

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, August 30, 2019 5:54 PM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; David Thibodeau  
**Subject:** Carleton Masters Swimming Newsletter #505

## Carleton Masters Swimming Newsletter #505

Friday, August 30<sup>th</sup>, 2019

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2018, Winter 2019, Spring 2019, Summer 2019, and Alumni: 7:30am Earlybirds I (57 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (58 addresses), 7:10pm Whitecaps II (34 addresses), Saturday Only (4 addresses), Alumni (32 addresses).

**Most players want to be winners, but it is the degree of commitment that determines the extent they will exceed.**  
– Jack Gardner

**Note for those attending workout on Sat Aug 31<sup>st</sup> at 12:15pm, or going to Carleton for any other reason this weekend:**

- **Colonel By Drive is closed for a Triathlon on Saturday.**
- **It's "move in" weekend in residence, so getting onto campus from Bronson Avenue could be tricky. Consider parking at Brewer Park, if it's backed up!**

**Note for evening swimmers:**

- **The first swim of the Fall term is Thu Sept 5<sup>th</sup> (no workouts on Tue Sept 3<sup>rd</sup>).**

### Masters Swimming Program Notes

- The Summer session runs until **Sat Aug 31<sup>st</sup>**, inclusive.
  - If you are not registered for Saturdays, you may swim from **12:15pm to 1:25pm on August 31<sup>st</sup>** by purchasing a \$5 public swim pass at the Welcome Centre. Ask for a receipt (not a hand stamp) and give your receipt to the coach on deck before your swim. You may also bring a friend, as long as he/she also pays the drop in fee.
- The Fall session runs from Wed Sept 4<sup>th</sup> to Thu Dec 19<sup>th</sup>, inclusive, excluding Mon Oct 14<sup>th</sup>.
  - There are **no Masters workouts on Mon Sept 2<sup>nd</sup> (Labour Day) or on Tue Sept 3<sup>rd</sup>**.
    - The only public swim on Mon Sept 2<sup>nd</sup> is 1:30-4:30pm, and the fitness centre is open 8am to 8pm.
    - Public swims and the fitness centre have normal hours on Tue Sept 3<sup>rd</sup>.
  - The 6pm Whitecaps group is **full** for Fall: wait list available. **If you are on the wait list, please let me know, including your position on the list.**
  - The 7:30am Earlybirds group is close to full for Fall.
  - Full program details for the Fall and Winter programs is in the "Reminders" section at the end of the newsletter.

### Swimmer Notes

#### Swimmer Updates:

- The women's change room is closing at 8:30pm for maintenance on Sat Aug 31<sup>st</sup>, Sun Sept 1<sup>st</sup>, and Sun Sept 2<sup>nd</sup>.

- Congratulations again to **Paola Osorio** (6pm Whitecaps) and **Alejandro Rojas** (6pm Whitecaps) on the birth of their son, **Agustin Rojas Osorio**, on **Wed Aug 7<sup>th</sup>**! Congratulations also to Aunt **Luz Osorio** (6pm Whitecaps). Apologies for getting the date wrong last time! Paola reports that despite the lack of sleep they have never been happier! **Agustin** looks like Dad:



- **Ian Lorimer** (7:30am Earlybirds) and **Jackie Lyons** (formerly 6pm Whitecaps) are participating in The Ride, a 50 or 109 km cycle ride on **Sunday Sept 8<sup>th</sup>** to raise funds for research at the Ottawa Hospital. Full details on the event at [https://secure3.convio.net/otthf/site/SPageServer/?pagename=2019 THE RIDE Home&s\\_locale=en\\_CA](https://secure3.convio.net/otthf/site/SPageServer/?pagename=2019%20THE%20RIDE%20Home&s_locale=en_CA). Ian is on the Cancer Research team and Jackie is on the CycleOOS neighbourhood team. If you'd like to sponsor **Ian or Jackie**, here is the link: [https://secure3.convio.net/otthf/site/TR?sid=1212&fr\\_id=1070&pg=informational](https://secure3.convio.net/otthf/site/TR?sid=1212&fr_id=1070&pg=informational).

- **Sunriser Thursdays!** The Toronto-based Great Lakes Open Water Swimming (GLOW) group loves to do sunrise swims and wants to document 365 sunrisers in a row. They love to include sunrisers from different locations, and next Thursday (Sept 5<sup>th</sup>) it's our turn. Please join us for a lovely sunriser at 6:15 am on Westboro Beach (great accessibility by bike, car, and transit). It would be lovely to have a large group!

What's the point? In their words: "The objective of this project is to create awareness on the issues related to the health of our Great Lakes and other local water bodies around the globe. Our goal is to create a network of sunrisers and we'll have a video from one of the 5 Great Lakes and beyond." Also, the point is to have fun and enjoy nature.

