

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, June 29, 2019 5:36 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 #500

Carleton Masters Swimming Newsletter #500

Saturday, June 29th, 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 (55 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (58 addresses), 7:10pm Whitecaps II (33 addresses), Saturday Only (4 addresses), Alumni (31 addresses).



Doug Brubacher (8:30am Earlybirds) is spending the summer sailing near Norway and Iceland. Here's a picture from Trollfjord. More details under "Swimmer Updates".

Masters Swimming Program Notes

- The Spring session has ended. The Summer session runs from the evening of **Tue Jul 2nd** to **Sat Aug 31st**.
- The cancellations for the Summer term are:
 - **Mon Jul 1st** (Canada Day): Note that **Carleton Athletics is closed** for Canada Day.

- **Sat Aug 3rd** and **Mon Aug 5th** (August Civic Holiday Weekend)
- Full details on the dates and prices for the Summer programs can be found in the “Notes and Reminders” at the end of the newsletter.
- A reminder that the only groups running for summer are 7:30am Earlybirds, 6pm Whitecaps, and 12:15pm Saturdays.
 - This summer, Saturdays are **not** included with your weekday registration.
- The Summer 6pm Whitecaps is **full**: wait list available. (Let me know if you’re on the wait list!)

Swimmer Notes

Swimmer Updates:

- Congratulations to Coach **Sean Dawson** on his graduation with a Masters of Business Administration in the Telfer School of Business at the University of Ottawa on June 19th. He completed this in 19 months part-time while working full-time, and coaching! Here’s his profile: <https://telfer.uottawa.ca/en/emba/program-at-a-glance/profile-of-candidates/candidates-in-focus/2019/129/sean-dawson>, and a list of the graduates: <https://www.uottawa.ca/obtain-your-degree/list-of-graduates>.

- **François Jacques** (7:30am Earlybirds, jacla5@yahoo.ca) is organizing a 5km swim in Lac Grand, Val des Monts, Quebec on Sat Aug 10th. It will start at 9am, followed by brunch. It’s open water timed with prizes for <30, 30-55, >55 years, mixed. Open to all, free of charge! If anyone has experience in organizing an event like this, **François** would love to sit down and share ideas over a coffee and doughnut, or at his house with wine!

- **Brad Shapansky** (8:30am Earlybirds) has done some cleaning out of his daughter’s swim gear and given me a water bottle, small paddles, size 7-9 fins, and a pale green ironman watch (needs a battery). All free to a good home -- let me know if you are interested. Thanks, **Brad**!

- **Doug Brubacher** (8:30am Earlybirds), see photo above, is sailing on a boat named Lille Polaris. You can check his location by searching for that boat here: <https://www.marinetraffic.com/>. Very cool!

- **Peter J Lawrence** (water polo background) is “leading the charge” for a badly needed, modern aquatics complex in the National Capital Region. He is looking for swimmers and other interested parties to provide a letter of support. If you want to get involved, please contact:

Peter John Lawrence, Life Time Aquatic Sports Award 2018. <http://www.squidoo.com/peter-lawrence>, <https://www.linkedin.com/in/peter-john-lawrence-40a75a1/>, 613-726-0071, SKYPE: Dunmowdan, hair1936@gmail.com

- Construction has started on Stadium Way, beside Parking Lot 5. Full details: <https://carleton.ca/transportationplan/maps/>.

- Masters Swimming Canada (MSC) has a survey that may be of interest: <https://www.surveymonkey.com/r/2ZNDVZB>. This is with regards to MSC no longer being recognized by Swim Canada.

- The University of Lethbridge is doing a survey of Masters athletes: https://uleth.qualtrics.com/jfe/form/SV_2s2BCHRGukEjRBj?fbclid=IwAR3orMWmhjS6anqQ1fL8zuc8Vx6KzyjuMaXNqVxHGQk_h-efZIGONHyKDjE.

