin	EB1	M	3.2	3.2
2	Kevin Woodley	EB1	M	1.6	1.6
(0/2)					
800fs					
1	Christine Rivas	EB1	F	42.0	5.3
(1/0)					
1500fs					
1	Joanie Conrad	WC1	F	48.0	3.2
2	Luciara Nardon	WC1	F	2.0	0.1
1	Julian Labrin	EB1	M	40.0	2.7
2	Kevin Woodley	EB1	M	13.0	0.9
3	Mike Vanderveer	EB1	M	6.0	0.4
(2/3)					
50bk					
1	Christine Rivas	EB1	F	0.6	1.2
1	Ralph Siemsen	EB1	M	0.3	0.6
(1/1)					
100bk					
1	Maddie Perrault	EB1	F	1.2	1.2
1	Kevin Woodley	EB1	M	1.7	1.7
(1/1)					
50f1					
1	Christine Rivas	EB1	F	1.6	3.2
2	Janine Debanne	EB1	F	0.5	1.0
(5/4)					
100f1					
1	Margaret Janse van Rensburg	EB1	F	1.6	1.6
(1/0)					
200IM					
1	Maddie Perrault	EB1	F	17.2	8.6
2	Margaret Janse van Rensburg	EB1	F	0.2	0.1
1	Kevin Woodley	EB1	M	0.5	0.3
(2/1)					
400IM					
1	Margaret Janse van Rensburg	EB1	F	1.5	0.4
(1/0)					

Ask the Coach

Dear Coach: Can you please remind everyone about lane etiquette? Returning Swimmer

Dear R. Swimmer: Thank you for the reminder.

Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (there will often be late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- If you are catching up to the person in front of you, pass or ask to go ahead on the next repeat.
- **Pass only when it is safe to do so.** Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know that you want to pass, just tap lightly on his/her feet.
- Do your turns in the middle of the lane (on the cross on the wall), to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, the lane should follow the set provided (correct distances and pace times, e.g. 4 x 50 is not a straight 200).
- If you need to make modifications to the workout due to injury, etc., ensure that your lane-mates are aware, and, if appropriate, move to a different lane.
- During the main set, ensure that everyone in your lane has space to finish at the wall at the end of each repeat. This may mean moving away from the wall if you're in a busy lane.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), please let your coach know, but keep in mind that we only have 6 lanes!
- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.
- If there are any issues with lane etiquette in your lane, please let your coach know.

Dear Coach: Is the level of the pool edge where we turn the same in all pools? Curious Swimmer

Dear C. Swimmer: No, many pools are different. The Carleton pool has the edge at the same level as the water, both at the bulkhead and at the ends of the pool. This makes turning with a "grab" turn easy and comfortable. As we've discussed at workout, this is great for turning, but for finishing you should practice finishing with your fingers extended and touching below the surface as that is fastest. Some pools have higher edges which means that for turns, you cannot (easily) grab and must turn by putting your hand(s) flat on the wall.

Dear Coach: Does the height of the pool edge affect the speed of the swimmer(s)? What else makes a difference? Still Curious Swimmer

Dear S.C. Swimmer: Yes! Many things contribute to how "fast" a pool is. Less turbulence is desired. Having low pool edges (at the sides and ends) reduces turbulence as the waves wash "out" of the pool. The depth of the water also makes a difference. Shallow water is more turbulent. The width of the lanes also makes a difference (wider is better, and having a 10 lane pool with just 8 swimmers is better). Tight lane ropes also help. And water temperature is important, too. Cool (vs. warm or cold) water is best for racing.

Dear Coach: I feel like I swim faster in the shallow end at Carleton, especially for fly. Does that make sense? Another Curious Swimmer

Dear A.C. Swimmer: As per the above, usually deep water is "faster". In addition, when the Carleton pool is set up for long course, there is about an inch of water on the far side of the bulkhead, so I believe that, in the usual short course set up, the shallow end is very slightly long. Sometimes it feels like we are going faster in shallow water as we see the bottom of the pool go by faster (as it is closer). Or maybe the waves that you create in fly are pushing you forward!