How does it work? We show up to the beach, admire the scenery, swim as little or much as we want to, take two minutes to collect and dispose of plastic garbage (to protect our beautiful Ottawa River) and then go home. If anyone wants to join me filming, that's great. And if anyone doesn't want to be in the video, please let us know. Here's a video from a Burlington location: <https://youtu.be/zEN2DHNx9ow>

How's the water? The river is generally quite clean (but not clear because it's a river), and right now the temperature is about 22 degrees, and it will probably be about 20 next Thursday.

If you would like to join us, please come to Westboro Beach on Sept 5<sup>th</sup> at 6:15am. (We might repeat this on other Thursdays.) If you have any questions, please send an email to **Christiane Wilke** (7:30am Earlybirds): [christianewilke@gmail.com](mailto:christianewilke@gmail.com).

### **News and Links:**

- The Swimmer: A Two Minute Short Film about the Power of Ritual: <https://vimeo.com/337823655>

- **Michael Phelps** Is Losing World Records, but He's Gained Other Treasures: <https://www.nytimes.com/2019/08/19/sports/michael-phelps-records-family.html>
- Canadian **Tyler Mislawchuk** wins World Triathlon Tokyo Olympic test event: <https://www.cbc.ca/sports/olympics/trackandfield/tyler-mislawchuk-world-triathlon-series-montreal-1.5249251>
- **Sheena McNally** (age 35) Sets Canadian Records in Free Diving: <https://www.cbc.ca/news/canada/edmonton/freediving-sheena-mcnally-1.5250678> and (video): <https://www.ctvnews.ca/video?playlistId=1.4556217>
- For a Longer Life, Get Moving. Even a Little [Thanks to **Sheila Kealey** (7:30am Earlybirds)]: <https://www.nytimes.com/2019/08/28/well/move/for-a-longer-life-get-moving-even-a-little.html>
- Conclusions Straight from the Heart: Swimmers have Big Hearts [Thanks to **Larry Durr** (7:30am Earlybirds)]: <https://www.pressreader.com/canada/ottawa-citizen/20190819/282003264072689>
- It's Never Too Late: The Aging Man's Guide to Getting Jacked: <https://www.insidehook.com/article/health-and-fitness/how-can-older-guys-get-jacked>

## Fall Session Information

Dates: Wed Sept 4<sup>th</sup> to Thu Dec 18<sup>th</sup>; excluding Mon Oct 14<sup>th</sup>.

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/Thu: **Sean**; Tue: **David**

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

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

Exceptions will be noted here.

### Fin Days:

Tue Oct 22<sup>nd</sup> / Wed Oct 23<sup>rd</sup>

Thu Nov 21<sup>st</sup> / Fri Nov 22<sup>nd</sup>

### Time Trials:

Thu Oct 10<sup>th</sup> / Fri Oct 11<sup>th</sup>: timed 400 free or IM

Thu Oct 17<sup>th</sup> / Fri Oct 18<sup>th</sup>: two timed 50s choice

Mon Oct 28<sup>th</sup>: timed 200 choice

Mon Nov 11<sup>th</sup>: timed 800 / 1500 free

Tue Nov 26<sup>th</sup> / Wed Nov 27<sup>th</sup>: timed 100 choice

Wed Dec 17<sup>th</sup> / Thu Dec 18<sup>th</sup>: "funner" day (e.g. relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall19.pdf>.

## Summer Session Information

Dates: Tue Jul 2<sup>nd</sup> to Sat Aug 31<sup>st</sup>; excluding Mon Jul 1<sup>st</sup>, Sat Aug 3<sup>rd</sup>, and Sat Aug 5<sup>th</sup>.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End plus 2 Lanes Shallow: **Lynn**

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

12:15pm Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

**Mark** coached for **Sean** on **Mon Aug 26<sup>th</sup>**.

**Mark** coached for **David** on **Tue Aug 27<sup>th</sup>**.

**Tim** coached for **Sean** on **Thu Aug 29<sup>th</sup>**.

### Fin Day:

Thu Aug 1<sup>st</sup> / Fri Aug 2<sup>nd</sup>

### Time Trials:

Mon Jul 8<sup>th</sup> am: 400 free or IM (evening group will do this later in the term)  
Mon Jul 15<sup>th</sup> am / Tue July 16<sup>th</sup>: 100 and 50 choice  
Tue Aug 6<sup>th</sup> / Wed Aug 7<sup>th</sup>: 800 / 1500 free  
Tue Aug 13<sup>th</sup> / Wed Aug 14<sup>th</sup>: 200 choice  
Thu Aug 29<sup>th</sup> / Fri Aug 30<sup>th</sup>: "funner" day (e.g. relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum19.pdf>.

