

Carleton Masters Swimming Newsletter #675

Friday, November 14, 2025

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those registered for Fall 2025 and Alumni: 7:35am Earlybirds I (45 addresses), 8:40am Earlybirds II (45 addresses), 6:00pm Whitecaps I (41 addresses), 7:10 Whitecaps II (23 addresses), Saturday Only (14 addresses), Alumni (46 addresses).

"Believe in your infinite potential. Your only limitations are those you set upon yourself." – Roy T. Bennett

Masters Swimming Program Notes

- The Fall Masters Session runs from Tuesday September 2 to Saturday December 20, inclusive.
 - The 7:35am Earlybirds 1, 8:40am Earlybirds 2, 6:00pm Whitecaps 1, and Saturday groups are full. Wait lists are available. 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/
- Registration for the Winter session starts at 10am on Wednesday December 10. Details on the programs are below.

Winter Masters Program Details

Winter Masters Session Details

Registration starts at 10am Wednesday December 10. Registering online is recommended: <https://rec.carleton.ca/program?classificationId=51e2209d-b659-4c41-9fb3-1c52df283d74>. A valid membership is required to register. If you wish to use a balance on your account, you need to register in person or by phone (613-520-4480).

Dates: Monday January 5 to Saturday April 11; no workouts Monday February 16 or Friday April 3.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$196.92+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$196.92+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Nick, Mark, subs: Adrian, Malcolm; \$217.30+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:10-8:10pm; Coaches: Sean, Nick, Mark, subs: Adrian, Malcolm; \$200.90+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$107.69+HST

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

Swimmer Notes

- Congratulations to **Jocelyn Pender** (Whitecaps) and **Derek Woodard** (Whitecaps) on the arrival of their their baby! Their little guy was born on November 5 at 7:21 pm weighing 7 lbs 3 oz. He's perfectly healthy and happy! We named him **Linden Penwood**.

- Date for your diary!: The annual Holiday Potluck and BYOB will be held at **Don Wells** (6pm Whitecaps), **Joanie Conrad** (6pm Whitecaps), and **Sam and Ben** (both x-Child Safety Supervision)'s place at 376 Hamilton Avenue South on **Saturday November 22 from 6:30pm**. Full details: <https://www.sce.carleton.ca/faculty/lynnmar/masters/Festive%202025.pdf>.

- Swimming Canada is running monthly challenges: <https://www.swimming.ca/masters/monthly-challenges/>. To send in your results, you should be registered with Swim Ontario Masters (not Masters Swimming Ontario), but you can still do the challenges, just for fun! November's challenge is a 200IM kick! Let me know if you want to try it!

Aquatic-Related Links:

- Fun Warm Up Pool (Not!): <https://www.facebook.com/reel/2407184519656001>
- Dolphin Training Partner: <https://www.facebook.com/reel/1498551404890564>
- 400-year-old Greenland Shark 'Longest-Living Vertebrate': <https://www.bbc.com/news/science-environment-37047168>
- All the Emotions During a 400IM: <https://www.facebook.com/reel/556977060789145>
- Stop Sinking Legs! How to Fix Your Freestyle Kick (And Swim Faster): <https://www.youtube.com/watch?v=k1LOk93CCII>
- Struggling With Butterfly Kick? Watch This First (Includes Drills): <https://www.youtube.com/watch?v=hkkoGmTaiuo>



News and Other Links:

- Heavy Drinking Is Tied to Worse Strokes, Study Finds: https://www.nytimes.com/2025/11/05/well/alcohol-drinking-strokes-brain-bleeds.html?unlocked_article_code=1.0U8.qyed.HBeDywOmB1NX&smid=url-share
- But Seriously, Would You Commute on the Mornera ONE/1 Bike Saddle?: <https://momentummag.com/butt-seriously-folks-would-you-commute-on-the-mornera-one-1-bike-saddle/>
- Quebec's La Route Verte is North America's Most Epic Cycling Network: <https://momentummag.com/quebecs-la-route-verte-is-north-americas-most-epic-cycling-network/>
- Eight Everyday Habits That Are Secretly Spiking Your Blood Sugar: <https://www.health.com/things-that-spike-blood-sugar-11738594>

- **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**, or **Swim-only** memberships, you must now **register with Hot Spot whenever you park at Athletics**. The link is: <https://hotspotparking.com/tapPoster/park/carletonU5>. The codes were updated effective September 1. Please be sure you have the new code (reach out if needed).
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 coached the 6:00pm Whitecaps and 7:10pm Whitecaps for **Sean** on **Monday November 3**.