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 TBC.

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

November 5-9 Barbados Open Water Festival <https://www.barbadosopenwaterfestival.com/>
October 18 Quebec Masters Cup Meet #1, Complexe Aquatique, St Eustache
October 24 Uxbridge Swim Club Fall Invitational, Uxbridge
December 13 or 14 (TBC) Quebec Masters Cup Meet #2, Piscine Henri-Bourassa, Montreal North
January 17, 2026 Quebec Masters Cup Meet #3, Centre Aquatique Desjardins, St Hyacinthe
February 21 Quebec Masters Cup Meet #4, Complexe Sportif Claude Robillard, Montreal
April 17-19 Swim Ontario Masters Championships, location TBA (likely Etobicoke or Markham)
<https://www.swimontario.com/athletes/competitions/2026-ontario-masters-championships/>
April 24-26 Quebec Masters Championships, Complexe Sportif Claude Robillard, Montreal
May 22-24 Canadian Masters Championships, Windsor <https://www.swimming.ca/event/2026-speedo-canadian-masters-championships/>
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!

August 21-24 Canadian Dragon Boat Championships, Montreal

Congratulations on the great results, despite some crews being at less than their best due to last minute illness and injury!

Results:

Small Boats:

U24 Mixed – 6th
U24 Open – 6th
U24 Women – 3rd
Snr. B Mixed – 3rd
Snr. C Mixed – 2nd
Snr. C Open (Ship of Pain) – 3rd
Snr. D Women – 1st 🏆

Standard Boats:

Snr. A Women – 3rd
Snr. B Women – 2nd
Snr. C Women – 2nd

Snr. A, B and C women standard boats, along with the Snr. C mixed small boat have qualified for 2026 CCWC in Taiwan. Though Snr. D women small boat finished with a gold medal at this time there is no Snr. D class at CCWC's (that has to change).

Megan Holtzman (8:40am Earlybirds) paddled senior A, drummed senior B and senior C and cheered senior D as assistant coach (all women's crews).

Cheri Reddin (7:35am Earlybirds) paddled on Senior A and Senior B women's.

Debby Whately (8:40am Earlybirds) paddled on Senior B and Senior C women's.

Carolyn Odecki (6pm Whitecaps) was steering everywhere - Ship of Pain (senior C open small boat), senior C women, senior D women, and senior B mixed small boat. She also was paddled in the Senior C mixed small boat.

Isabelle Fradette (x-Earlybirds) was coaching, drumming, paddling and steering with Senior A and Senior B and coaching and drumming senior D. She also coached senior C mixed small boat and senior B mixed small boat (maybe drumming and steering them, too).

Megan's daughter **Arabella** paddled on the u24 small boat women and drummed the u24 mixed (she also drove the officials boat around on the Saturday).

August 24 Cornwall Triathlon

Congratulations to **Colin**, **Sandra**, and **Tamsin**! Full results: <https://sportstats.one/event/cornwall-triathlon?eventid=42835>

Olympic Distance

Colin Kiviaho (8:40am Earlybirds; M50-59): 9th overall, 9th male, and 1st in category in 2:14:21 (swim 27:25)

Sandra Kiviaho (8:40am Earlybirds; F40-49): 55th overall, 14th female, and 5th in category in 2:55:00 (swim 29:45)

Sprint Distance

Sam Hersh (7:35am Earlybirds; M30-39) 10th overall, 8th male, and in 4th category in 1:16:34 (swim 13:37)

Tamsin Douglas (Saturdays; F60-69): 67th overall, 29th female, and 2nd in category in 1:40:32 (swim 19:34)

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

The community of Cornwall never disappoints with their well organized tri race and amazing volunteers. That community knows how to cheer - they even thank you for coming. Wow!