Thanks to those who participated in the relays on **Fri Aug 30<sup>th</sup>**. There were two improvements:

#### 50 back (1)

<b>Ralph Siemsen</b>	0.4	EB1
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#### 50 fly (1)

<b>Eleanor Fast</b>	3.1	EB1
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## Summer Session Summary

A big thank you to our coaches this term: **Sean Dawson, David Thibodeau, Tim Kilby, Mark Blenkinsop, Mits Kachi, Adrian Finn, and Blake Christie.**

Here's the summary of the attendance and time trials for the Summer 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 either in person or by e-mail.

### Weekday Attendance:

This term we had just **one** swimmer with perfect attendance. Congratulations to **Derek Woodard** (7:30am Earlybirds)! That gives him perfect attendance for both the Spring and Summer terms.

**6pm Whitecaps:** July 2-August 29<sup>th</sup> (25 workouts); range 17-33; average: 22.5  
Missed 3 Workouts: **Christian Cattan, Elaine Yardley, Stephanie Le Saux Farmer**

**7:30am Earlybirds:** July 3-August 14<sup>th</sup> (18 workouts); range 22-37; average: 29.5  
Perfect Attendance: **Derek Woodard**  
Missed 2 Workouts: **Bruce Brown**  
Missed 3 Workouts: **Dawn Walsh, Harley Gifford, Steve Dods, Susan Hulley**

### Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Summer 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 74 different swimmers: 40 women and 34 men. There were 200 completed time trials: 98 for women and 102 for men. If you notice any errors or omissions, please let me know.

Twenty-one swimmers (11 women and 10 men) improved in at least one event (39 total improvements). The most improved swimmer was **Christian Cattan** (6pm Whitecaps) with a 3:12 (24 sec/100m) improvement in his 800 free. Tied for most improved women were **Marta Kolbuszewska** (7:30am Earlybirds) and **Rebeka Rubio** (6pm Whitecaps) with a 32.9 second (8.2 sec/100m) improvement in 400 free, and 4.1 second (8.2 sec/100m) improvement in 50 free, respectively. Next was **Janine Debanne** (7:30am Earlybirds) with a 29.8 second (7.5 sec/100m) improvement in 400 free. Rounding out the top three for the men were **Zak Jacques** (7:30am Earlybirds) with a 1:27 (5.8 sec/100m) improvement in 1500 free, and **David Caughey** (7:30am Earlybirds) with a 21.9 (5.5 sec/100m) improvement in 400IM. **Ralph Siemsen** (7:30am Earlybirds) and **Christian** each improved in four different events.

Twenty-one swimmers (10 women and 11 men) scored 270 plus points in at least one event (39 swims total), as per the 2015 point scores here: [http://wiki.swimrankings.net/index.php/swimrankings:FINA\\_Points](http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points). **Steve Kennedy** (6pm Whitecaps) had the highest score of 439 points for 59.1 in 100 free. Next was **Justin Kernot** (7:30am Earlybirds) with

423 points for 2:12.3 in 200 free. He was followed by Coach **Adrian Finn** with 403 points for 1:00.8 in 100 free, and **Derek Woodard** (7:30am Earlybirds) with 387 points for 29.9 in 50 fly. The top three women were **Luz Osorio** (6pm Whitecaps) who earned 368 points for 2:34.5 in 200 free, **Lisa Tauskela** (6pm Whitecaps) with 365 points for 32.5 in 50 free, and **Mars Nienhuis** (6pm Whitecaps) with 360 points for 21:32 in 1500 free, all three within 8 points! **Derek** earned at least 270 points in five different 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 10 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	<b>Marta Kolbuszewska</b>	<b>EB1</b>	<b>F</b>	<b>400fs</b>	<b>32.9</b>	<b>8.2</b>
1	<b>Rebeka Rubio</b>	<b>WC1</b>	<b>F</b>	<b>50fs</b>	<b>4.1</b>	<b>8.2</b>
3	Janine Debanne	EB1	F	400fs	29.8	7.5
4	Claude Tellier	EB1	F	800fs	57.0	7.1
5	Eleanor Fast	EB1	F	50fl	3.1	6.2
6	Bekah Dyck	WC1	F	50fs	2.4	4.8
7	Jocelyn Pender	EB1	F	50fs	1.3	2.6
7	Lisa Tauskela	WC1	F	50fs	1.3	2.6
9	Susan Hulley	EB1	F	800fs	14.0	1.8
10	Lillian Wheatley	EB1	F	50fs	0.7	1.4
11	Karen Jensen	EB1	F	400fs	2.1	0.5
1	<b>Christian Cattan</b>	<b>WC1</b>	<b>M</b>	<b>800fs</b>	<b>192.0</b>	<b>24.0</b>
2	Zak Jacques	EB1	M	1500fs	87.0	5.8
3	David Caughey	EB1	M	400IM	21.9	5.5
4	Matthew Sinclair	WC1	M	800fs	38.0	4.8
5	Ralph Siemsen	EB1	M	400fs	17.2	4.3
6	Peter Kallai	WC1	M	200fs	7.3	3.7
7	Stephen Agberien	EB1	M	400fs	9.1	2.3
8	Sam Hersh	EB1	M	100bk	2.2	2.2
9	Justin Kernot	EB1	M	200fs	0.7	0.4
10	Mike Wheatley	EB1	M	100IM	0.1	0.1