News and Links:

- **Dr. Charles van der Horst** Dies in New York’s Hudson Eight Bridges Swim: <https://www.cbs17.com/news/friends-family-honor-life-of-former-unc-medical-professor-who-died-in-ny-swimming-race/>

- Swimmer **Jennifer Campbell-Michel** inducted into Greater Sudbury Hall of Fame:

<https://www.thesudburystar.com/sports/local-sports/hall-of-famer-campbell-michel-had-brilliant-aquatic-career>

- Hong Kong Swimmer **Kenneth To**’s March Death at Age 26 was Cardiac Arrest: <https://swimswam.com/coroners-report-swimmer-kenneth-tos-passing-ruled-sudden-cardiac-death/>

- **Stephanie Rice** Butterfly Drills Video: https://www.youtube.com/watch?v=mKfAj6_HPIU

- **Rich Burns** Inspires Masters Swimmers: <https://swimswam.com/rich-burns-inspires-masters-swimmers/>

- **Jack Groselle**, 65, Becomes the Oldest Man under 1:00 for 100 Free Long Course: <https://swimswam.com/jack-groselle-becomes-oldest-man-under-a-minute-in-100-lcm-free/>

- **Julia “Hurricane” Hawkins**, age 103, runs 50 and 100m at Senior Games:

<https://www.nytimes.com/aponline/2019/06/19/us/ap-us-senior-games-103-year-old.html>

- **Julia Hawkins**, the Record-Breaking Athlete Who Started Running at Age 100:
<https://www.everythingzoomer.com/health/2019/06/25/julia-hurricane-hawkins-running/>

Summer Session Information

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

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.

Sean is coaching for **Lynn** on **Fri Jul 12th** and **Mon Jul 15th**.

Tim is coaching for **Lynn** on **Wed Jul 17th** and for **Sean** on **Thu Jul 18th**.

Adrian is coaching for **Sean** on **Mon Jul 22nd** and **Mon Jul 29th**.

Mits is coaching for **Sean** on **Thu Jul 25th** and **Thu Aug 1st**.

Mark is coaching for **Lynn** on **Wed Aug 7th**.

David is coaching for **Sean** on **Thu Aug 8th**.

Tim is coaching for **Lynn** on **Fri Aug 9th**.

Fin Day:

Thu Jul 27th / Fri Jul 28th

Thu Aug 1st / Fri Aug 2nd

Time Trials:

Mon Jul 8th: 400 free or IM

Mon Jul 15th: 100 and 50 choice

Tue Aug 6th / Wed Aug 7th: 800 / 1500 free

Tue Aug 13th / Wed Aug 14th: 200 choice

Thu Aug 29th / Fri Aug 30th: "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>.

Spring Session Information

Dates: Snow Day Make-Up Workouts Mon May 6th; Spring Session Tue May 7th to Sat Jun 29th; excluding Mon May 20th

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: **Sean**; Sub-Coach: **Adrian**

7:10pm Whitecaps: Shallow End: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-Coach: **Adrian**

8:15am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

Fin Day:

Thu May 30th / Fri Jun 1st

Time Trials:

Thu Jun 6th / Fri Jun 7th: timed 200 choice or 400 IM/free

Tue Jun 11th / Fri Jun 12th: timed 50 and 100 choice

Mon Jun 17th: timed 800 / 1500fs

Thu Jun 27th / Fri Jun 28th: “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>.

Great job by those who did the **800 / 1500 time trial** on **Mon Jun 17th**. There were 10 improvements, all in the 1500. **Heather Morrison** (7:30am Earlybirds) improved by over 2 minutes! The full list follows:

Heather Morrison	126.0	EB1
Marta Kolbuszewska	85.0	EB1
David Caughey	84.0	EB1
Susan Hulley	56.0	EB1
Mike Wheatley	41.0	EB1
Isaac Fierro Marquez	24.0	WC1
Mars Nienhuis	21.0	WC1
Ruth Fawcett	7.0	WC1
Derek Woodard	4.0	EB1
Steve Kennedy	1.0	WC1

Thanks to those who participated in the relays on **Fri Apr 12th**. There were three improvements and one tie. **Marta Kolbuszewska** (7:30am Earlybirds) has already improved her 50 free by 1.9 seconds, so this brings the total to 2.3 seconds for the term!

50 free (3)

Marta Kolbuszewska	0.4	EB1
Justin Kernot	0.2	EB1
Mike Wheatley	0.2	EB1

50 breast (1 tie)

Claude Tellier	0.0	EB1
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Spring Session Summary

A big thank you to evening coaches **Sean Dawson** and **David Thibodeau**, and to Saturday coaches **Blake Christie**, **Mark Blenkinsop**, **Mits Kachi**, and **Tim Kilby** 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 either in person or by e-mail.

