

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Thursday, December 20, 2018 7:42 PM
To: 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #486

Carleton Masters Swimming Newsletter #486

Thursday, December 20th, 2018

To: Carleton Masters Coaches / Staff (7 addresses)

Bcc: Those registered for Fall 2018 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (27 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (27 addresses), Saturday Only (4 addresses), Alumni (40 addresses).

“If you fail to prepare, you’re prepared to fail.” – Mark Spitz

Masters Swimming Program Notes

- **The Fall session ran from Wed Sept 5th to Thu Dec 20th, inclusive.**
 - Apologies to the men who found the change room extra cold on **Sat Dec 8th**. It turns out that the people setting up the tables for exams in the Field House left the loading bay door open overnight!
- Details on the Winter session can be found in the “Notes and Reminders” section near the end of the newsletter.
 - The 6pm Whitecaps group is now full (wait list available). **If you are on a wait list, please let me know, including your position on the list.**
 - The Winter 7:30am group is getting close to full: **7 spots left.**
 - The Winter session starts on **Wed Jan 2nd for both morning and evening groups** (yes, a workout on Wednesday evening).
 - There are some interim pay-as-you-go workouts between the Fall and Winter sessions. Details below.
- Here are the holiday hours for the Carleton pool and fitness centre: <https://athletics.carleton.ca/2018/holiday-hours/>, as well as the regular pool schedule: <https://athletics.carleton.ca/wp-content/uploads/FALL-2018-1.pdf>, which is helpful for the dates when just some swims are cancelled (Dec 21st and 23rd).

Interim Workouts

We will have five “pay-as-you-go” \$5 workouts between the end of the Fall session and beginning of the Winter session as per the schedule below. The interim swims are open to those registered for Fall and/or Winter Masters, and swimmers may also bring a guest. Note that those who missed most of their 7:10pm workout on Tue Oct 2nd may attend one of these workouts for free, as may those who missed their 8:30am workout on Wed Oct 24th due to a power outage. Give your name to the coach if this applies to you. Otherwise Masters and their guests should each purchase a public swim pass for \$5 at the Welcome Centre and get a paper receipt. Write your name on the receipt and give it to the coach.

Interim Workout Schedule:

Fri Dec 21st 7:30-8:30am; Theme: short IM; Coach: Lynn
Fri Dec 21st 8:30-9:30am; Theme: short IM; Coach: Lynn
Sat Dec 22nd 8:15-9:25am; Theme: short ch; Coach: Sean
Thu Dec 27th 6:00-7:15pm; Theme: mid-dist fs; Coach: Sean or Lynn
Sat Dec 29th noon-1:15pm; Theme: short IM/ch; Coach: Lynn or Sean

Annual Team Photos

Thanks very much to coach **Sean Dawson** for organizing the team photos for the morning and evening groups again this year. I’ll include the photos in the next newsletter.

Swimmer Notes

Swimmer Updates:

- Condolences to **Heloise Emdon** (7:30am Earlybirds) on the passing of her 94 year old mother in South Africa on Sat Nov 17th. Her mother suffered a fall and was hospitalized in early November. She had an operation to put a pin in her hip and femur which seemed to go well, but three days after the operation, she developed an infection and was admitted to the ICU. Heloise flew to see her, but arrived shortly after her mother passed. Heloise was happy to be there to prepare a celebration memorial for her mother and to finalise her affairs. We hope to see her back in the pool in January.

- Here's the Masters Swimming Canada (MSC) Fall Newsletter: <https://www.mastersswimmingcanada.ca/WP/wp-content/uploads/2018/11/MSC-Newsletter-Fall-2018-EN-1.pdf>.

- Masters Swimming Canada (MSC) is introducing a new Masters Coaching Module: <https://www.mastersswimmingcanada.ca/WP/en/aboutus/coaching/>.

- Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- Zen of Butterfly, Part 2: Get on the Teeter-totter: the Whale stroke: <https://www.youtube.com/watch?v=4sl87aB5CWQ>

- **Lynne Cox** (who swam the Bering Strait), Featured on the Travel Channel: <https://www.swimmingworldmagazine.com/news/international-swimming-hall-of-fame-and-lynne-cox-featured-on-travel-channels-mysteries-at-the-museum/>

- Orcas Swimming near a Swimmer in Hawaii [thanks to **Christiane Wilke** (7:30am Earlybirds)]:

<https://www.facebook.com/spiegelonline/videos/vb.38246844868/210041733218864/?type=2&theater>

- **Seto vs Le Clos** and a 200 fly World Record: <https://swimswam.com/watch-the-seto-vs-leclos-battle-that-produced-a-200fly-world-record/>

- Six Things Swimmers Need to Stop Telling Themselves: <https://swimswam.com/6-things-swimmers-need-stop-telling/>

- **Caroline Block** Talks about Swimming the North Channel in Ireland:

<https://www.watermarkproject.ca/watermark/a0d0B00000HUxA7QAL>

- He swam from Japan to Hawaii and at times saw a piece of plastic in the ocean every three minutes:

<https://edition.cnn.com/2018/12/11/us/pacific-swim-ben-lecomte-hawaii/index.html>

- If You Stopped Exercising Today, How Long Would it Take Your Body to Notice?:

<https://www.forbes.com/sites/quora/2016/12/01/if-you-stopped-exercising-today-heres-how-long-it-would-take-your-body-to-notice/>

- **Gene Dykes** Breaks Canadian **Ed Whitlock's** 70+ Marathon Record: <https://runningmagazine.ca/the-scene/gene-dykes-breaks-ed-whitlocks-m70-marathon-record-in-25423/>

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.

Winter Session Information

Dates: Wed Jan 2nd to Sat Apr 13th; excluding Mon Feb 18th.

Note that both the morning and evening groups start on Wed Jan 2nd, so there are workouts at 6pm and 7:10pm on Wed Jan 2nd!

The usual pool allocations and coaches are as follows:

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

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

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

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

8:15am Saturdays: Shallow End; rotating coach schedule (coming soon)

Exceptions will be noted here.

Lynn is coaching on the evening of **Wed Jan 2nd**.

Full details and Winter workout themes coming soon!

Fall Session Information

Dates: Wed Sept 5th to Thu Dec 19th; excluding Mon Oct 8th.

The usual pool allocations and coaches are as follows:

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

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

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

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

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Lynn coached for **Mits** on **Sat Dec 8th**.

Lynn coached for **Mark** on **Thu Dec 13th**.

Mark coached for **Sean** on **Mon Dec 17th**.

Sean coached for **Mark** on **Thu Dec 20th**.

Fin Days:

Tue Oct 23rd / Wed Oct 24th (The morning group did fins on Fri Oct 26th instead due to me being absent minded and the power outage!)

Thu Nov 22nd / Fri Nov 23rd

Time Trials:

Thu Oct 11th / Fri Oct 12th: timed 400 free or IM

Thu Oct 18th / Fri Oct 19th: two timed 50s choice

Mon Oct 29th: timed 200 choice

Mon Nov 12th: timed 800 / 1500 free

Tue Nov 27th / Wed Nov 28th: timed 100 choice

Wed Dec 18th / Thu Dec 19th: "funner" day (e.g. relays)

The **7:10pm Whitecaps** swimmers affected by the fire alarm on **Tue Oct 2nd**, and the **8:30am Earlybirds** swimmers affected by the power outage on **Wed Oct 24th** may attend one interim workout for free. (Dates/times near the top of the newsletter.)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall18.pdf>.

Thanks to those who participated in the end of term relays on the morning of **Wed Dec 19th**. There were three improvements, listed below. The relay results are at the end of the Fall Session Summary.