Malcolm coached the 6:00pm Whitecaps and 7:10pm Whitecaps for **Sean** on **Monday November 10**.

Malcolm is coaching the 6:00pm Whitecaps and 7:10pm Whitecaps for **Sean** on **Monday November 24**.

Malcolm is coaching the 6:00pm Whitecaps and 7:10pm Whitecaps for **Nick** on **Tuesday December 9**.

Malcolm is coaching the 7:35am Earlybirds and 8:40am Earlybirds for **Lynn** on **Wednesday December 10**.

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>.

Here are the attendance statistics for the term so far. 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: September 3 to November 14 (31 workouts); range: 22-35; average: 27.8

Perfect Attendance: **Christine Rivas**

8:40am Earlybirds: September 3 to November 14 (31 workouts); range: 18-33; average: 26.1

Missed 2 Workouts: **Chris Whitehead, Hana Hruska, Marie-Odile Junker, Sean Clark, Susan Hulley**

6:00pm Whitecaps: September 2 to November 13 (31 workouts); range: 16-29; average: 22.4

Perfect Attendance: **Cameron Dawson, Konstantin Petoukhov**

7:10pm Whitecaps: September 2 to November 13 (31 workouts); range: 4-16; average: 10.5

Missed 7 Workouts: **Seana Biggs**

8:15am Saturdays: September 6 to November 8 (10 workouts); range 24-30; average: 27.1

Perfect Attendance: **Christine Bogie, Cori Dinovitzer**

Ask the Coach

Dear Coach: Why do alternate lanes swim in opposite directions during Masters? Curious Swimmer

Dear C. Swimmer: We do this as it gives you a little more space in each lane. If all lanes go the same direction, when you swim by the lane rope, there is a risk of hitting arms with someone going the opposite direction. This way, the swimmers on the opposite side of the lane rope are going the same direction as you, so if you hit arms there is less risk of injury.

Dear Coach: Can you explain the set we did on 1:01? I found it confusing! Another Curious Swimmer

Dear A.C. Swimmer: From our discussion, you had this mixed up with another set that we sometimes do. Let's go over that one first. The other set is when we do repeats on descending times. We usually start with 1:15, then 1:14, 1:13, ..., subtracting 1 second each time until no one is making 25s. For that set, you just have to finish before the coach says "go". The 1:01 set is designed to make it a bit easier, as you get more rest between repeats as not only do you have to make the pace time, you also have to finish by the number of seconds on the clock where you started the first repeat. Let's say I'm leading my lane. I would start the first swim (let's go with 50m) on the top. I need to finish it by the top, and then start the next 50 at the 1. That one I also need to finish by the top, and then start the next one on the 2. I again need to finish by the top, and then start the next one on the 3. Thus the first swim I have to finish in 60 seconds, the second in 59, the third in 58, etc. My target time gets one second faster each time, but the pace time stays the same (1:01).

Dear Coach: I lost count in my 800. Do you have any tips for keeping track? How Many Lengths Have I Done?

Dear H.M.L.H.I. Done?: For many swimmers, I recommend using the pace clock to help you keep track. For example, if you are holding about 1:45 per 100m, checking the pace clock every couple of 100m would allow you to confirm your count. If I started at the top, after 100m the seconds hand would be at about the :45, after 200 at about the :30, etc. Unfortunately, your lane's pace was very close to 2:00 per 100m, where the clock is less helpful. You can try using the minute hand, but it's harder to gauge exactly. Other techniques include breaking the swim up into pieces, e.g. chunks of 200m and counting those. Some prefer to count lengths, or 50s, or 100s. A swimmer who swam with us for many years, Gwen, had 16 family members and thought about each family member for 50m. She only ever miscounted once (stopped 50m short) and I teased her that there must have been someone she wasn't speaking to 😊.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August **2026**), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$70**. For both, it's **\$85**. 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/events-results-hub/upcoming-meets/>.