Weekday Attendance:

This term we had **two** swimmers with perfect attendance. Congratulations to **Derek Woodard** (7:30am Earlybirds), and **Eleanor Fast** (7:30am Earlybirds).

6pm Whitecaps: May 7-June 27th (22 workouts); range 15-27; average: 21.8

Missed 1 Workout: **Don Wells**

Missed 2 Workouts: **Mars Nienhuis, Ogi Gutovic**

7:10pm Whitecaps: May 7-June 27th (22 workouts); range 5-14; average: 9.4

Missed 2 Workouts: **Elaine Yardley, Gillian Massel**

7:30am Earlybirds: May 8-June 28th (22 workouts); range 18-27; average: 23.0

Perfect Attendance: **Derek Woodard, Eleanor Fast,**

Missed 1 Workout: **Justin Kernot, Marta Kolbuszewska, Susan Hulley, Ursula Scott**

8:30am Earlybirds: May 8-June 28th (22 workouts); range 12-27; average: 18.1

Missed 1 Workout: **Debby Whately, Mark Blenkinsop, Mary-Lou Dunnigan**

Missed 2 Workouts: **Isla Paterson, Ralph Siemsen**

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 93 different swimmers: 52 women and 41 men. There were 278 completed time trials: 160 for women and 118 for men. If you notice any errors or omissions, please let me know.

Twenty-eight swimmers (16 women and 12 men) improved in at least one event (38 total improvements). The most improved swimmers was **Heather Morrison** (7:30am Earlybirds) with a 2:06 (8.4 sec/100m) improvement in 1500 free. Next was **Rebeka Rubio** (6pm Whitecaps) with a 7.8 sec improvement in 100 free, followed by **Marta Kolbuszewska** (7:30am Earlybirds) with a 5.8 sec improvement in 100IM. The top three men were **David Caughey** (7:30am Earlybirds) with a 1:24 (5.6 sec/100m) improvement in 1500 free, followed by **Peter Kallai** (6pm Whitecaps) with a 2.6 (5.2 sec/100m) improvement in 50 free, and **Paddy Mallia** (8:30am Earlybirds) with a 1.9 (3.8 sec/100m) improvement in 50 free. **Marta** improved in four different events, and **Lisa Tauskela** (7:10pm Whitecaps) in three.

Twenty-two swimmers (8 women and 14 men) scored 270 plus points in at least one event (50 swims total), as per the 2015 point scores here: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. The highest score was 459 points by **Andrea Zarins** (6pm Whitecaps) for 1:06.1 in 100 free. Top man was **Justin Kernot** (7:30am Earlybirds) with 451 for 26.4 in 50 free. Next was **Steve Kennedy** (6pm Whitecaps) with 423 points for 18:52 in 1500 free, followed by **Ogi Gutovic** (6pm Whitecaps) with 404 for 27.4 in 50 free. Rounding out the top three for the women were **Mars Nienhuis** (6pm Whitecaps) with 367 for 5:27.4 in 400 free, and **Lisa Tauskela** (7:10pm Whitecaps) with 332 points for 1:13.6 in 100 free. **Derek Woodard** (7:30am Earlybirds) and **Justin** each scored 270 plus points in five different event, and **Dusan Boskovic** (6pm Whitecaps) and **Ogi** in four.

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 28 women and 18 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Heather Morrison	EB1	F	1500fs	126.0	8.4
2	Rebeka Rubio	WC1	F	100fs	7.8	7.8
3	Marta Kolbuszewska	EB1	F	100IM	5.8	5.8
4	Christiane Wilke	EB1	F	100br	4.3	4.3
5	Isla Paterson	EB2	F	100IM	4.2	4.2
6	Lisa Tauskela	WC2	F	400fs	15.7	3.9
7	Susan Hulley	EB1	F	1500fs	56.0	3.7
8	Liliane Cardinal	EB1	F	200bk	4.3	2.2
9	Megan Holtzman	EB2	F	50fl	1.0	2.0
10	Eleanor Fast	EB1	F	50bk	0.7	1.4
10	Mars Nienhuis	WC1	F	1500fs	21.0	1.4
12	Andrea Zarins	WC1	F	100fs	1.1	1.1
13	Kasia Poplawski	EB1	F	100fs	0.5	0.5
13	Ruth Fawcett	WC1	F	1500fs	7.0	0.5
15	Claude Tellier	EB1	F	200br	0.4	0.2