50fs (2)

Terry Headrick	0.4	EB1
Kasia Poplawski	0.2	EB1

50fl (1)

Lisa Sharp	0.3	EB2
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Fall Session Summary

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

Here's the summary of the attendance and time trials for the Fall 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 **three** swimmers who missed just one workout. Congratulations to **Harley Gifford** (7:30am Earlybirds), **Liliane Cardinal** (7:30am Earlybirds), and **Lynn Brodsky** (7:10pm Whitecaps).

7:30am Earlybirds: Sept 5-Dec 19th (45 workouts); range: 14-26; average: 20.0

Missed 1 Workout: **Harley Gifford, Liliane Cardinal**

Missed 3 Workouts: **Bruce Brown**

Missed 4 Workouts: **Ursula Scott**

8:30am Earlybirds: Sept 5-Dec 19th (45 workouts); range: 13-29; average: 19.4

Missed 4 Workouts: **Debby Whately**

6pm Whitecaps: Sept 6-Dec 20th (45 workouts); range: 18-33; average: 25.5

Missed 2 Workouts: **Konstantin Petoukhov, Mars Nienhuis, Nicole Delisle**

Missed 5 Workouts: **Joanie Conrad**

7:10pm Whitecaps: Sept 6-Dec 20th (45 workouts); range: 7-22; average: 13.1

Missed 1 Workout: **Lynn Brodsky**

Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Fall 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 112 different swimmers: 70 women and 42 men. There were 460 completed time trials: 287 for women and 173 for men. If you notice any errors or omissions, please let me know.

Thirty-two swimmers (16 women and 16 men) improved in at least one event (48 total improvements). The most improved swimmer was **Melanie Heroux** (8:30am Earlybirds) with a 1:04 (8.0 sec/100m) improvement in 800fs. Next and most improved male was **Jean-Louis Tiernan** (6pm Whitecaps) with a 31.0 (7.8 sec/100m) improvement in 400fs. He was followed by **Fay Hjartarson** (8:30am Earlybirds) with a 15.2 (7.6 sec/100m) improvement in 200fs, and **Cam Dawson** (6pm Whitecaps) with a 57.0 (7.1 sec/100m) improvement in 800fs. Rounding out the top three were **Eleanor Fast** (7:30am Earlybirds) with 3.3 (6.6 sec/100m) and **Sebastien Robillard-Cardinal** (8:30am Earlybirds) with 3.2 (6.4 sec/100m) improvements in 50fl. **Bill Meyer** (7:30am Earlybirds) and **Eleanor** each improved in four different events.

Twenty-eight swimmers (12 women and 16 men) scored 270 plus points in at least one event (62 swims total), as per the 2015 point scores here: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. The highest score was by **Olivia Jensen-Large** (6pm Whitecaps) with 449 points for 1:06.6 in 100fs. Top man was **Jian-Lok Chang** (6pm Whitecaps) with 432 points for 1:07.0 in 100IM. He was followed by **Steve Kennedy** (6pm Whitecaps) with 422 points for