### Fastest Swimmers (best event for each person):

All those scoring 270 or more points are shown. This term there were 10 women and 11 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>200fs</b>	<b>2:34.5</b>	<b>368</b>
2	Lisa Tauskela	WC1	F	50fs	32.5	365
3	Mars Nienhuis	WC1	F	1500fs	21:32	360
4	Paola Osorio	WC1	F	100fs	1:12.9	342
5	Gillian Massel	WC1	F	200fs	2:42.7	315
5	Stephanie Le Saux Farmer	WC1	F	200fs	2:42.7	315

7	Cathy Crawley	EB1	F	50fs	34.5	305
8	Jessica Kern	WC1	F	50br	43.0	300
9	Bekah Dyck	WC1	F	50fs	34.8	297
10	Natalie Aucoin	EB1	F	50fl	36.7	293
<b>1</b>	<b>Steve Kennedy</b>	<b>WC1</b>	<b>M</b>	<b>100fs</b>	<b>0:59.1</b>	<b>439</b>
<b>2</b>	<b>Justin Kernot</b>	<b>EB1</b>	<b>M</b>	<b>200fs</b>	<b>2:12.3</b>	<b>423</b>
<b>x</b>	<b>Adrian Finn</b>	<b>WC1</b>	<b>M</b>	<b>100fs</b>	<b>1:00.8</b>	<b>403</b>
3	Derek Woodard	EB1	M	50fl	29.9	387
4	Jean-Francois Jacques	WC1	M	50fs	29.6	320
5	Zak Jacques	EB1	M	50fs	29.9	311
6	Mike Wheatley	EB1	M	50fs	30.6	290
x	Sean Dawson	EB1	M	200fs	2:30.6	287
7	Miguel Chavez	WC1	M	50fs	31.1	276
7	Sam Hersh	EB1	M	200bk	2:42.9	276
9	Isaac Fierro Marquez	WC1	M	200fs	2:33.6	270

(For point scores, see: [http://wiki.swimrankings.net/index.php/swimrankings:FINA\\_Points.](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
<b>50fs</b>					
<b>1</b>	<b>Rebeka Rubio</b>	<b>WC1</b>	<b>F</b>	<b>4.1</b>	<b>8.2</b>
2	Bekah Dyck	WC1	F	2.4	4.8
3	Lisa Tauskela	WC1	F	1.3	2.6
3	Jocelyn Pender	EB1	F	1.3	2.6
<b>1</b>	<b>Christian Cattan</b>	<b>WC1</b>	<b>M</b>	<b>2.6</b>	<b>5.2</b>
2	Zak Jacques	EB1	M	0.5	1.0
(5/2)					
<b>100fs</b>					
<b>1</b>	<b>Marta Kolbuszewska</b>	<b>EB1</b>	<b>F</b>	<b>5.4</b>	<b>5.4</b>
2	Rebeka Rubio	WC1	F	2.4	2.4
3	Lisa Tauskela	WC1	F	0.9	0.9
(3/0)					
<b>200fs</b>					
<b>1</b>	<b>Lillian Wheatley</b>	<b>EB1</b>	<b>F</b>	<b>2.5</b>	<b>1.3</b>
2	Marta Kolbuszewska	EB1	F	1.1	0.6
<b>1</b>	<b>Peter Kallai</b>	<b>WC1</b>	<b>M</b>	<b>7.3</b>	<b>3.7</b>
2	Matthew Sinclair	WC1	M	3.1	1.6
3	Stephen Agberien	EB1	M	1.7	0.9
4	Ralph Siemsen	EB1	M	1.5	0.8
(2/5)					
<b>400fs</b>					
<b>1</b>	<b>Marta Kolbuszewska</b>	<b>EB1</b>	<b>F</b>	<b>32.9</b>	<b>8.2</b>
2	Janine Debanne	EB1	F	29.8	7.5
3	Lisa Tauskela	WC1	F	5.9	1.5