15	Lisa Meyer	EB2	F	50f1	0.1	0.2
1	David Caughey	EB1	M	1500fs	84.0	5.6
2	Peter Kallai	WC1	M	50fs	2.6	5.2
3	Paddy Mallia	EB2	M	50fs	1.9	3.8
4	Radek Sadowski	WC2	M	100fs	3.7	3.7
5	Mike Wheatley	EB1	M	1500fs	41.0	2.7
6	Christian Cattan	WC1	M	200fs	5.0	2.5
7	Isaac Fierro Marquez	WC1	M	1500fs	24.0	1.6
8	Justin Kernot	EB1	M	200IM	1.4	0.7
9	Terry Headrick	EB1	M	200fs	1.1	0.6
10	Sam Hersh	EB1	M	200bk	0.9	0.5
11	Derek Woodard	EB1	M	1500fs	4.0	0.3
12	Steve Kennedy	WC1	M	1500fs	1.0	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 14 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Andrea Zarins	WC1	F	100fs	1:06.1	459
2	Mars Nienhuis	WC1	F	400fs	5:27.4	367
3	Lisa Tauskela	WC2	F	100fs	1:13.6	332
4	Gillian Massel	WC2	F	100fs	1:14.8	317
5	Julie Mouris	WC1	F	50fs	34.9	295
6	Lisa Sharp	WC2	F	100fs	1:16.8	293
7	Stephanie Le Saux Farmer	WC2	F	100fs	1:17.2	288
8	Jenna Roundell	WC2	F	100fs	1:18.0	279
1	Justin Kernot	EB1	M	50fs	26.4	451
2	Steve Kennedy	WC1	M	1500fs	18:52	423
3	Ogi Gutovic	WC1	M	50fs	27.4	404
4	Derek Woodard	EB1	M	50f1	30.2	376
5	Dusan Boskovic	WC1	M	100fs	1:03.4	356
6	Jean-Francois Jacques	WC2	M	50fs	29.2	334
7	Adrian Finn	WC1	M	1500fs	20:41	321
8	Mike Wheatley	EB1	M	1500fs	20:47	316
9	Bill Meyer	EB1	M	50fs	30.0	308
10	Isaac Fierro Marquez	WC1	M	1500fs	21:01	306
11	Zak Jacques	EB1	M	50fs	30.4	296
12	Sam Hersh	EB1	M	200bk	2:41.6	283
13	Peter Lithgow	WC1	M	1500fs	21:26	282
14	Don Wells	WC1	M	400fs	5:25.6	277

(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	Marta Kolbuszewska	EB1	F	2.3	4.6
2	Lisa Tauskela	WC2	F	1.6	3.2
1	Peter Kallai	WC1	M	2.6	5.2
2	Paddy Mallia	EB2	M	1.9	3.8
3	Radek Sadowski	WC2	M	0.3	0.6
(2/5)					
100fs					
1	Rebeka Rubio	WC1	F	7.8	7.8
2	Andrea Zarins	WC1	F	1.1	1.1
3	Lisa Tauskela	WC2	F	0.5	0.5
3	Kasia Poplawski	EB1	F	0.5	0.5
1	Radek Sadowski	WC2	M	3.7	3.7
(4/1)					
200fs					
1	Marta Kolbuszewska	EB1	F	5.0	2.5
1	Christian Cattan	WC1	M	5.0	2.5
2	Terry Headrick	EB1	M	1.1	0.6
(1/2)					
400fs					
1	Lisa Tauskela	WC2	F	15.7	3.9
(1/0)					
1500fs					
1	Heather Morrison	EB1	F	126.0	8.4
2	Marta Kolbuszewska	EB1	F	85.0	5.7
3	Susan Hulley	EB1	F	56.0	3.7
1	David Caughey	EB1	M	84.0	5.6
2	Mike Wheatley	EB1	M	41.0	2.7
3	Isaac Fierro Marquez	WC1	M	24.0	1.6
(5/5)					
50bk					
1	Eleanor Fast	EB1	F	0.7	1.4
(1/0)					
200bk					
1	Liliane Cardinal	EB1	F	4.3	2.2
1	Sam Hersh	EB1	M	0.9	0.5
(1/1)					
100br					
1	Christiane Wilke	EB1	F	4.3	4.3
(1/0)					
200br					
1	Claude Tellier	EB1	F	0.4	0.2
(1/0)					
50f1					
1	Megan Holtzman	EB2	F	1.0	2.0
2	Heather Morrison	EB1	F	0.6	1.2
3	Lisa Meyer	EB2	F	0.1	0.2
(3/0)					
100IM					

