

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, July 08, 2018 6:08 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #474

Carleton Masters Swimming Newsletter #474

Sunday, July 8th, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, Spring 2018, Summer 2018, and Alumni: 7:30am Earlybirds I (67 addresses), 8:30am Earlybirds II (35 addresses), 6pm Whitecaps I (57 addresses), 7:10pm Whitecaps II (40 addresses), Saturday Only (13 addresses), and Masters Alumni (26 addresses).

“When considering the consequences of not doing the little things, you realize there are no little things.” – Brad Stevens

Masters Swimming Program Notes

- The Summer session runs from Tue Jul 3rd to Sat Sept 1st, inclusive
 - There are **no Masters workouts on Mon Aug 6th (Civic Holiday)**.
 - The only groups running for the Summer are the 6pm Whitecaps, 7:30am Earlybirds, and 12:15pm Saturdays.
 - If you have signed up for 6pm or 7:30am for summer, then Saturdays are **included**. You may also sign up for Saturdays only.
 - All summer Saturday workouts are at **12:15pm**.
 - The 6pm group is **full** for Summer. Wait list available. There are a few spots left at 7:30am.

General Notes: Campus Issues and Swimmer Etiquette

- There was a Carleton-wide internet outage on **Tue Jul 3rd** which resulted in some of you not being able to complete your registration payment. The issue has now been resolved.
- The Carleton pool temperature is currently quite warm. This is due to some campus-wide issues with cooling, as well as the warm outside temperatures. Your patience is appreciated as it will take some time to get the pool temperature down.
- With only two weekday Summer Masters groups, there will be some busy lanes. Please remember your lane etiquette. Always be aware of where the other swimmers are in your lane, and if you stop, move to a corner of the lane so that other swimmers can do their turns in the middle of the lane. Thank you!

Swimmer Notes

Swimmer Updates:

- **Christiane Wilke** (7:30am Earlybirds, christianewilke@gmail.com) writes: Some amazing open water swimmers from the Toronto area have decided to make the Toronto Island Lake Swim on **Sun Aug 26th** (<https://www.torontoislandlakeswim.com/>) a huge party. They're offering to help us with accommodation. The most likely scenario is that we'll camp on the Toronto Islands the night before the swim. If you haven't been there: it's beautiful. The water is clean and clear, and the islands are the best place to see the sun setting behind the Toronto skyline. If you want to do one of the available distances (3.8k, 1.5k or 750m) and are looking for company, please send me an email, ideally before August 1st, and I'll relay the information.

- Here's a note from TritonWear's **Megan Holtzman** (8:30am Earlybirds; megan@holtzman.ca) about their visits to Carleton on **Tue Jun 26th** and **Wed Jun 27th**: We collected data from 63 swimmers during the week we were in Ottawa,

including 35 from Carleton Masters! TritonWear would like to thank everyone who participated. The diversity of data from so many different swimmers really helps improve our algorithms so that we capture everyone's swimming accurately from our device. The data has been organized so that it can be annotated, and the first annotations are coming down the pipe now. Any swimmer who would like their real-time metrics can request them (swimmers who wore a unit for the practice while not being filmed might be interested in these), but the most accurate video analysis won't be ready for at least a week or so. At that point, I can export the analysis to share csv files of the swims we recorded.

- Thanks to those who participated in the HeadStartPro filming on **Mon Jul 11th**. They are working through the video that they took at several different workouts while they were in Ottawa and will send a link to a drop box of their video clips once it is ready.

- **Karen Jensen** (6pm Whitecaps) has completed her Olympic distance fundraiser for Team Heart, in support of the University of Ottawa Heart Institute Foundation. It's still possible to donate: http://donate.ottawaheart.ca/site/TR?px=1220353&fr_id=1201&pg=personal. Here's what she said about her race: I completed the Olympic distance triathlon on Saturday in 3:21:19 which was acceptable, given the multiple equipment issues I had. (I passed a woman for the third time going uphill on the bike course [she kept passing me going down] and she said "imagine how fast you could go if you had a better bike!"). Overall, it was a good experience, though somewhat terrifying at times. Please convey my huge gratitude to all those who donated to the Heart Institute on my behalf.

