

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, December 20, 2019 5:29 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 #514

Carleton Masters Swimming Newsletter #514

Friday, December 20th, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2019 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (29 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (23 addresses), Saturday Only (3 addresses), Alumni (40 addresses).

"That's one thing you learn in sports. You don't give up; you fight to the finish." - Louis Zamperini

Masters Swimming Program Notes

- The Fall session ran from **Wed Sept 4th to Fri Dec 20th**, inclusive, excluding **Mon Oct 14th**.
- The Winter session starts on **Thu Jan 2nd**.
 - **A reminder that both the morning groups and the evening groups have workouts on both Thu Jan 2nd and Fri Jan 3rd, at the usual times.**
- Information on the interim workouts that will be held between the Fall and Winter sessions is below.
- Note that the **6pm Whitecaps** is now **full** for the **Winter** term. Please let me know if you are on the wait list!
 - The other groups have lots of space, although the 7:30am Earlybirds group will likely fill by January.
- Full details on the Winter programs is in the "Reminders" section at the end of the newsletter.

Masters Annual Team Photos

A big thank you to Coach **Sean** for taking the team photos, and thanks to all those who were able to participate. Everyone looks great! Check them out: <http://carletonmasters.tripod.com/CarletonMastersPhotos2019.pdf>

Masters Workout Schedule: End of Fall Term; Interim Workouts; and Beginning of Winter Term

We will have four interim "pay as you go" \$5 workouts between the Fall and Winter sessions. Those in the 7:10pm group affected by the fire alarm on **Tue Sept 10th** may attend one of these workouts for free (just give your name to the coach). Otherwise, please purchase a public swim pass (\$5) at the Welcome Centre, get a **paper receipt**, write your name on it (if not printed), and give it to the coach. (As a member you would not normally pay for a public swim, but this is the easiest way to charge a \$5 fee.) These workouts are open to all Masters swimmers registered for Fall and/or Winter, and you may also bring a guest, provided they pay the fee.

- Interim Workout Schedule:
 - **Sat Dec 21st 8:15-9:25am: Coach Mits (Theme: short dist ch)**
 - **Mon Dec 23rd 4:45-6:00pm: Coach Sean (Theme: short dist fs/IM)**
 - **Sat Dec 28th noon-1:15pm: Coach Sean (Theme: short dist IM/ch)**
 - **Mon Dec 30th 4:45-6:00pm: Coach Mark (Theme: mid-dist IM/ch)**

Swimmer Notes

Swimmer Updates:

- **Natalie Aucoin** (8:30am Earlybirds) and her family are very thankful and touched by the generosity of the community, especially the swimming community, for the donations made to Carleton's **Phil Boland Memorial Fund**.

- Thank you so much to those who donated to the Carleton Swim Team on Giving Tuesday. I still don't have the exact numbers, but the swim team project received a little over \$100,000, and the Tom Anzai Memorial Swimming Bursary close to \$6,500. It's greatly appreciated!

- Congratulations to Coach **David Thibodeau** who has been selected as one of 50 Young Sports Makers attending Global Sports Week Paris, being held Feb 5-7th at the Carrousel du Louvre: <https://globalsportsweek.com/2019/12/17/50-days-to-go-meet-the-young-sports-makers/>. We look forward to getting a full report!!

- Swim Canada December Masters Bulletin: <https://www.swimming.ca/en/masters/>.

News and Links:

- Swimmers Beware of Deep Brain Stimulation: <https://www.nytimes.com/2019/11/27/health/swimming-Parkinsons-brain-implants.html>

- Meet **Lauren Bruzzone**, 72 Year Old CrossFit Star: <https://www.facebook.com/watch/?v=396139751268267>

- Women Share Stories of Mid-Life Reinvention: <https://www.wsj.com/articles/the-freedom-of-my-50s-is-amazing-women-share-stories-of-midlife-reinvention-11563370767>

- As Aspen Ski icon **Klaus Obermeyer** Turns 100, He Reflects on How He Stays so Fit and Positive: <https://coloradosun.com/2019/12/02/klaus-obermeyer-turns-100-aspen/>

- What Philosophy Can Teach Us About Endurance: <https://www.outsideonline.com/2406804/foucault-endurance-coaching-study>

Winter Session Information

Dates: Thu Jan 2nd to Sat Apr 11th; excluding Mon Feb 17th and Fri Apr 10th.