1	Marta Kolbuszewska	EB1	F	5.8	5.8
2	Isla Paterson	EB2	F	4.2	4.2
3	Megan Holtzman	EB2	F	0.7	0.7
(3/0)					
200IM					
1	Justin Kernot	EB1	M	1.4	0.7
(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
25fs				
1	Susan Hulley	EB1	F	20.3
2	Claude Tellier	EB1	F	21.4
1	Steve Dods	EB1	M	20.8
(2/2)				
50fs				
1	Andrea Zarins	WC1	F	30.6
2	Mars Nienhuis	WC1	F	33.1
3	Lisa Tauskela	WC2	F	33.8
1	Justin Kernot	EB1	M	26.4
2	Ogi Gutovic	WC1	M	27.4
3	Derek Woodard	EB1	M	28.8
(43/26)				
100fs				
1	Andrea Zarins	WC1	F	1:06.1
2	Mars Nienhuis	WC1	F	1:12.2
3	Lisa Tauskela	WC2	F	1:13.6
1	Ogi Gutovic	WC1	M	1:02.3
2	Dusan Boskovic	WC1	M	1:03.4
3	Bill Meyer	EB1	M	1:08.6
(22/10)				
200fs				
1	Gillian Massel	WC2	F	2:51.6
2	Stephanie Le Saux Farmer	WC2	F	2:54.3
3	Elaine Yardley	WC2	F	2:54.4
1	Ogi Gutovic	WC1	M	2:18.3
2	Dusan Boskovic	WC1	M	2:24.1
3	Bill Meyer	EB1	M	2:36.3
(9/12)				
400fs				
1	Mars Nienhuis	WC1	F	5:27.4
2	Lisa Tauskela	WC2	F	5:45.6
3	Sandy Lawson	EB1	F	6:14.6
1	Don Wells	WC1	M	5:25.6
2	Isaac Fierro Marquez	WC1	M	5:28.9
3	Ian Lorimer	EB1	M	6:24.5

(6/4)				
800fs				
1	Isla Paterson	EB1	F	18:36
2	Ann Bortolotti	EB1	F	18:37
3	Liliane Cardinal	EB1	F	18:56
1	Peter Kallai	WC1	M	16:12
2	Matthew Sinclair	WC1	M	16:52
3	Steve Dods	EB1	M	17:45
(6/7)				
1500fs				
1	Mars Nienhuis	WC1	F	20:55
2	Gillian Massel	WC2	F	22:56
3	Stephanie Le Saux Farmer	WC2	F	22:56
1	Steve Kennedy	WC1	M	18:52
2	Justin Kernot	EB1	M	19:09
3	Ogi Gutovic	WC1	M	20:11
(20/21)				
50bk				
1	Sheila Kealey	EB2	F	47.8
2	Sandy Lawson	EB1	F	48.5
3	Eleanor Fast	EB1	F	49.8
1	Mike Wheatley	EB1	M	38.2
2	Harley Gifford	EB1	M	39.1
3	Bill Meyer	EB1	M	41.9
(7/6)				
100bk				
1	Liliane Cardinal	EB1	F	2:38.1
1	Don Wells	WC1	M	1:19.5
(1/1)				
200bk				
1	Heather McBurney	EB1	F	3:19.7
2	Liliane Cardinal	EB1	F	5:37.5
1	Sam Hersh	EB1	M	2:41.6
2	Tony Michel	EB1	M	3:44.0
(2/2)				
50br				
1	Jenna Roundell	WC2	F	46.0
2	Heather McBurney	EB1	F	47.7
3	Lara Thorpe	WC2	F	49.7
1	Justin Kernot	EB1	M	34.3
2	Paddy Mallia	EB2	M	43.5
3	Francois Jacques	EB1	M	45.2
(9/5)				
100br				
1	Karen Jensen	EB1	F	1:48.5
2	Claude Tellier	EB1	F	2:00.1
3	Christiane Wilke	EB1	F	2:05.2
x	Mark Blenkinsop	EB2	M	1:31.8