- Carleton University Whitecaps swim caps, great for training and competition, are available for \$5 each:



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- Why Propulsive Forces Matter: The Dolphin Kick: <https://swimswam.com/why-propulsion-forces-in-swimming-matter-the-dolphin-kick/>
- Yoga for Swimmers: Three Ways to Develop Greater Body Awareness: <https://swimswam.com/yoga-for-swimmers-three-ways-to-develop-greater-body-awareness/>
- How You Can Get Faster With Age: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-you-can-get-faster-with-age>
- How to Get Rid of That Swimmer's Slouch: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-to-get-rid-of-that-swimmers-slouch>
- Adjusting Your Training for Missed Workouts: <http://running.competitor.com/2013/02/training/adjusting-your-training-for-missed-workouts> 65655
- Extra Vitamin D and Calcium Might Not Help Prevent Fractures: <http://www.runnersworld.com/health/extra-vitamin-d-calcium-might-not-help-prevent-fractures>
- Zap Your Brain to Faster Times: <http://www.runnersworld.com/sports-psychology/zap-your-brain-run-faster>
- Ethiopian Runner Grabs Competitor by Shorts: <https://www.runnersworld.com/news/a22070497/ethiopian-runner-grabs-runner-by-shorts/>

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 \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We have a few triathlon latex caps (50c), as well as some silicone caps (\$2). 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.

Summer Session Information

Dates: Tue Jul 3rd to Sat Sept 1st; excluding Mon Jul 2nd and Mon Aug 6th.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Deep End: Mon: **Sean**; Tue/Thu: **David**

12:15pm Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Sean coached for **David** on **Tue Jul 3rd**.

Fin Day:

Thu Aug 2nd / Fri Aug 3rd

Time Trials:

Mon Jul 16th: timed 400 free or IM

Mon Jul 23rd p.m. / **Wed Jul 25th**: timed 100 and 50 choice

Tue Aug 7th / Wed Aug 8th: timed 800 / 1500fs

Tue Aug 14th / Wed Aug 15th: timed 200 choice

Thu Aug 30th / Fri Aug 31st: "funner" day (e.g. relays)

This information and more can be found with the Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum18.pdf>.

Attendance statistics for the Summer term will be included next time!

Spring Session Information

Dates: Mon May 14th to Sat Jun 30th; excluding Mon May 21st. Interim workouts: Sat May 12th.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End: **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon: **Sean**; Tue/Thu: **David**

7:10pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon: **Sean**; Tue/Thu: **David**

8:15am Saturdays, **except 10:45am on Sat May 19th**; Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Sean coached for **David** on **Tue Jun 26th** and **Thu Jun 28th**.

Fin Day:

Thu Jun 7th / Fri Jun 8th

Time Trials:

Thu Jun 14th / Fri Jun 15th: timed 200 choice or 400 IM/free

Tue Jun 19th / Wed Jun 20th: timed 50 and 100 choice

Mon Jun 25th: timed 800 / 1500fs
Thu Jun 28th / Fri Jun 29th: “funner” day (e.g. relays)

This information and more can be found with the Spring workout themes at: <http://carletonmasters.tripod.com/mastplansprsum18.pdf>.

Well done to all those who participated in the distance time trials on Mon Jun 25th. There were six improvements: two in the 800 and four in the 1500. The biggest improvements were by Candace Newman (7:30am Earlybirds): 1:23 in 800 free, and Marta Kolbuszewska (8:30am Earlybirds): 2:08 in 1500 free. Here's the full list:

800fs (2)

Candace Newman	83.0	EB1
Susan Hulley	2.0	EB1

1500fs (4)

Marta Kolbuszewska	128.0	EB2
Derek Woodard	43.0	WC1
Konstantin Petoukhov	19.0	WC1
Megan Holtzman	4.0	EB2

Thanks to those who participated in the end of term relays on **Fri Jun 29th**. There were five improvements. The biggest were by Justin Kernot (7:30am Earlybirds) who added another 1.1 seconds to his 50 breast improvement for a total of 4.1 seconds for the term, and Liliane Cardinal (7:30am Earlybirds) improved her 25 free by 1.8 seconds! The complete list of improvements follows:

25fs (1)

Liliane Cardinal	1.8	EB1
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50fs (3)

Graham Archibald	1.2	EB1
Imani Theodore	0.2	EB1
Flo Kellner	0.4	EB2

50br (1)

Justin Kernot	3+1.1 = 4.1	EB1
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Spring Session Summary

A big thank you to evening coaches **David Thibodeau** and **Sean Dawson**, and to Saturday coaches **Mits Kachi**, **Tim Kilby**, **Blake Christie**, and **Mark Blenkinsop** for their coaching this term.

Here's the summary of the attendance and time trials for the Spring session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (perfect attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates soon either in person or by e-mail.

Weekday Attendance:

This term we had **five** swimmers with perfect attendance. Congratulations to **Derek Woodard** (6pm Whitecaps), **Konstantin Petoukhov** (6pm Whitecaps), **Stephen Agberien** (7:10pm Whitecaps), **Justin Kernot** (7:30am Earlybirds), and **Ursula Scott** (7:30am Earlybirds). **Derek** also had perfect attendance in the Fall and Winter and is going for a full year of 6pm perfect attendance!