1	<b>Ralph Siemsen</b>	<b>EB1</b>	<b>M</b>	<b>17.2</b>	<b>4.3</b>
2	Stephen Agberien	EB1	M	9.1	2.3
3	Justin Kernot	EB1	M	0.9	0.2
(4/3)					
<b>800fs</b>					
1	<b>Claude Tellier</b>	<b>EB1</b>	<b>F</b>	<b>57.0</b>	<b>7.1</b>
2	Susan Hulley	EB1	F	14.0	1.8
1	<b>Christian Cattan</b>	<b>WC1</b>	<b>M</b>	<b>192.0</b>	<b>24.0</b>
2	Matthew Sinclair	WC1	M	38.0	4.8
(2/2)					
<b>1500fs</b>					
1	<b>Zak Jacques</b>	<b>EB1</b>	<b>M</b>	<b>87.0</b>	<b>5.8</b>
2	Ralph Siemsen	EB1	M	54.0	3.6
3	Sam Hersh	EB1	M	8.0	0.5
(0/3)					
<b>50bk</b>					
1	<b>Ralph Siemsen</b>	<b>EB1</b>	<b>M</b>	<b>0.4</b>	<b>0.8</b>
(0/1)					
<b>100bk</b>					
1	<b>Sam Hersh</b>	<b>EB1</b>	<b>M</b>	<b>2.2</b>	<b>2.2</b>
(0/1)					
<b>50f1</b>					
1	<b>Eleanor Fast</b>	<b>EB1</b>	<b>F</b>	<b>3.1</b>	<b>6.2</b>
(1/0)					
<b>200f1</b>					
1	<b>David Caughey</b>	<b>EB1</b>	<b>M</b>	<b>1.7</b>	<b>0.9</b>
(0/1)					
<b>100IM</b>					
1	<b>Christian Cattan</b>	<b>WC1</b>	<b>M</b>	<b>7.2</b>	<b>7.2</b>
2	Mike Wheatley	EB1	M	0.1	0.1
(0/2)					
<b>200IM</b>					
1	<b>Christian Cattan</b>	<b>WC1</b>	<b>M</b>	<b>17.3</b>	<b>8.7</b>
(0/1)					
<b>400IM</b>					
1	<b>David Caughey</b>	<b>EB1</b>	<b>M</b>	<b>21.9</b>	<b>5.5</b>
(0/1)					

### 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
<b>50fs</b>				
1	<b>Lisa Tauskela</b>	<b>WC1</b>	<b>F</b>	<b>32.5</b>
2	Cathy Crawley	EB1	F	34.5
3	Bekah Dyck	WC1	F	34.8
4	Mars Nienhuis	WC1	F	35.0

x	<b>Adrian Finn</b>	<b>WC1</b>	<b>M</b>	<b>28.7</b>
1	<b>Derek Woodard</b>	<b>EB1</b>	<b>M</b>	<b>28.7</b>
2	Jean-Francois Jacques	WC1	M	29.6
3	Zak Jacques	EB1	M	29.9
(21/21)				
<b>100fs</b>				
1	<b>Mars Nienhuis</b>	<b>WC1</b>	<b>F</b>	<b>1:12.7</b>
2	Paola Osorio	WC1	F	1:12.9
3	Lisa Tauskela	WC1	F	1:14.5
1	<b>Steve Kennedy</b>	<b>WC1</b>	<b>M</b>	<b>0:59.1</b>
x	Adrian Finn	WC1	M	1:00.8
2	Isaac Fierro Marquez	WC1	M	1:10.8
3	Miguel Chavez	WC1	M	1:12.4
(11/7)				
<b>200fs</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>2:34.5</b>
2	Stephanie Le Saux Farmer	WC1	F	2:42.7
2	Gillian Massel	WC1	F	2:42.7
1	<b>Justin Kernot</b>	<b>EB1</b>	<b>M</b>	<b>2:12.3</b>
x	Adrian Finn	WC1	M	2:22.9
2	Derek Woodard	EB1	M	2:26.8
x	Sean Dawson	EB1	M	2:30.6
3	Isaac Fierro Marquez	WC1	M	2:33.6
(12/14)				
<b>400fs</b>				
1	<b>Lisa Tauskela</b>	<b>WC1</b>	<b>F</b>	<b>5:39.7</b>
2	Sandy Lawson	EB1	F	6:21.3
3	Marta Kolbuszewska	EB1	F	6:21.8
1	<b>Justin Kernot</b>	<b>EB1</b>	<b>M</b>	<b>4:48.1</b>
2	Derek Woodard	EB1	M	5:15.3
3	Mike Wheatley	EB1	M	5:29.9
(19/10)				
<b>800fs</b>				
1	<b>Claude Tellier</b>	<b>EB1</b>	<b>F</b>	<b>16:07</b>
2	Susan Hulley	EB1	F	16:20
3	Heloise Emdon	EB1	F	17:39
1	<b>Matthew Sinclair</b>	<b>WC1</b>	<b>M</b>	<b>16:14</b>
(7/3)				
<b>1500fs</b>				
1	<b>Mars Nienhuis</b>	<b>WC1</b>	<b>F</b>	<b>21:32</b>
2	Gillian Massel	WC1	F	22:48
3	Stephanie Le Saux Farmer	WC1	F	22:48
1	<b>Justin Kernot</b>	<b>EB1</b>	<b>M</b>	<b>20:18</b>
2	Sam Gamble	WC1	M	22:37
3	Derek Woodard	EB1	M	22:44
4	Miguel Chavez	WC1	M	22:47
(7/11)				
<b>50bk</b>				