1	Paddy Mallia	EB2	M	1:36.8
(4/2)				
200br				
1	Natalie Aucoin	EB1	F	4:12.4
2	Claude Tellier	EB1	F	4:21.2
1	Chris Whitehead	EB1	M	3:48.9
(2/1)				
50f1				
1	Natalie Aucoin	EB2	F	39.4
2	Heather Morrison	EB1	F	41.6
3	Dawn Walsh	EB2	F	44.4
1	Derek Woodard	EB1	M	30.2
2	Sam Gamble	WC1	M	34.8
3	Mike Wheatley	EB1	M	35.1
(11/5)				
100f1				
1	Melanie Heroux	EB2	F	3:53.9
(1/0)				
200f1				
1	Heather Morrison	EB1	F	3:34.2
2	Lisa Meyer	EB2	F	5:00.6
1	David Caughey	EB1	M	3:07.8
(2/1)				
100IM				
1	Heather McBurney	EB1	F	1:28.8
2	Marta Kolbuszewska	EB1	F	1:35.0
3	Sandy Lawson	EB1	F	1:36.1
1	Justin Kernot	EB1	M	1:07.3
2	Derek Woodard	EB1	M	1:12.0
3	Mike Wheatley	EB1	M	1:21.0
4	Sam Gamble	WC1	M	1:22.0
(7/10)				
200IM				
1	Eleanor Fast	EB1	F	3:38.6
2	Dawn Walsh	EB2	F	3:47.7
3	Karen Jensen	EB1	F	3:59.9
1	Justin Kernot	EB1	M	2:29.1
2	Derek Woodard	EB1	M	2:40.5
3	Mike Wheatley	EB1	M	2:58.2
(6/3)				

Fun Relays (Fri Jun 28th)

4 x 50 Free Relay

7:30am Earlybirds

1. 2:27.8 Team 2: Mike Wheatley, Ursula Scott, Marta Kolbuszewska, Lillian Wheatley
2. 2:30.7 Team 1: Bill Meyer, Susan Hulley, Ian Lorimer, Steve Dods (25), Claude Tellier (25)
3. 2:39.0 Team 4: Sandy Lawson, Justin Kernot, Eleanor Fast, Heloise Emdon
4. 2:39.3 Team 3: Susan Nevitt-Yelle, Robin Henderson, Derek Woodard, Bruce Brown

3 x 50 Free Relay

8:30am Earlybirds

1. 2:04.8 Team 2: Sheila Kealey, Nikhil Sarna, Janine Debanne

2. 2:05.0 Team 3: Ralph Siemsen, Isla Paterson, Dawn Walsh

3. 2:30.7 Team 1: Melanie Heroux, Paddy Mallia, Natalie Aucoin

4. 2:54.6 "Team" 4: Mark Blenkinsop (200m "Long Course", climbing over the bulkhead)

5. 3:37.7 "Team" 5: Chris Whitehead (200m "Long Course", climbing over the bulkhead)

4 x 50 Medley Relay

7:30am Earlybirds

1. 2:57.1 Team 1: Bill Meyer, Claude Tellier, Ian Lorimer, Susan Hulley (25), Steve Dods (25)

2. 2:59.4 Team 4: Sandy Lawson, Justin Kernot, Eleanor Fast, Heloise Emdon

3=. 3:01.3 Team 3: Susan Nevitt-Yelle, Robin Henderson, Derek Woodard, Bruce Brown

3=. 3:01.3 Team 2: Mike Wheatley, Ursula Scott, Marta Kolbuszewsak, Lillian Wheatley

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

8:30am Earlybirds

2. 2:29.3 Team 3: Ralph Siemsen, Isla Paterson, Dawn Walsh

1. 2:40.1 Team 2: Sheila Kealey, Nikhil Sarna, Janine Debanne

3. 2:50.2 Team 1: Melanie Heroux, Paddy Mallia, Natalie Aucoin

5. 3:04.4 "Team" 5: Chris Whitehead (150m "Long Course", climbing over the bulkhead)

4. 3:23.2 "Team" 4: Mark Blenkinsop (200m "Long Course", climbing over the bulkhead)

Ask the Coach

Dear Coach: When is the morning group going to do the 50s on 1:01? My Favourite Set

Dear M.F. Set: I had planned this for **Fri Jul 12th** but now I'm on vacation that day. I'm sure that sub-coach **Sean** will be happy to do that set in my place!