7:30am Earlybirds: May 14-Jun 29th (20 workouts); range: 16-26; average: 22.3

Perfect Attendance: **Justin Kernot**, **Ursula Scott**

Missed 1 Workout: **Harley Gifford**

Missed 2 Workouts: **Bruce Brown**, **Imani Theodore**, **Liliane Cardinal**, **Steve Dods**, **Susan Hulley**

8:30am Earlybirds: May 14-Jun 29th (20 workouts); range: 11-21; average: 16.0

Missed 1 Workout: **Isla Paterson**

Missed 2 Workouts: **Adrian Finn, Lisa Meyer**

6pm Whitecaps: May 14-Jun 28th (20 workouts); range: 19-31; average: 24.9

Perfect Attendance: **Derek Woodard, Konstantin Petoukhov**

Missed 1 Workout: **Dave Grynspan,**

Missed 2 Workouts: **Debby Whately, Mars Nienhuis, Nicole Delisle**

7:10pm Whitecaps: May 14-Jun 28th (20 workouts); range: 3-17; average: 10.4

Perfect Attendance: **Stephen Agberien**

Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Spring session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 86 different swimmers: 49 women and 37 men. There were 288 completed time trials: 162 for women and 126 for men. If you notice any errors or omissions, please let me know.

Twenty-seven swimmers (16 women and 11 men) improved in at least one event (43 total improvements). The most improved overall was **Candace Newman** (7:30am Earlybirds) with a 1:23 (10.4 sec/100m) improvement in 800fs. Most improved male was **David Moore** (6pm Whitecaps) with a 9.5sec improvement in 100bk. Next were **Janine Debanne** (8:30am Earlybirds) with a 17.4 sec (8.7sec/100m) improvement in 200fs, **Melanie Heroux** (8:30am Earlybirds) with a 4.3sec (8.6sec/100m) improvement in 50fl, **Marta Kolbuszewska** (8:30am Earlybirds) with a 2:08 (8.5sec/100m) improvement in 1500fs, and **Justin Kernot** (7:30am Earlybirds) with a 4.1 sec (8.2sec/100m) improvement in 50br. **Liliane Cardinal** (7:30am Earlybirds) was next with a 1.8 sec (7.2sec/100m) improvement in 25fs. Rounding out the top three for the men was **Stephen Agberien** (7:10pm Whitecaps) with a 2.6 sec (5.2sec/100m) improvement in 50fs. **Megan Holtzman** (8:30am Earlybirds) improved in four different events. **Bogdan Djerkovic** (6pm Whitecaps), **Derek Woodard** (6pm Whitecaps), and **Konstantin Petoukhov** (6pm Whitecaps) each improved in three events.

Twenty-two swimmers (11 women and 11 men) scored 270 plus points in at least one event (56 swims total), as per the 2015 point scores at this link: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. The highest point score was by **Imani Theodore** (6pm Whitecaps) with 531 points for 2:16.8 in 200fs. Second for the women was **Agatha Bartoszewicz** (7:30am Earlybirds) with 469 points for 29.9 in 50fs. Top man was **Justin Kernot** (7:30am Earlybirds) with 443 points for 33.1 in 50br. He was followed by **Adrian Finn** (8:30am Earlybirds) with 59.6 for 100fs (from a push, not a dive!). **Moustafa Kamel** (Trial swim) earned 415 points for 18:59 in 1500fs. He was followed by **Derek Woodard** (6pm Whitecaps) with 403 points for 29.5 in 50fl, and Coach **Sean Dawson** with 395 points for 2:15.4 in 200fs. There was a tie for third woman between **Erin McRae** (6pm Whitecaps) and **Mars Nienhuis** (6pm Whitecaps) with 388 points for 5:21.5 in 400fs and 1:09.9 in 100fs, respectively. Imani and Justin each scored over 270 points in five different events. **Bill Meyer** (7:30am Earlybirds), **Bodgan**, and **Derek** each scored over 270 points in four events.

All those improving and all those scoring over 270 points, as well as the top 3 improvements, and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, Sat = Saturdays only, TR = Masters trial workout.

Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 14 women and 11 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Candace Newman	EB1	F	800fs	83.0	10.4
2	Janine Debanne	EB2	F	200fs	17.4	8.7