18:53 in his 1500fs. Next was **Luz Osorio** (6pm Whitecaps) with 379 points for 1:15.4 in 100fl. She was followed by **Mars Nienhuis** (6pm Whitecaps) with 370 for 5:26.5 in 400fs. Rounding out the top three for the men was **Adrian Finn** (8:30am Earlybirds) with 366 points for 28.3 in 50fs. **Adrian** and **Steve** each scored 270 or more in five different events, while **Bill Meyer**, **Lisa Sharp** (7:10pm Whitecaps), and **Mars** achieved that 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 11 women and 12 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Melanie Heroux	EB2	F	800fs	64.0	8.0
2	Fay Hjartarson	EB2	F	200fs	15.2	7.6
3	Eleanor Fast	EB1	F	50fl	3.3	6.6
4	Alison Slater	WC2	F	50fs	2.6	5.2
5	Janine Debanne	EB2	F	200fs	8.7	4.4
6	Megan Holtzman	EB2	F	400fs	14.9	3.7
7	Kasia Poplawski	EB1	F	1500fs	49.0	3.3
8	Lisa Sharp	WC2	F	400fs	9.5	2.4
9	Flo Kellner	EB2	F	100fs	2.3	2.3
10	Liliane Cardinal	EB1	F	800fs	17.0	2.1
11	Mars Nienhuis	WC1	F	50fl	1.0	2.0
12	Julia Aimers	EB2	F	200fs	2.2	1.1
12	Susan Hulley	EB1	F	100fs	1.1	1.1
14	Fiona Hill	EB1	F	50br	0.4	0.8
15	Andrea Chandler	WC1	F	400fs	2.6	0.7
16	Heloise Emdon	EB1	F	400fs	1.0	0.3
1	Jean-Louis Tiernan	WC1	M	400fs	31.0	7.8
2	Cam Dawson	WC1	M	800fs	57.0	7.1
3	Sebastien Robillard-Cardinal	EB2	M	50fl	3.2	6.4
4	Peter Lapner	WC1	M	400fs	16.0	4.0
5	Bill Meyer	EB1	M	400fs	14.7	3.7
6	Harley Gifford	EB1	M	200fs	7.2	3.6
7	Doug Brubacher	EB2	M	50br	1.6	3.2
7	Sam Gamble	WC1	M	200IM	6.3	3.2
9	Jim Farmer	EB1	M	400fs	12.1	3.0
10	Steve Kennedy	WC1	M	400fs	8.8	2.2
11	Konstantin Petoukhov	WC1	M	1500fs	16.0	1.1
12	Sam Hersh	EB1	M	50bk	0.5	1.0
13	Ian Lorimer	EB1	M	50bk	0.4	0.8

13	Terry Headrick	EB1	M	50fs	0.4	0.8
15	Isaac Fierro Marquez	WC1	M	400fs	2.5	0.6
16	Bill Gregg	EB2	M	800fs	3.0	0.4

Fastest Swimmers (best event for each person) :

All those scoring 270 or more points are shown. This term there were 8 women and 10 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Olivia Jensen-Large	WC1	F	100fs	1:06.6	449
2	Luz Osorio	WC1	F	100fl	1:15.4	379
3	Mars Nienhuis	WC1	F	400fs	5:26.5	370
4	Paola Osorio	WC1	F	50fs	33.0	349
5	Lisa Sharp	WC2	F	400fs	5:36.6	338
6	Andrea Zarins	WC1	F	100bk	1:20.8	315
7	Gillian Massel	WC2	F	200fs	2:44.6	304
7	Stephanie Le Saux Farmer	WC2	F	200fs	2:44.6	304
9	Julie Mouris	WC1	F	1500fs	23:11	289
10	Brianna Jennett-McNeill	WC2	F	50fs	35.5	280
11	Natalie Aucoin	EB2	F	50fl	37.4	277
12	Maddie Barlow	WC2	F	50fs	35.7	275
1	Jian-Lok Chang	WC1	M	100IM	1:07.0	432
2	Steve Kennedy	WC1	M	1500fs	18:53	422
3	Adrian Finn	EB2	M	50fs	28.3	366
4	Sam Hersh	EB2	M	50fs	29.2	334
5	Gi Wu	WC1	M	100fs	1:05.9	317
6	Tony Revitt	EB2	M	50fs	29.8	314
7	Bill Meyer	EB1	M	100fs	1:06.3	311
7	Jean-Francois Jacques	WC2	M	50fs	29.9	311
9	Don Wells	WC1	M	100fs	1:06.5	308
10	Konstantin Petoukhov	WC1	M	100fs	1:07.0	301
11	Mike Wheatley	EB1	M	50fs	30.3	298
x	Mark Blenkinsop	EB2	M	200fs	2:29.3	294
12	Sam Gamble	WC1	M	100IM	1:16.4	291
13	Isaac Fierro Marquez	WC1	M	1500fs	21:27	288
14	Sebastien Robillard-Cardinal	EB2	M	50fs	30.7	287
15	Peter Lithgow	WC1	M	1500fs	21:32	284