1	<b>Heather McBurney</b>	<b>WC1</b>	<b>F</b>	<b>41.1</b>
2	Debby Whately	EB1	F	54.2
3	Cori Dinovitzer	EB1	F	57.0
1	<b>David Caughey</b>	<b>EB1</b>	<b>M</b>	<b>39.6</b>
2	David Moore	EB1	M	41.8
3	Bruce Brown	EB1	M	42.1
(3/5)				
<b>100bk</b>				
1	<b>Derek Woodard</b>	<b>EB1</b>	<b>M</b>	<b>1:13.7</b>
2	Sam Hersh	EB1	M	1:15.4
3	Don Wells	WC1	M	1:18.4
(0/3)				
<b>200bk</b>				
1	<b>Cathy Crawley</b>	<b>EB1</b>	<b>F</b>	<b>3:13.8</b>
1	<b>Sam Hersh</b>	<b>EB1</b>	<b>M</b>	<b>2:42.9</b>
2	Mike Wheatley	EB1	M	2:53.7
3	Harley Gifford	EB1	M	3:01.5
(1/3)				
<b>50br</b>				
1	<b>Jessica Kern</b>	<b>WC1</b>	<b>F</b>	<b>43.0</b>
2	Karen Jensen	EB1	F	52.3
3	Isla Paterson	EB1	F	58.4
4	Ursula Scott	EB1	F	58.7
1	<b>Francois Jacques</b>	<b>EB1</b>	<b>M</b>	<b>46.6</b>
2	Mike Wheatley	EB1	M	49.2
(7/2)				
<b>200br</b>				
1	<b>Chris Whitehead</b>	<b>EB1</b>	<b>M</b>	<b>3:51.4</b>
(0/1)				
<b>50f1</b>				
1	<b>Paola Osorio</b>	<b>WC1</b>	<b>F</b>	<b>35.4</b>
2	Natalie Aucoin	EB1	F	36.7
3	Cathy Crawley	EB1	F	40.6
1	<b>Derek Woodard</b>	<b>EB1</b>	<b>M</b>	<b>29.9</b>
2	Steve Kennedy	WC1	M	30.1
3	David Moore	EB1	M	35.5
(3/4)				
<b>100f1</b>				
1	<b>Heather Morrison</b>	<b>EB1</b>	<b>F</b>	<b>1:39.8</b>
1	<b>David Caughey</b>	<b>EB1</b>	<b>M</b>	<b>1:20.6</b>
(1/1)				
<b>200f1</b>				
1	<b>David Caughey</b>	<b>EB1</b>	<b>M</b>	<b>3:06.1</b>
(0/1)				
<b>100IM</b>				
1	<b>Natalie Aucoin</b>	<b>EB1</b>	<b>F</b>	<b>1:38.5</b>
2	Dawn Walsh	EB1	F	1:39.2
3	Bicki Westerheide	WC1	F	1:49.4

1	<b>Mike Wheatley</b>	<b>EB1</b>	<b>M</b>	<b>1:20.9</b>
2	David Moore	EB1	M	1:31.0
3	Francois Jacques	EB1	M	1:31.7
(3/8)				
<b>200IM</b>				
1	<b>Eleanor Fast</b>	<b>EB1</b>	<b>F</b>	<b>3:46.1</b>
1	<b>Zoltan Csepregi</b>	<b>WC1</b>	<b>M</b>	<b>2:54.4</b>
2	Christian Cattan	WC1	M	3:17.3
3	Ian Lorimer	EB1	M	3:34.0
(1/3)				
<b>400IM</b>				
1	<b>David Caughey</b>	<b>EB1</b>	<b>M</b>	<b>6:26.4</b>
(0/1)				

## Fun Relays (Fri Aug 30<sup>th</sup>)

### 3 x 50 Free Relay

#### 7:30am Earlybirds

- 1:48.9 Team 2: David Caughey, Christiane Wilke, Ian Lorimer
- 1:55.0 Team 1: David Moore, Ursula Scott, Cathy Crawley
- 1:57.7 Team 4: Ralph Siemsen, Karen Jensen, Harley Gifford
- 1:59.6 Team 5: Debby Whately, Luciara Hardon, Mike Wheatley
- 2:03.1 Team 6: Cori Dinovitzer, Robin Henderson, Derek Woodard
- 2:05.4 Team 3: Bruce Brown, Isla Paterson, Eleanor Fast