Note: There are also **morning** workouts on **Thu Jan 2nd**, and **evening** workouts on **Fri Jan 3rd**.

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

Exceptions will be noted here.

Mark is coaching the morning of **Thu Jan 2nd**.

Mark is coaching for **Sean** on the evening of **Thu Jan 2nd**.

Mits is coaching for **Lynn** on the morning of **Fri Jan 3rd**.

David is coaching the evening of **Fri Jan 3rd**.

Fin Days:

Mon Jan 27th

Thu Mar 5th / Fri Mar 6th

Time Trials:

Tue Feb 4th / Wed Feb 5th: timed 400 free or IM

Tue Feb 18th / Wed Feb 19th: two timed 50s choice

Thu Feb 27th / Fri Feb 28th: timed 100 choice

Thu Mar 12th / Fri Mar 13th: timed 200 choice

Tue Mar 17th / Wed Mar 18th: timed 800 / 1500 free

Wed Apr 8th / Thu Apr 9th: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint20.pdf>.

Fall Session Information

Dates: Wed Sept 4th to **Fri Dec 20th**; excluding Mon Oct 14th.

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 22nd / Wed Oct 23rd

Thu Nov 21st / Fri Nov 22nd

Time Trials:

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

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

Mon Oct 28th: timed 200 choice

Mon Nov 11th: timed 800 / 1500 free

Tue Nov 26th / Wed Nov 27th: timed 100 choice

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

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

Thanks to those who participated in the **relays on Wed Dec 18th**. There was one tie and one improvement, see below. Congratulations to **Steve Dods** (7:30am Earlybirds) on his huge improvement in 50 breast!

50 free (1 tie)

Susan Hulley	0.0	EB1
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50 breast (1)

Steve Dods	14.5	EB1
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Fall 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 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 either in person or by e-mail.

Weekday Attendance:

This term we had three swimmers with perfect attendance. Congratulations to **Don Wells** (6pm Whitecaps), **Konstantin Petoukhov** (6pm Whitecaps) and **Stephen Agberien** (7:10pm Whitecaps).

7:30am Earlybirds: Sept 4-Dec 20th (46 workouts); range 13-28; average: 20.3

Missed 1 Workout: **Bruce Brown**

8:30am Earlybirds: Sept 4-Dec 20th (46 workouts); range 12-24; average: 18.0

Missed 1 Workout: **Debby Whately**

Missed 3 Workouts: **Chris Whitehead**

6pm Whitecaps: Sept 5-Dec 19th (45 workouts); range 18-35; average: 26.1

Perfect Attendance: **Don Wells, Konstantin Petoukhov**

Missed 1 Workout: **Cam Dawson**

Missed 3 Workouts: **Joanie Conrad, Joanne Dawson, Nicole Delisle**

7:10pm Whitecaps: Sept 5-Dec 19th (45 workouts); range 5-15; average: 9.9
Perfect Attendance: **Stephen Agberien**

Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the 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 109 different swimmers: 58 women and 51 men. There were 417 completed time trials: 219 for women and 198 for men. If you notice any errors or omissions, please let me know.

Thirty-four swimmers (16 women and 18 men) improved in at least one event (59 total improvements). The most improved swimmer was **Peter Kallai** (6pm Whitecaps) with a 2:08.5 (32.1 sec/100m) improvement in 400 free. Next was **Steve Dods** (7:30am Earlybirds) with a 14.5 sec (29 sec/100m) improvement in 50 breast. He was followed by the top woman, **Joanne Heidgerken** (6pm Whitecaps) with a 20.7 sec improvement in 100 free. Second most improved woman was **Janine Debanne** (8:30am Earlybirds) with a 7.3 sec (14.6 sec/100m) improvement in 50 breast. Next was **Emma Cross** (7:30am Earlybirds) with a 50 sec (12.5 sec/100m) improvement in 400 free, followed closely by **Flo Kellner** (8:30am Earlybirds) with a 24.5 (12.3 sec/100m) improvement in 200 free. Rounding out the top three for the men was **Radek Sadowski** (7:10pm Whitecaps) with a 35.7 sec (8.9 sec/100m) improvement in 400 free. **Christian Cattan** (6pm Whitecaps), **John Halloran** (6pm Whitecaps), and **Peter Kallai** each improved in four different events.