(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
50fs					

1	Alison Slater	WC2	F	2.6	5.2
2	Flo Kellner	EB2	F	0.4	0.8
3	Kasia Poplawski	EB1	F	0.2	0.4
1	Terry Headrick	EB1	M	0.4	0.8
2	Isaac Fierro Marquez	WC1	M	0.1	0.2
(3/2)					
100fs					
1	Flo Kellner	EB2	F	2.3	2.3
2	Susan Hulley	EB1	F	1.1	1.1
1	Bill Meyer	EB1	M	3.0	3.0
2	Konstantin Petoukhov	WC1	M	0.3	0.3
(2/2)					
200fs					
1	Fay Hjartarson	EB2	F	15.2	7.6
2	Alison Slater	WC2	F	10.3	5.2
3	Janine Debanne	EB2	F	8.7	4.4
1	Harley Gifford	EB1	M	7.2	3.6
2	Bill Meyer	EB1	M	0.7	0.4
(5/2)					
400fs					
1	Megan Holtzman	EB2	F	14.9	3.7
2	Lisa Sharp	WC2	F	9.5	2.4
3	Andrea Chandler	WC1	F	2.6	0.7
1	Jean-Louis Tiernan	WC1	M	31.0	7.8
2	Peter Lapner	WC1	M	16.0	4.0
3	Bill Meyer	EB1	M	14.7	3.7
(5/6)					
800fs					
1	Melanie Heroux	EB2	F	64.0	8.0
2	Liliane Cardinal	EB1	F	17.0	2.1
1	Cam Dawson	WC1	M	57.0	7.1
2	Bill Gregg	EB2	M	3.0	0.4
(2/2)					
1500fs					
1	Eleanor Fast	EB1	F	70.0	4.7
2	Kasia Poplawski	EB1	F	49.0	3.3
1	Konstantin Petoukhov	WC1	M	16.0	1.1
2	Bill Meyer	EB1	M	7.0	0.5
(2/2)					
50bk					
1	Sam Hersh	EB1	M	0.5	1.0
2	Ian Lorimer	EB1	M	0.4	0.8
(0/2)					
100bk					

1	Harley Gifford	EB1	M	2.0	2.0
(0/1)					
50br					
1	Fiona Hill	EB1	F	0.4	0.8
1	Doug Brubacher	EB2	M	1.6	3.2
(1/1)					
100br					
1	Fiona Hill	EB1	F	0.5	0.5
(1/0)					
50f1					
1	Eleanor Fast	EB1	F	3.3	6.6
2	Mars Nienhuis	WC1	F	1.0	2.0
3	Lisa Sharp	EB2	F	0.3	0.6
1	Sebastien Robillard-Cardinal	EB2	M	3.2	6.4
(3/1)					
100IM					
1	Eleanor Fast	EB1	F	3.9	3.9
(1/0)					
200IM					
1	Megan Holtzman	EB2	F	3.1	1.6
1	Sam Gamble	WC1	M	6.3	3.2
(1/1)					

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
50fs				
1	Luz Osorio	WC1	F	32.3
2	Olivia Jensen-Large	WC1	F	32.6
3	Paola Osorio	WC1	F	33.0
4	Mars Nienhuis	WC1	F	33.1
1	Steve Kennedy	WC1	M	27.1
2	Adrian Finn	EB2	M	28.3
3	Sam Hersh	EB2	M	29.2
(63/39)				
100fs				
1	Olivia Jensen-Large	WC1	F	1:06.6
2	Lisa Sharp	WC2	F	1:16.5
3	Maddie Barlow	WC2	F	1:18.8
4	Stephanie Le Saux Farmer	WC2	F	1:19.5
1	Gi Wu	WC1	M	1:05.9
2	Bill Meyer	EB1	M	1:06.3