The swim - no team Sandra vs Team Colin this time. He's so well trained from the Ironman - where's the fun in that? But I did try a different strategy - there was a few of us women who were swimming neck and neck. I decided to drop back and get on the toes of one of the women and hold. I think my swim was maybe slightly slower but I saved a lot of energy. The bike was Wiiiindy! And not only head on at times but whhhhrrrry! I do not like it when my bike wobbles so I used my aero bars a bit less. As always, fun to cheer friends and others on the bike. Colin looked great out there. I felt strong on the bike despite my time being slightly slower but I did wonder if I burned too many matches. The run was 2 loops which can be mentally tough especially when I see Colin and a few faster friends finish. But I am like a horse and once I make the final turn back - I am headed to the barn. Around 6km, a girl in my age group passed me. I kept her insight and the last km, I sped past her which ended up putting me in fifth in my age group. It also meant the sweet young boy removing the timing chip asked me if I needed the medics. Lol. Nope. Just a moment please. I guess the same boy told Colin, "You had a great race sir" as Colin took off his chip. Honestly - I can't get enough of these community events. You meet so many nice people. Thanks so much to the commitment of the volunteers. Colin was 9th overall, 1st in his age group.

Colin and Sandra:



Sam:



August 26-30 Canoe Kayak Canada Masters National Championships, Regina

Awesome job by the **Holtzman** family! Their daughters also competed in the regular (non-Masters) nationals!

Megan Holtzman (8:40am Earlybirds) and her husband, **Aaron Holtzman** (Alumnus), competed for the Rideau Canoe Club. **Aaron** earned a c1 bronze in men 50-54, together they got a silver for c15 mixed aged 45+, and Megan earned a gold in C1 women aged 35-39 and a bronze in C1 women aged 45-49 (you can compete in younger categories). Aaron and Megan competed together in 2 categories of C2 mixed but did not make the podium (they were just happy to make it to the finish line with winds gusting to 45 km/h).

August 30 Somersault Triathlons, Mooney's Bay

Congratulations to **Alex**, **Peter**, **Andrew B**, and **Andrew M**! If I missed anyone, let me know.

Sprint Distance: Full results: <https://results.somersault.ca/e/the-canadian-2025/r/9ad78141-6044-4d89-85b9-d5fae97ea573>

Alex King (7:35am Earlybirds; F25-29): 311th overall, 147th female, and 25th in category in 1:59:26 (swim 18:20)

Olympic Distance: Full results: <https://results.somersault.ca/e/the-canadian-2025/r/9ad78141-6044-4d89-85b9-d5fae97ea573>

Peter Konecny (6pm Whitecaps; M60-64): 9th overall, 9th man, and 1st in category in 2:26:13 (swim 27:32)

Andrew Beckett (Coach; M25-29): 83rd overall, 66th man, and 12th in category in 2:57:34 (swim 25:27)

Iron 113 Distance: Full results: <https://results.somersault.ca/e/the-canadian-2025/r/8dbfa7f2-5431-49ef-a9e1-9a3c0eb98cfc>

Andrew Mendes (Waitlist; M45-49): 13th overall, 12th man, and 1st in category in 5:27:56 (swim 30:11)

August 31 Deep River Triathlon (750m/27k/8k)

Awesome job by **Peter** – two wins in two days! Note that **Peter** didn't originally plan to race on back to back days, but the Deep River Triathlon was rescheduled from August 3 due to air quality issues! **Peter** says: "It was a lot easier to do these doubles when I was in my 40s!"

Full results: <https://sportstats.one/event/deep-river-triathlon/leaderboard/143221>

Peter Konecny (6pm Whitecaps; M60-64): 2nd overall, 2nd male, and 1st in category in 1:36:52 (swim 14:01)

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 **August 29**).

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.

Fall Masters Session Details

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: **Full** (wait list available)

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$210+HST: **Full** (wait list available)

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

Whitecaps 2: Monday/Tuesday/Thursday 7:10-8:10pm; Coaches: Sean, Nick, Mark, subs: Adrian, Malcolm; \$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/>.

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Tuesday 3:30-4:10pm, 4:10-4:50pm, 4:50-5:30pm (**full:** wait list available)

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/seo/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 2026**. 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/>