### 3 x 50 Medley Relay (back, breast, fly)

#### 7:30am Earlybirds

- 2:16.0 Team 4: Ralph Siemsen, Karen Jensen, Harley Gifford
- 2:19.0 Team 2: David Caughey, Christiane Wilke, Ian Lorimer
- 2:21.1 Team 1: David Moore, Ursula Scott, Cathy Crawley
- 2:27.4 Team 6: Cori Dinovitzer, Robin Henderson, Derek Woodard
- 2:27.6 Team 3: Bruce Brown, Isla Paterson, Eleanor Fast
- 2:34.5 Team 5: Debby Whately, Luciara Hardon, Mike Wheatley

## Ask the Coach

**Dear Coach:** It's great having the extra space during 7:30am Earlybirds in the summer. Any chance we can keep the extra lanes during the rest of the year? Morning Swimmer

Dear M. Swimmer: Unfortunately, that space is not available during the Fall and Winter as it is used by the Varsity team and ROCS. Also, as we have the 8:30am Earlybirds pool time back, the maximum registration number for 7:30am is reduced.

**Dear Coach:** How can I get a list of my time trial times? Curious Swimmer

Dear C. Swimmer: At the end of each term, I merge the term's time trial times into my spreadsheet, so this is the perfect time to email me for a list. The times spreadsheet is not posted on the web site for privacy reasons.

## Masters Swimming Competitions

This season (September 2019 to August 2020), you have many 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 be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or FINA (e.g. for World Records). This costs **\$15** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 **\$50** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. 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. Notice the price has been reduced by \$15 this year!

3. You can register with both MSO and SO. This costs **\$60** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>.

4. You can also register with MSC. This costs \$20. It's not yet clear what this gets you -- more details to come!

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 Swim Canada Masters 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.

Sun Oct 13<sup>th</sup> Bermuda 800m, 2k, 4k, 10k Around the Sound open water swims on the Canadian Thanksgiving long weekend. One of the organizers is from U of Waterloo: **Mike Cash** ([mike@bows.bm](mailto:mike@bows.bm)) and he's happy to help with logistics if anyone is interested.

Sat Oct 26<sup>th</sup> Brossard (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Nov 10<sup>th</sup> Guelph Marlins Meet (MSO registration required)

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

Sat Nov 16<sup>th</sup> Willy Lee Charity Meet, Brewer (MSO registration required)

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

Sat Nov 16<sup>th</sup> Quebec Manche 1, Montreal (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Dec 1<sup>st</sup> Technosport Meet, uOttawa (MSO registration required)

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

Sat Dec 7<sup>th</sup> Quebec Manche 2, Sainte-Foy (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sat Jan 11<sup>th</sup> Quebec Manche 3, Drummondville (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Jan 19<sup>th</sup> Alderwood Yards Meet (MSO registration required)

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

Sat Jan 25<sup>th</sup> Cote St Luc Invitational, Montreal (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sat Feb 1<sup>st</sup> Quebec Manche 4 LC, Quebec (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Feb 2<sup>nd</sup> Technosport Meet, uOttawa (MSO registration required)

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

Sat Feb 22<sup>nd</sup> Quebec Manche 5, Pointe Claire, Montreal (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Mar 1<sup>st</sup> Technosport Meet, uOttawa (MSO registration required)

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

Sat Mar 14<sup>th</sup> Quebec Manche 6, Dollard-des-Ormeaux, Montreal (SO registration required)

<https://swimming.ca/en/events-results/live-upcoming-meets/>

Fri-Sun Mar 27-29<sup>th</sup> MSO Provincial Championships (MSO registration required)

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

Fri-Sun May 22-24<sup>th</sup>, 2020 MSC Nationals, Etobicoke (not recognized by Swim Canada, probably MSC registration required)

May SNC Nationals (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

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!)

### Aug 13-18<sup>th</sup> World Masters Swimming Championships, Gwangju, South Korea

Congratulations to **Jamie** on his "straight" of finishes: one each of 7<sup>th</sup> through 11<sup>th</sup>. He improved his club records in four of his five events! Canadian swimmer results: <https://www.mastersswimmingontario.ca/2019-fina-masters-gwangju-korea/>. Updated club records: <http://carletonmasters.tripod.com/190818.Records.pdf>.