3	Melanie Heroux	EB2	F	50f1	4.3	8.6
4	Marta Kolbuszewska	EB2	F	1500fs	128.0	8.5
5	Liliane Cardinal	EB1	F	25fs	1.8	7.2
6	Susan Hulley	EB1	F	100IM	4.4	4.4
7	Lisa Sharp	WC2	F	200fs	5.3	2.7
8	Megan Holtzman	EB2	F	50fs	1.0	2.0
9	Andrea Chandler	WC1	F	400fs	5.2	1.3
10	Sydney Steele	WC1	F	50fs	0.6	1.2
11	Claire Owen	EB2	F	100fs	1.1	1.1
12	Flo Kellner	EB2	F	50fs	0.4	0.8
13	Erin McRae	WC1	F	400fs	2.2	0.6
14	Imani Theodore	EB1	F	50fs	0.2	0.4
15	Mars Nienhuis	WC1	F	400fs	1.6	0.4
16	Julia Aimers	EB2	F	400fs	0.2	0.1
1	David Moore	WC1	M	100bk	9.5	9.5
2	Justin Kernot	EB1	M	50br	4.1	8.2
3	Stephen Agberien	WC2	M	50fs	2.6	5.2
4	Bryn Livingstone	EB2	M	50fs	2.4	4.8
5	Konstantin Petoukhov	WC1	M	400fs	17.4	4.4
6	Sam Gamble	WC2	M	100fs	3.1	3.1
7	Bogdan Djerkovic	WC1	M	200fs	6.0	3.0
8	Derek Woodard	WC1	M	1500fs	43.0	2.9
9	Graham Archibald	EB1	M	50fs	1.2	2.4
10	Bill Meyer	EB1	M	200fs	2.9	1.5
11	Peter Lapner	WC1	M	100fs	0.5	0.5

Fastest Swimmers (best event for each person):

All those scoring 270 or more points are shown. This term there were 9 women and 8 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Imani Theodore	WC1	F	200fs	2:16.8	531
2	Agatha Bartoszewicz	EB1	F	50fs	29.9	469
3	Erin McRae	WC1	F	400fs	5:21.5	388
3	Mars Nienhuis	WC1	F	100fs	1:09.9	388
5	Gillian Massel	WC2	F	100fs	1:13.7	331
6	Lisa Sharp	WC2	F	200fs	2:43.4	311
7	Sydney Steele	WC1	F	50fs	34.3	311
8	Natalie Aucoin	EB2	F	50f1	36.7	293
9	Stephanie Le Saux-Farmer	WC2	F	100fs	1:16.8	293
10	Kayla Bose	WC2	F	50fs	35.4	282
11	Julie Mouris	WC1	F	100fs	1:18.2	277
1	Justin Kernot	EB1	M	50br	33.1	443
2	Adrian Finn	EB2	M	100fs	59.6	428
x	Moustafa Kamel	tr	M	1500fs	18:59	415
3	Derek Woodard	WC1	M	50f1	29.5	403

x	Sean Dawson	Ch	M	200fs	2:15.4	395
4	Bogdan Djerkovic	WC1	M	100fs	1:03.2	359
5	Sam Hersh	EB2	M	100fsp	1:06.9	303
6	Bill Meyer	EB2	M	50fs	30.2	301
7	Konstantin Petoukhov	WC1	M	50fs	30.5	293
8	Miguel Chavez	EB2	M	50fs	30.6	290
9	David Moore	WC1	M	50fl	33.2	283

(For point scores, see: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points.)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
25fs					
1	Liliane Cardinal	EB1	F	1.8	7.2
(1/0)					
50fs					
1	Megan Holtzman	EB2	F	1.0	2.0
2	Sydney Steele	WC1	F	0.6	1.2
3	Flo Kellner	EB2	F	0.4	0.8
1	Stephen Agberien	WC2	M	2.6	5.2
2	Bryn Livingstone	EB2	M	2.4	4.8
3	Graham Archibald	EB1	M	1.2	2.4
(4/4)					
100fs					
1	Claire Owen	EB2	F	1.1	1.1
2	Mars Nienhuis	WC1	F	0.3	0.3
1	Sam Gamble	WC2	M	3.1	3.1
2	Bill Meyer	EB2	M	1.0	1.0
3	Bogdan Djerkovic	WC1	M	0.6	0.6
4	Peter Lapner	WC1	M	0.5	0.5
(2/5)					
200fs					
1	Janine Debanne	EB2	F	17.4	8.7
2	Lisa Sharp	WC2	F	5.3	2.7
3	Liliane Cardinal	EB1	F	1.6	0.8
1	Stephen Agberien	WC2	M	7.5	3.8
2	Bogdan Djerkovic	WC1	M	6.0	3.0
3	Derek Woodard	WC1	M	3.3	1.7
(3/4)					
400fs					
1	Andrea Chandler	WC1	F	5.2	1.3

2	Erin McRae	WC1	F	2.2	0.6
3	Mars Nienhuis	WC1	F	1.6	0.4
1	Konstantin Petoukhov	WC1	M	17.4	4.4
(4/1)					
800fs					
1	Candace Newman	EB1	F	83.0	10.4
2	Susan Hulley	EB1	F	2.0	0.3
(2/0)					
1500fs					
1	Marta Kolbuszewska	EB2	F	128.0	8.5
2	Megan Holtzman	EB2	F	4.0	0.3
1	Derek Woodard	WC1	M	43.0	2.9
2	Konstantin Petoukhov	WC1	M	19.0	1.3
(2/2)					
100bk					
1	David Moore	WC1	M	9.5	9.5
(0/1)					
200bk					
1	Melanie Heroux	EB2	F	8.2	4.1
(1/0)					
50br					
1	Justin Kernot	EB1	M	4.1	8.2
(0/1)					
50fl					
1	Melanie Heroux	EB2	F	4.3	8.6
1	Derek Woodard	WC1	M	1.1	2.2
2	David Moore	WC1	M	0.1	0.2
(1/2)					
100IM					
1	Susan Hulley	EB1	F	4.4	4.4
2	Megan Holtzman	EB2	F	1.7	1.7
(2/0)					
400IM					
1	Megan Holtzman	EB2	F	2.4	0.6
(1/0)					