3	Don Wells	WC1	M	1:06.5
4	Konstantin Petoukhov	WC1	M	1:07.0
(26/14)				
200fs				
1	Mars Nienhuis	WC1	F	2:37.6
2	Paola Osorio	WC1	F	2:38.5
3	Gillian Massel	WC2	F	2:44.6
3	Stephanie Le Saux Farmer	WC2	F	2:44.6
1	Jian-Lok Chang	WC1	M	2:17.6
2	Adrian Finn	EB2	M	2:20.4
x	Mark Blenkinsop	EB2	M	2:29.3
3	Bill Meyer	EB1	M	2:32.2
(34/17)				
400fs				
1	Mars Nienhuis	WC1	F	5:26.5
2	Olivia Jensen-Large	WC1	F	5:34.1
3	Lisa Sharp	WC2	F	5:36.6
1	Steve Kennedy	WC1	M	4:44.4
2	Jian-Lok Chang	WC1	M	4:52.9
3	Don Wells	WC1	M	5:21.3
4	Bill Meyer	EB1	M	5:23.6
(39/27)				
800fs				
1	Amanda Klassen	EB1	F	16:53
2	Rocio Aranda	WC2	F	16:55
3	Ann Bortolotti	EB1	F	17:27
1	Cam Dawson	WC1	M	15:45
2	Bill Gregg	EB2	M	17:47
(14/8)				
1500fs				
1	Mars Nienhuis	WC1	F	21:20
2	Julie Mouris	WC1	F	23:11
3	Olivia Jensen-Large	WC1	F	23:59
1	Steve Kennedy	WC1	M	18:53
2	Adrian Finn	EB2	M	20:33
3	Tony Revitt	EB2	M	20:51
(17/14)				
50bk				
1	Maddie Barlow	WC2	F	42.7
2	Sandy Lawson	EB1	F	46.5
3	Seema Akhtar	WC1	F	49.1
1	Tony Revitt	EB1	M	34.5
2	Sam Hersh	EB1	M	37.0
3	Harley Gifford	EB1	M	37.1

(18/18)				
100bk				
1	Andrea Zarins	WC1	F	1:20.8
1	Harley Gifford	EB1	M	1:19.6
(1/1)				
200bk				
1	Liliane Cardinal	EB1	F	5:41.8
2	Melanie Heroux	EB2	F	6:14.1
1	Don Wells	WC1	M	2:50.4
(2/1)				
50br				
1	Heather McBurney	EB1	F	47.1
2	Fiona Hill	EB1	F	48.6
3	Karen Jensen	EB1	F	49.8
1	Steve Kennedy	WC1	M	36.7
2	Adrian Finn	EB2	M	38.9
3	Don Wells	WC1	M	42.1
(21/9)				
100br				
1	Fiona Hill	EB1	F	1:44.1
2	Liz Chretien	WC2	F	1:49.6
3	Sylvie Bourgoing	WC1	F	1:51.1
1	Steve Kennedy	WC1	M	1:16.4
2	Adrian Finn	EB2	M	1:21.7
(5/2)				
200br				
1	Robin Henderson	EB2	F	4:40.5
2	Lynn Hjartarson	EB2	F	6:07.6
(2/0)				
50f1				
1	Luz Osorio	WC1	F	34.1
2	Paola Osorio	WC1	F	37.2
3	Natalie Aucoin	EB2	F	37.4
4	Lisa Sharp	EB2	F	37.6
x	Mark Blenkinsop	EB2	M	34.0
1	Isaac Fierro Marquez	WC1	M	35.6
2	Sebastien Robillard-Cardinal	EB2	M	36.8
3	Glen Chapman	WC1	M	38.6
(30/6)				
100f1				
1	Luz Osorio	WC1	F	1:15.4
2	Heather Morrison	EB1	F	1:35.6
3	Melanie Heroux	EB2	F	3:54.7