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

November 16 Charlie Lane Semi-Serious Meet, Etobicoke (SO registration needed) <https://www.swimming.ca/swim-meet/61193/>

November 22 Quebec Masters Cup Meet #2, Ste-Foy (SO registration needed) <https://www.swimming.ca/swim-meet/61062/>

December 7 Red vs. Blue, Nepean (MSO registration needed; one-day subscription available) <https://ms.mastersswimmingontario.ca/web/schedule.php>

December 6 Quebec Masters Cup Meet #3 East, Riviere-du-Loup (SO registration needed) <https://www.swimming.ca/swim-meet/61154/>

December 13 Quebec Masters Cup Meet #3 West, Piscine Henri-Bourassa, Montreal North (SO registration needed) <https://www.swimming.ca/swim-meet/61072/>

December 14 IM Fast, Toronto, TPASC (SO registration needed)

December 28 Etobicoke 100 x 100 (SO registration needed)

January 11, 2026 Georgian Bay Squall Water and Ice, Collingwood (SO registration needed)

January 17 Quebec Masters Cup Meet #4, Centre Aquatique Desjardins, St Hyacinthe (SO registration needed) <https://www.swimming.ca/swim-meet/60940/>

January 25 Alderwood Yards Meet, Etobicoke (MSO registration needed; one-day subscription available) <https://ms.mastersswimmingontario.ca/web/schedule.php>

February 14 Winterlude LC, Nepean (MSO registration needed; one-day subscription available) <https://ms.mastersswimmingontario.ca/web/schedule.php>

February 15 Burlington Winter Splash (SO registration needed)

February 21 Quebec Masters Cup Meet #5, Complexe Sportif Claude Robillard, Montreal (SO registration needed) <https://www.swimming.ca/swim-meet/61380/>
March 8 Swim for Heart 1500 LC, Etobicoke (SO registration needed)
March 21 Quebec Masters Cup Meet #6 Dollard-Des-Ormeaux, Montreal (SO registration needed) <https://www.swimming.ca/swim-meet/60941/>
March 22 Stephen Forsey Invitational, Markham (SO registration needed)
April 17-19 Swim Ontario Masters Championships, Etobicoke (SO registration needed) <https://www.swimontario.com/athletes/competitions/2026-ontario-masters-championships/>
April 24-26 Quebec Masters Championships, Complexe Sportif Claude Robillard, Montreal SC/LC? (SO registration needed) <https://www.swimming.ca/swim-meet/60942/>
April 25 Milton Masters Meet (SO registration needed) <https://www.swimming.ca/swim-meet/60875/>
May 22-24 Canadian Masters Championships, Windsor (SO registration needed) <https://www.swimming.ca/event/2026-speedo-canadian-masters-championships/>
July 11 Bring on the Bay 1.5k and 3k Swims, Ottawa <https://raceroster.com/events/2026/110874/bring-on-the-bay-15k-and-3k-open-water-swim>
June 28 Worlds Warm Up LC, Etobicoke (SO registration needed)
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!

November 9, Ironman 70.3 World Championships, Marbella

Congratulations to **Colin** on a great race! Full results: <https://www.ironman.com/races/im703-world-championship-2025/results>

Colin Kiviaho (8:40am Earlybirds; M50-54): 1634th overall and male, and 110th in category in 5:13:37 (swim 33:41)
Here's **Sandra Kiviaho** (8:40am Earlybirds) report on **Colin's** race:

So many good moments during the Ironman race week. Ironman sure knows how to put on an amazing event, but the city of Marbella and its people know how to bring the passion and their heart.

I had no idea how beautiful Marbella would be - the beaches, the mountains and the buildings. Every day I would say how beautiful it was.

Colin started race day happy, healthy and ready to go. It was being called the toughest 70.3 (half Ironman) ever, with 1800m of long climbing and crazy descents on the bike course.

Colin's race was on Sunday with over 3300 men. He was the fourth last group to start, 1.5 hrs after the pros. The sea was somewhat windy then picked up. The course was a weird shape with extra turns. He had a good swim time despite the extra challenges.

He managed an under 3 hour bike with unfamiliar conditions, painfully long climbs and hair raising descents. I was so nervous for him, but he did awesome and finished in one piece.

And Colin brought it home on the run. Big smiles and chatting every time I saw him. He looked so incredibly happy as he finished - his happy place!

Thanks for all the Marbella volunteers and community who made this event happen. We'll be back.



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 **November 14**).

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: **Full** (wait list available)

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: **Full** (wait list available)

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/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 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/>