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. (The 800m is intended only for those who cannot complete 1500m in under 32:00.)

	Name	Group	Gender	Time
25fs				
1	Ursula Scott	EB1	F	19.7
2	Susan Hulley	EB1	F	20.4

3	Heloise Emdon	EB1	F	20.7
(8/0)				
50fs				
1	Agatha Bartoszewicz	EB1	F	29.9
2	Imani Theodore	EB1	F	30.4
3	Erin McRae	WC1	F	32.3
1	Justin Kernot	EB1	M	27.5
2	Adrian Finn	EB2	M	28.1
3	Bogdan Djerkovic	WC1	M	28.8
(38/34)				
100fs				
1	Imani Theodore	EB2	F	1:06.8
2	Mars Nienhuis	WC1	F	1:09.9
3	Erin McRae	WC1	F	1:10.2
1	Adrian Finn	EB2	M	59.6
2	Justin Kernot	EB1	M	1:01.0
3	Derek Woodard	WC1	M	1:02.5
(25/21)				
200fs				
1	Imani Theodore	WC1	F	2:16.8
2	Gillian Massel	WC2	F	2:42.6
3	Lisa Sharp	WC2	F	2:43.4
1	Justin Kernot	EB1	M	2:13.6
x	Sean Dawson	Ch	M	2:15.4
2	Adrian Finn	EB2	M	2:18.9
3	Derek Woodard	WC1	M	2:20.9
(20/13)				
400fs				
1	Erin McRae	WC1	F	5:21.5
2	Mars Nienhuis	WC1	F	5:22.9
3	Sara Borrens	EB2	F	6:06.9
1	Peter Lithgow	WC1	M	5:29.3
2	Konstantin Petoukhov	WC1	M	5:31.4
3	Bruce Brown	EB1	M	5:52.0
(11/8)				
800fs				
1	Candace Newman	EB1	F	16:30
2	Susan Hulley	EB1	F	16:41
3	Nicole Le Saux	EB1	F	17:45
4	Heloise Emdon	EB1	F	17:53
1	Steve Dods	EB1	M	16:07
2	John Weston	EB1	M	18:05
(6/3)				
1500fs				

1	Imani Theodore	EB1	F	18:57
2	Sandy Lawson	EB1	F	24:19
3	Sara Borrens	EB2	F	24:24
x	Moustafa Kamel	tr	M	18:59
1	Justin Kernot	EB1	M	19:21
2	Adrian Finn	EB2	M	20:28
3	Bogdan Djerkovic	WC1	M	20:51
(15/13)				
50bk				
1	Marta Kolbuszewska	EB2	F	46.2
2	Claire Owen	EB2	F	49.2
3	Kasia Poplawski	EB1	F	51.3
4	Eleanor Fast	EB1	F	51.4
1	Peter Lithgow	WC1	M	41.7
2	Bruce Brown	EB1	M	41.8
3	Bryn Livingstone	EB1	M	49.5
(4/7)				
100bk				
1	Don Wells	WC1	M	1:19.3
2	David Moore	WC1	M	1:29.9
(0/2)				
200bk				
1	Melanie Heroux	EB2	F	6:10.8
(1/0)				
50br				
1	Jenna May Clune	EB2	F	49.2
2	Marta Kolbuszewska	EB2	F	49.3
3	Fiona Hill	EB1	F	49.4
1	Justin Kernot	EB1	M	33.1
2	Graham Archibald	EB1	M	46.8
3	Kevin Graham	EB1	M	47.1
(10/5)				
100br				
1	Fiona Hill	EB1	F	1:45.0
2	Liliane Cardinal	EB1	F	2:40.5
(2/0)				
200br				
1	Fiona Hill	EB1	F	3:48.8
(1/0)				
50f1				
1	Imani Theodore	EB1	F	33.9
2	Natalie Aucoin	EB2	F	36.7
3	Julie Mouris	WC1	F	38.0
1	Derek Woodard	WC1	M	29.5