**Jamie Chalmers** (Earlybirds; 75-79): 7<sup>th</sup> 200 back (4:40.82 Club Record); 8<sup>th</sup> 100 back (2:08.59); 9<sup>th</sup> 100 free (1:37.06 Club Record); 10<sup>th</sup> 50 free (39.87 Club Record); 11<sup>th</sup> 50 back (55.36 Club Record)

Here's **Jamie** with the FINA Mascots Outside the main competition pool, Nambu University, Gwangju, South Korea:



### Sun Aug 18<sup>th</sup> Michigan Swim to the Moon, 10k Swim (163 swimmers)

**Cori** and **Mary** participated. **Cori** improved her time by 5 minutes, while this was **Mary's** first 10k and she beat her goals of breaking 4.5 hours and not being last! Results: <https://runsignup.com/Race/Results/19385/>.

**Cori Dinovitzer** (7:30am Earlybirds; 55-59): 153<sup>rd</sup> overall, 82<sup>nd</sup> female and 6<sup>th</sup> in category in 4:09:08

**Mary Donaghy** (7:30am Earlybirds; 55-59): 156<sup>th</sup> overall, 85<sup>th</sup> female and 7<sup>th</sup> in category in 4:14.01

### Sun Aug 18<sup>th</sup> Mont-Tremblant Ironman (1.9k/180k/42.2k)

Congratulations to **Konstantin** on completing his first Ironman! Results:

<https://www.ironman.com/triathlon/events/americas/ironman/mont-tremblant/results.aspx?y=2019&rd=20190818&race=monttremblant#axzz5y7ddc7PD>.

**Konstantin Petoukhov** (6pm Whitecaps; 35-39): 440<sup>th</sup> overall, 366<sup>th</sup> man, and 73<sup>rd</sup> in category in 11:38:04 (1:07:44 swim)  
Here's what he said:

This past Sunday was a huge milestone for me - I completed my first Ironman-distance triathlon in Mont-Tremblant! Thanks to everyone who came out to support me (Alysha, Mars, Rachel, Derek and Jocelyn!) Also a shout out to my triathlon team TopSpeedRacing for all the training, and of course a huge thanks to Paul Mack for all coaching tips over the summer.

### Aug 20-25<sup>th</sup> 14th IDBF World Dragon Boat Racing Championships, Pattaya-Rayong, Thailand

**Natalie Aucoin** (7:30am Earlybirds), **Megan Holtzman** (8:30am Earlybirds), and **Isabelle Fradette** (8:30am Earlybirds) represented Canada in the women's and mixed Senior A (40 plus) division. Canada cleaned up winning all four of the women's events (200m, 500m, 1k, 2k), all seven mixed events (small boat: 200m, 500m, 2k; large boat: 200m, 500m, 1k, 2k), and all four of the men's events (200m, 500m, 1k, 2k). **Nat**, **Megan**, and **Isabelle** each earned 7 or 8 gold medals each! And Canada won the Senior Cup for their performance. Fantastic job, ladies!! Here's a photo of **Isabelle**, **Megan**, and **Natalie** with some of their medals:



### **Sun Aug 25<sup>th</sup> Cornwall Sprint Triathlon** (750m/20k/5k; 167 participants)

Congratulations to **Sherri** on her first triathlon! Great job!! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=101500>.

**Sherri Anderson** (7:30am Earlybirds; 40-49): 147<sup>th</sup> overall; 72<sup>nd</sup> woman, and 22<sup>nd</sup> in category in 1:51:25.1 (18:54 swim)

### **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://www.statsman.ca/#canada> (last update **August 17<sup>th</sup>**).

### **Private and Semi-Private Masters Swim Lessons**

#### **Fall Schedule:**

Mon/Wed 4:30-5:30pm

Tue/Thu 4:00-5:00pm

Tue/Thu 5:00-6:00pm

Fri 9:35-10:35am

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

### Fall/Winter Programs

Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. The 6pm and 7:30am groups fill quickly, so register early to avoid disappointment! The Masters program information is also available on the web site: <http://carletonmasters.tripod.com/>. Note that the system requires that the cost be the same for both Fall and Winter, so there are two bonus workouts in the Fall (i.e. you pay for 43 workouts and get 45) and one or two extra Winter workouts on unusual days to get 43 workouts in for all groups. Prices are unchanged from last year.

**Fall 2019: Wed Sept 4<sup>th</sup> to Thu Dec 19<sup>th</sup>; no workouts Tue Sept 3<sup>rd</sup>; Mon Oct 14<sup>th</sup>**

**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/Thu: Sean; Tue: David): cost \$165+HST **Full: Waitlist Available**

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

**Winter 2020: Thu Jan 2<sup>nd</sup> to Sat Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>; Fri Apr 10<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2<sup>nd</sup> and Thu Apr 9<sup>th</sup>**

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2<sup>nd</sup> and Thu Apr 9<sup>th</sup>**

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon/Thu: Sean; Tue: David): cost \$165+HST: includes **Fri Jan 3<sup>rd</sup>**

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST: includes **Fri Jan 3<sup>rd</sup>**

**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. 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 Ravens Gear:** Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity team:



**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.

**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 ([lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

[lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)

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