Dear Coach: Can you remind me of the rules for the fly to back turn, and how to do it efficiently? An IMer

Dear A. IMer: For the fly to back turn, you must touch the wall with both hands simultaneously on your front, and push off on your back. The most efficient way is to touch with both hands (side by side, not one on top of the other), then immediately drop one arm, so that it is underwater, and turn about 45 degrees to that side. The other hand goes over the water and you push off on your back turned at 45 degrees. Ask your coach for help if this isn't clear!

Dear Coach: I struggle with butterfly. What tips do you suggest? Flailing Flyer

Dear F. Flyer: Ask your coach to look at your stroke during workout. That way we can tailor the tips to you.

Masters Swimming Competitions

This season (September 2018 to August 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 Jul 6th King Wolf 5k and 11k open water swims, Kingston (part of Global Swim Series -- link below)

Sat Jul 13th Bring on the Bay 3k open water swim, Ottawa <https://bringonthebay.com/>

Aug 2-4th Travesee du Lac Tremblant: 1k, 3k and 12k swims <https://www.traverseelactremblant.ca/en/>

Aug 5-18th FINA World Masters Championships, Gwangju, Korea http://www.fina-gwangju2019.com/masters_eng/

Sat Aug 10th **Francois Jacques** (7:30am Earlybirds, jacla5@yahoo.ca) is organizing a free 5k open water swim in Lac Grand, Val des Monts, Quebec.

Sat Aug 10th Ottawa Riverkeeper 4k swim <https://raceroster.com/events/2019/23089/2019-ottawa-riverkeeper-4k-swim>

Sun Oct 13th 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) and he's happy to help with logistics if anyone is interested.

Fri-Sun Mar 27-29th, 2020 MSO Provincials, Nepean

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 1st Gravel Cup Wheeler's Lanark Liege Competitive Cycling Event:

Congratulations to **Lisa** on being the top woman over 45 (excluding a 51 year old on a tandem with her husband)! Results: <https://runninggoattiming.com/wp-content/uploads/2019/06/2019-Liege-results-comp-final.pdf>.

Lisa Meyer (8:30am Earlybirds; 55-59): 73rd overall in 3:13:05.4

Sat Jun 15th Sporting Life 10km Run, Ottawa (845 participants)

Congratulations to **Lisa** on her age group win! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=100702>.

Lisa Meyer (8:30am Earlybirds; 55-59): 86th overall, 27th woman and 1st in category in 45:53.0

Sat-Sun Jun 22-23rd Ottawa Dragon Boat Festival

There were many good races, but the highlight was the Foolish Chicken Bytowne team (including **Natalie Aucoin** and **Megan Holtzman**, 8:30am Earlybirds) beating the Galley Girls in the 500m race!

Sun Jun 23rd Etobicoke Long Course Meet, Toronto

I was Carleton's only swimmer. There were fewer swimmers than expected, so I raced 2600m in about 3 hours! Results: <https://www.swimming.ca/en/meet/34001/>.

Lynn Marshall (Coach; 55-59): 1st 50 free (31.87), 100 free (1:07.72), 200 free (2:23.92), 400 free (4:54.16), 800 free official split (10:06.28), 1500 free (pacing another swimmer: 19:56.32), 200IM (2:45.14); 2nd 50 breast (42.60), 100 breast (1:34.03)

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 **June 26th**).

Private and Semi-Private Masters Swim Lessons

Summer Schedule:

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

Mon-Thu 4:30-5:30pm

Wed 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 Masters Programs

Details on the Summer Masters programs can be found below and on the web site:

<http://carletonmasters.tripod.com/>. The main change for this year is that there is a **separate registration for Saturdays in the Summer** program (i.e. it is no longer included with the weekday registration).

Summer 2019: Tue Jul 2nd to Sat Aug 31st; no workouts Mon Jul 1st, Sat Aug 3rd, or Mon Aug 5th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep + 2 lanes shallow, if needed; Coach: **Lynn**): cost: \$76+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$84+HST

12:15pm Saturday Earlybirds: 12:15-1:25pm Sat (shallow; Coaches: rotating schedule): cost: \$34+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.slowlitch.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).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

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