2	Adrian Finn	EB2	M	32.4
3	David Moore	WC1	M	33.2
(10/10)				
100IM				
1	Jenna May Clune	EB2	F	1:33.0
2	Robynn Allan	EB2	F	1:36.5
3	Marta Kolbuszewska	EB2	F	1:40.8
4	Megan Holtzman	EB2	F	1:41.2
1	Harley Gifford	EB1	M	1:29.2
2	Marshall Perrin	WC2	M	1:30.4
2	Francois Jacques	EB1	M	1:30.4
(10/7)				
200IM				
1	Andrea Mrozek	WC1	F	3:30.5
1	Sam Gamble	WC2	M	3:03.2
2	Tony Michel	EB1	M	4:07.7
(1/2)				
400IM				
1	Megan Holtzman	EB2	F	8:00.9
(1/0)				

Fun Relays (Fri Jun 29th)

7:30am Earlybirds

4 x 50 Free Relay

1. 2:22.8 Team 1: Bryn Livingstone, Justin Kernot, Ian Lorimer, Ursula Scott, Liliane Cardinal

2=. 2:30.1 Team 4: Eleanor Fast, Graham Archibald, Harley Gifford, Steve Dods

2=. 2:30.1 Team 2: Bruce Brown, Fiona Hill, Imani Theodore, Susan Hulley, Heloise Emdon

4. 2:30.2 Team 3: Kasia Poplawski, Kevin Graham, Marie-Odile Junker, Agatha Bartoszewicz

4 x 50 Medley Relay

1. 2:46.7 Team 2: Bruce Brown, Fiona Hill, Imani Theodore, Heloise Emdon, Susan Hulley

2. 2:48.8 Team 1: Bryn Livingstone, Justin Kernot, Ian Lorimer, Liliane Cardinal, Ursula Scott

3. 2:57.8 Team 4: Eleanor Fast, Graham Archibald, Harley Gifford, Steve Dods

4. 3:03.4 Team 3: Kasia Poplawski, Kevin Graham, Marie-Odile Junker, Agatha Bartoszewicz

8:30am Earlybirds

4 x 50 Free Relay

1. 3:20.9 Team 3: Marta Kolbuszewska, Isla Paterson, Sheila Kealey, Flo Kellner

2. 3:21.6 Team 2: Sam Hersh, Megan Holtzman, Melanie Heroux, Bill Gregg

3. 3:26.7 Team 1: Bob Tipple, Rod Haney, Nancy Manning, Adrian Finn

4 x 50 Medley Relay

1. 3:49.5 Team 1: Bob Tipple, Rod Haney, Nancy Manning, Adrian Finn

2. 3:51.6 Team 3: Marta Kolbuszewska, Isla Paterson, Sheila Kealey, Flo Kellner

3. 4:05.4 Team 2: Sam Hersh, Megan Holtzman, Melanie Heroux, Bill Gregg

Ask the Coach

Dear Coach: What is legal for the back to breast turn? DQ'd Swimmer

Dear DQ. Swimmer: You must touch the wall on your back and push off on your stomach. Ask for a demo of how to do this quickly!

Dear Coach: What's the rule for the finish in fly? One-Hand Touch

Dear O.H. Touch: You must touch with both hands simultaneously without them overlapping.

Dear Coach: What's a taper? Competing Swimmer

Dear C. Swimmer: A taper is gradually decreasing your swim distance before a competition. It may also involve some short fast high-intensity repetitions. Here's an article with more information:

http://www.nbswim.org/winbsc/doc/145822_4_taper.pdf.

Masters Swimming Competitions

This year, you have several options for registration for competitions:

1. You can still register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times are not accepted by MSC (e.g. for the Top 20 rankings) and are not recognized by FINA. This costs **\$25** for Sept 1st to Aug 31st. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$5 registration fee for each MSO-sanctioned competition that you enter, but then you would not be swimming for Carleton Masters.)
2. If you wish to compete outside Ontario, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$75** for Sept 1st to Aug 31st. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO.
3. You can register with both MSO and SO. This costs **\$90** for Sept 1st to Aug 31st.

Note that the Carleton Masters club code is CARMA (no longer CAPS as that is being used by a team in Calgary).

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, will likely be MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals in Calgary, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets are identified as "Masters" under meet type. If it says "sanctioned" the meet package should be available. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information becomes available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Sat Jul 14th Bring on the Bay 1.5 and 3km Swims (no MSO/SO registration required) <https://bringonthebay.com/>

Sat Jul 14th London (ON) Sunset Outdoor LC Meet <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Jul 21st Technosport 3k Meech Lake Swim (no MSO/SO registration required) <https://www.technosport.ca/swim/open-water-swim-ottawa/>

July 28 to Aug 4th Pan Am Masters Swim Championships Orlando, Florida (Long Course)

<http://www.2018panammasters.com/swimming.html>

Sat Aug 11th Technosport 4k Meech Lake Swim (no MSO/SO registration required)