(3/0)				
200f1				
1	Heather Morrison	EB1	F	3:33.9
2	Natalie Aucoin	EB2	F	3:41.5
1	Tony Revitt	EB2	M	2:52.2
(2/2)				
100IM				
1	Heather McBurney	EB1	F	1:29.8
2	Eleanor Fast	EB1	F	1:41.1
3	Ursula Scott	EB1	F	2:00.8
1	Jian-Lok Chang	WC1	M	1:07.0
2	Sam Gamble	WC1	M	1:16.4
3	Sam Hersh	EB2	M	1:18.1
(3/7)				
200IM				
1	Michelle D'Eon	WC2	F	3:16.9
2	Sophia Devereux	WC2	F	3:27.3
3	Megan Holtzman	EB2	F	3:46.7
1	Sam Gamble	WC1	M	2:56.9
2	Mike Wheatley	EB1	M	2:57.7
3	Konstantin Petoukhov	WC1	M	3:02.6
(5/7)				
400IM				
1	Aimee Jones	WC1	F	7:34.6
2	Margaret King	WC1	F	7:47.5
1	Gi Wu	WC1	M	7:00.3
(2/1)				

Fun Relays (Wed Dec 19th)

4 x 50 Free Relay

7:30am Earlybirds

1. **2:36.6 Team 4: Harley Gifford, Karen Jensen, Susan Hulley, Terry Headrick**
2. 2:37.0 Team 2: Mike Wheatley, Nicole Le Saux, Heather McBurney, Kasia Poplawski
3. 2:43.7 Team 3: Bruce Brown, Kevin Graham, Ursula Scott, Steve Dods
4. 2:47.9 Team 2: Hugo Lafontaine, Francois Jacques, Margaret King, Liliane Cardinal

8:30am Earlybirds

1. **2:50.2 Team 2: Debby Whately, Megan Holtzman, Natalie Aucoin, Bill Gregg**
2. 3:02.8 Team 1: Melanie Heroux, Chris Whitehead, Sebastien Robillard-Cardinal, Lisa Sharp
3. 3:05.0 Team 4: Mark Blenkinsop (solo, swimming "long course" over the bulkhead)
4. 3:06.9 Team 3: Tony Revitt, Isla Paterson, Penny Estabrooks, Dawn Walsh

4 x 50 Medley Relay

7:30am Earlybirds

1. **3:01.1 Team 4: Harley Gifford, Karen Jensen, Susan Hulley, Terry Headrick**
2. 3:11.0 Team 2: Mike Wheatley, Nicole Le Saux, Heather McBurney, Kasia Poplawski
3. 3:13.6 Team 3: Bruce Brown, Kevin Graham, Ursula Scott, Steve Dods
4. 3:19.1 Team 2: Hugo Lafontaine, Francois Jacques, Margaret King, Liliane Cardinal

8:30am Earlybirds

1. 3:18.1 Team 2: **Debby Whately, Megan Holtzman, Natalie Aucoin, Bill Gregg**
2. 3:18.2 Team 3: Tony Revitt, Isla Paterson, Penny Estabrooks, Dawn Walsh
3. 3:40.4 Team 1: Melanie Heroux, Chris Whitehead, Lisa Sharp, Sebastien Robillard-Cardinal
4. 3:44.7 Team 4: Mark Blenkinsop (solo, swimming "long course" over the bulkhead)

Ask the Coach

Dear Coach: I'm wondering about the payment for the interim swims. Don't Masters swimmers get free access to all public swims with their membership? Puzzled Swimmer

Dear P. Swimmer: Yes, that's true, but as a public swim costs \$5, which is the same as the cost for a Masters interim workout, buying a public swim pass allows you to attend an interim workout. (There is no public swim at the same time, so there shouldn't be any confusion.) I will also ensure that the Welcome Centre staff know about the interim workout process!

Dear Coach: What is activation? I hear that it's something you should do before swimming. Is it just stretching? Warming Up Swimmer

Dear W.U. Swimmer: Activation refers to activating your muscles before you get in for a swim workout, or meet warm up. Back in the day, we all did static stretching before swimming. Now it's recommended to do your static stretching after your swim, and to do more dynamic exercises before your swim. Here's a description of a typical land warm up for swimmers (this is for kids, but much of it applies to us adults): <https://www.swimming.org/sport/land-warm-up-swimmers/>.