<https://www.technosport.ca/swim/open-water-swim-ottawa/>

Sat Aug 11th Riverkeeper 750m, 1.5km, and 4km swims (no MSO/SO registration required); rain date Sun Aug 12th

<https://www.ottawariverkeeper.ca/riverkeeper-4k/>

Sun Aug 26th Toronto Island Lake Swim: 750m, 1.5k, or 3.8k (no MSO/SO registration required)

<https://www.torontoislandlakeswim.com>

Sat Sept 8th Amphibious Challenge (swim, run mixture), Pembroke <http://www.amphibiouschallenge.ca/>

Fri-Sun Mar 22-24th 2019 MSO Provincials, Markham

Fri-Sun Apr 19-21st 2019 SO Provincials, Markham (TBC)

Fri-Sun May 24-26th 2019 MSC Nationals, Montreal

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!)

Sat Jun 9th Ottawa River Olympic Triathlon (1.5k/41.5k/10k; 55 participants)

Well done **Julie** and **Rachel**! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93495>.

Julia Aimers (8:30am Earlybirds; 50-54): 33rd overall, 9th woman, and 1st in category in 2:51:30.1 (31:48.5 swim)

Rachel Bennett (6pm Whitecaps; 35-39): 35th overall, 11th woman, and 2nd in category in 2:57:07.5 (27:07.3 swim)

Thu-Sun Jun 21-24th Ottawa Dragon Boat Festival

Congratulations to the Bytown Dragon Boat Club (including the Sportchicks women). All 7 crews did a fantastic job and are looking forward to Worlds in Hungary! Four women's crews made the A final, including the Senior B (50+) who placed 4th overall, and the Senior C (60+)! The Open and mixed crews with all the men 50+ were in the top three with the younger crews!

Sat Jun 23rd Third Annual Baltic Sea Swim off Prerow, Germany

Congratulations to **Christiane** on a great swim! Full results:

https://my6.raceresult.com/89620/results?lang=en#0_OD6FAD (note that the first swimmer missed a buoy and should have been DQ'd!).

Christiane Wilke (7:30am Earlybirds: 25-45): 9th overall, 4th woman and 2nd in age group in 24:26.9 (fastest non-wetsuit woman!)

Here's **Christiane**'s race report:

On June 23rd, I participated in the 3rd Annual Baltic Sea Swim off Prerow (Germany). The race had to be moved to a different part of the shoreline due to a storm. Instead of the planned 2.1k, we swam a shorter distance of somewhere around 1k to 1.3k. The water was unexpectedly cold (15 C), as I found out once we had started (because I couldn't believe the screen on the lifeguards' tower). The first leg of the swim (out to the first buoy) was the toughest because of the waves and the cold (which initially made it harder for me to breathe). But once we got to swim parallel to the shore, I got into a groove and enjoyed swim-surfing on these long rolling waves. Coming back to the beach against a current right next to a pier wasn't easy, but everyone made it. I was happy that I could keep up with swimmers in wetsuits. It was a nice start to the open water season.

All times include the swim distance plus running up the beach to the finish line. We don't know how long the swim distance was; I think someone had measured 1.3k, but this might include the run. And we obviously had a lot of waves and current both helping and hindering us.

Wetsuits were optional, and there were no separate categories for swimmers with and without suits. I was the fastest woman without a wetsuit. :)

Sat Jun 23rd 5i50 Mont Tremblant (1.5k/40k/10k; 959 participants)

Congratulations to **Karen** and **Kasia** on their races -- they finished less than 1 minute apart! Full results:

<https://www.sportstats.ca/display-results.xhtml?raceid=93695>.

Karen Jensen (6pm Whitecaps; 55-59): 608th overall, 220th woman, and 10th in category in 3:21:19.0 (34:27.3 swim)

Kasia Poplawski (7:30am Earlybirds; 35-39): 620th overall, 228th woman, and 42nd in category in 3:22:08.0 (30:18 swim)

Sun Jun 24th Ironman 70.3 Mont Tremblant (1.9k/90k/21.1k; 2628 participants)

Great job by **Christian** and **Rachel**! Note that **Rachel** kindly stopped for about 15min during her race to help an injured cyclist. Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93699>.

Christian Cattan (6pm Whitecaps; 35-39): 898th overall; 765th man, and 115th in category in 5:30:25.0 (35:49 swim)

Rachel Bennett (6pm Whitecaps; 35-39): 2320th overall; 742nd woman and 120th in category in 7:07:37.0 (31:16 swim)

Sat Jun 30th Gettysburg, Pennsylvania Distance Swim Meet (25m Pool)

I chose this meet as it's near Hershey and I like chocolate! I spent half a day at the meet, half a day visiting the Gettysburg Civil War Battlefields, and two days visiting Hershey (chocolate spa, and Chocolate World)! Official results are not yet available, but here's how I did:

Lynn Marshall (Coach; 55-59): **1st**: 1500fs (18:19.28; 800 split: 9:48.00)

Sat Jul 7th 3km Peeneschwimmen Ankam, River Swim, Germany

Congratulations to **Christiane** on her swim, despite a strong current and most of the other competitors wearing wetsuits. Full results: https://my6.raceresult.com/91826/?lang=de#1_9FE231.

Christiane Wilke (7:30am Earlybirds; 31-50): 19th overall; 7th woman, and 4th in category in 1:08:25

Here's her report:

This swim is in a nice, narrow, scenic, and generally calm river. Participants could choose between the 400m, 800m and 3k distances, and we all started together. This means swimming through lots of breaststroker legs in the first few hundred meters. We had to deal with quite a bit of wind and current. For most of the distance I was on my own, which wasn't ideal, especially for swimming against the current. Coming back from the buoy with the current felt pretty sweet, but it was a long and hard swim. It was the longest timed open water swim I've done so far, and the time wasn't too bad considering the conditions.

Sat Jul 7th Mike Collingwood Meech Lake Triathlon (1.2k/23.5k/6.4k; 221 participants)

Great job by the many Carleton swimmers! Four podium finishes and all in the top 10 of their age groups! Do let me know if I missed anyone. Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93752>.

Sheila Kealey (7:30am Earlybirds; 50-54): 21st overall; 4th woman, and **2nd** in category in 1:36:47.0 (19:22 swim)

Erin McRae (6pm Whitecaps; 20-24): 39th overall; 6th woman, and **1st** in category in 1:41:45.4 (18:42 swim)

Lisa Meyer (8:30am Earlybirds; 55-59): 46th overall; 10th woman, and **1st** in category in 1:43:55.5 (23:49 swim)

Glen Paradis (7:30am Earlybirds; 45-49): 91st overall; 66th man, and **10th** in category in 1:52:28.3 (25:12 swim)

Nancy Manning (8:30am Earlybirds; 60-64): 101st overall; 32nd woman, and **1st** in category in 1:53:29.8 (23:48 swim)

Kasia Poplawski (7:30am Earlybirds; 35-39): 134th overall; 45th woman, and **4th** in category in 2:01:58.6 (20:11 swim)

Sat Jul 7th King Wolf 5k and 11k Swims

Results not yet posted, but should be here soon: <https://www.kingwolfschwim.com/results-1>. I believe that a couple of Carleton swimmers participated. I also missed a result from last year (2017)!

Cori Dinovitzer (7:30am Earlybirds; 50-59 no wetsuit) 32nd overall, 12th woman, 6th non-wetsuit woman and **1st** in category in 2:01:32

Sun Jul 8th Ironman 70.3 Muskoka (1.9k/90k/21.1k)

Excellent job by **Nicole** and **Rachel**! Nicole had a podium finish!!

Individual (1526 participants): results: <https://www.sportstats.ca/display-results.xhtml?raceid=93803>.

Nicole Mikhael (6pm Whitecaps; 35-39): 179th overall; 14th woman and **2nd** in category in 5:09:59.0 (39:24 swim)

Relay (77 teams): results: <https://www.sportstats.ca/display-results.xhtml?raceid=93804>.

Rachel Bennett (6pm Whitecaps; swimmer on team Iron Maidens): 55th team overall in 6:29:51.0 (her swim: 33:24)

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://www3.sympatico.ca/chberger/#canada> (last update **June 11th**).

Private and Semi-Private Masters Swim Lessons

Summer Schedule:

Mon-Fri 11:30am-12:30pm

Mon-Thu 4:30-5:30pm

Mon-Thu 5:30-6:30pm

Other times may be available upon request.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

Notes and Reminders

Summer Session Information

Registration for the **Summer Masters** session is still available. A reminder that Masters is open to members only. Students who are not taking summer courses will need to purchase a Summer membership. If you sign up for either 7:30am or 6pm, Saturdays are **included** for the Summer session. You may also sign up for Saturdays only.

Summer 2018: Tue Jul 3rd to Sat Sept 1st; no workouts Mon Jul 2nd or Mon Aug 6th

7:30am Earlybirds: 7:30-8:30am MWF (deep) and 12:15-1:25pm Sat (shallow): barcode 15320; cost: \$102+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh (deep) and 12:15-1:25pm Sat (shallow): barcode 15325; cost \$112+HST

12:15pm Saturday ONLY: 12:15-1:25pm Sat (shallow): barcode 15322; cost: \$38+HST

Aquasport Discount for Carleton Masters Swimmers:

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) In Ottawa, they are located at 2730 Iris Street in the West End. (The Montreal Road location has closed.) There are also several locations in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

Carleton Masters Swim Team Photos: Check out some new and old team photos:

<http://www3.sympatico.ca/lynnmarshall/teamphotos.html>.

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.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowlitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

Club website: <http://carletonmasters.tripod.com>