Dear Coach: Is it better to do my freestyle recovery with a straight arm or a bent arm? Improving Freestyler

Dear I. Freestyler: I generally recommend bent arm recovery on freestyle as it is easier on the joints, easier to enter above the shoulder (vs. above the head), and less fatiguing. You can read a bit about the difference here: <https://www.swimoutlet.com/guides/how-when-to-swim-straight-arm-freestyle>.

Masters Swimming Competitions

This season (2018-2019), you have several options for registration for competitions:

1. You can register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times will probably be accepted by MSC (e.g. for the Top 20 rankings) but will probably not be recognized by FINA (e.g. for World Records). This costs **\$15** 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, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$65** 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 **\$75** for Sept 1st to Aug 31st.

Note that the Carleton Masters club code is CARMA.

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, are MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals, 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.** Meets are SCM unless otherwise indicated.

Sat Dec 15th North York Masters Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Jan 12th Drummondville Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32069/>

Sun Jan 13th Clarington Masters Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Jan 20th Alderwood SCY Masters Meet, Toronto (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Jan 26th Cote-St-Luc Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/24727>

Sun Jan 27th Susan Douglas Memorial Swim Meet, Wilmot (Baden, New Hamburg) (SO registration required)

<https://www.swimming.ca/en/meet/32113/>

Sat Feb 2nd Mont-Tremblant Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32070/>

Sat-Sun Feb 2-3rd Quebec City LCM Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32074/>

Sun Feb 3rd Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sun Feb 10th Burlington Masters Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Feb 16th Nepean Winterlude LCM Meet, Ottawa (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Feb 23rd Pointe-Claire Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32193/>

Sun Feb 24th Thornhill Masters Meet, Toronto (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Mar 3rd Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Mar 16th Dollard-des-Ormeaux Masters Meet, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/32075/>

Fri-Sun Mar 22-24th MSO Provincials, Markham (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Mar 30th La Salle Masters LCM Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/29970>

Sun Apr 14th Milton Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Fri-Sun Apr 26-28th SO Provincials, Etobicoke (SO registration required)

<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Fri-Sun Apr 26-28th Quebec Provincial Masters Champs, Trois-Rivieres (SO registration required)

Fri-Sun May 24-26th MSC Nationals, Montreal Claude Robillard (SO registration required)

Sat Jun 1st Longueuil LC Meet (TBC)

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

Race Results: (Please send in your results, and/or let me know if I missed anyone or any races!)

Sun Dec 9th Red vs. Blue Nepean Masters Meet, Ottawa

There was just one Carleton swimmer. Thanks to **Kasia** for representing us. Lots of racing in a short time -- great job! Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=973>.

Kasia Poplawski (7:30am Earlybirds: 35-39): 2nd 100bk (1:50.13); 4th 50br (52.38); 5th 50fs (39.11), 100fs (1:28.61), 50bk (52.75)

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 **Dec 18th**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Mon/Wed/Fri 9:35-10:35am

Mon-Thu 11:45am-12:45pm or noon to 1pm

Mon/Wed 4:30-5:30pm or 5:00-6:00pm

Tue/Thu 4:00-5:00pm

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

Winter Session Information

Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. Note that membership information will be in the old (CLASS) system, while the program registration will be done in the new (FUSION) system. Eventually the new system will allow on-line registration for Masters, which will make life easier for everyone. Note that the new system does ***not*** have barcodes. When you register, please identify the program(s) by the name and time of the swims. As per usual, for Winter, if you want to swim on Saturdays, that is a separate registration. The Masters program information is also available on the web site:

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

Winter 2019: Wed Jan 2nd to Sat Apr 13th; no workouts Mon Feb 18th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$165+HST: Note that there is a workout on **Wed Jan 2nd**: **Full: wait list available**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$150+HST: Note that there is a workout on **Wed Jan 2nd**.

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+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.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days!

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 (lynmarshall@sympatico.ca).

Happy lengths!
Lynn

lynmar@sce.carleton.ca

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