Twenty-nine swimmers (10 women and 19 men) scored 270 or more points in at least one event (54 swims total), as per the 2015 point scores here: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. **Steve Kennedy** (6pm Whitecaps) had the highest score of 457 points for 26.3 in 50 free. **Andrea Zarins** (6pm Whitecaps) was the top woman with 443 points for 1:06.9 in 100 free. **Zoltan Csepregi** (6pm Whitecaps) scored 441 points for 59.0 in 100 free, followed by **Ogi Gutovic** (6pm Whitecaps) with 433 for 59.4 in his 100 free. **Jian-Lok Chang** (6pm Whitecaps) scored 426 points for 59.7 in 100 free. Next was **Pooya Fallahdoust** (7:10pm Whitecaps) with 28.4 for 50 free. Rounding out the top three for the women were **Ingrid Hagberg** (6pm Whitecaps) with 358 for 5:30.0 in 400 free, and **Mars Nienhuis** (6pm Whitecaps) with 357 for 5:30.5 in 400 free. **Jian-Lok** scored over 270 points in five different events, and **Ingrid** and **Mars** each in four 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	Joanne Heidgerken	WC1	F	100fs	20.7	20.7
2	Janine Debanne	EB2	F	50br	7.3	14.6
3	Emma Cross	EB1	F	400fs	50.0	12.5
4	Flo Kellner	EB2	F	200fs	24.5	12.3
5	Kasia Poplawski	EB1	F	400fs	19.6	4.9
6	Claude Tellier	EB1	F	400fs	14.9	3.7
7	Heather Morrison	EB1	F	50fs	1.8	3.6
8	Bekah Dyck	EB2	F	100fs	3.5	3.5
9	Melanie Heroux	EB2	F	50fl	1.7	3.4

10	Lisa Meyer	EB2	F	200fl	4.4	2.2
11	Eleanor Fast	EB1	F	50bk	0.9	1.8
12	Nicole Le Saux	EB1	F	800fs	12.0	1.5
13	Megan Holtzman	EB2	F	50fs	0.6	1.2
14	Ann Bortolotti	EB1	F	100fs	0.9	0.9
15	Alison Slater	WC2	F	200fs	1.4	0.7
16	Elaine Yardley	WC2	F	400fs	1.7	0.4
1	Peter Kallai	WC1	M	400fs	128.5	32.1
2	Steve Dods	EB1	M	50br	14.5	29.0
3	Radek Sadowski	WC2	M	400fs	35.7	8.9
4	David Caughey	EB1	M	50br	2.6	5.2
5	John Halloran	WC1	M	100fs	4.8	4.8
6	Mike Wheatley	EB1	M	50br	2.4	4.8
7	Matthew Sinclair	WC1	M	200fs	8.4	4.2
8	Christian Cattan	WC1	M	400fs	15.7	3.9
9	Stephen Agberien	WC2	M	400fs	12.5	3.1
10	Steve Kennedy	WC1	M	50br	1.2	2.4
11	Zoltan Csepregi	WC1	M	100fs	2.2	2.2
12	Doug Brubacher	EB2	M	200fs	2.1	1.1
13	Ralph Siemsen	EB2	M	50fs	0.4	0.8
x	Adrian Finn	EB2	M	100br	0.5	0.5
14	Isaac Fierro Marquez	WC1	M	100fs	0.5	0.5
15	David Moore	WC1	M	1500fs	5.0	0.3
16	Jian-Lok Chang	WC1	M	100fs	0.3	0.3
17	Sam Gamble	WC1	M	50br	0.1	0.2

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	Andrea Zarins	WC1	F	100fs	1:06.9	443
2	Ingrid Hagberg	WC1	F	400fs	5:30.0	358
3	Mars Nienhuis	WC1	F	400fs	5:30.5	357
4	Luz Osorio	WC1	F	200fs	2:37.3	349
5	Gillian Massel	WC2	F	200fs	2:41.5	322
6	Jenna Roundell	WC2	F	400fs	5:51.5	297
7	Stephanie Le Saux Farmer	WC2	F	1500fs	23:25	280
8	Elaine Yardley	WC2	F	400fs	5:59.6	277
9	Bekah Dyck	EB2	F	50fs	35.8	273
9	Natalie Aucoin	EB2	F	50fs	35.8	273
1	Steve Kennedy	WC1	M	50fs	26.3	457
2	Zoltan Csepregi	WC1	M	100fs	59.0	441
3	Ogi Gutovic	WC1	M	100fs	59.4	433
4	Jian-Lok Chang	WC1	M	100fs	59.7	426
5	Pooya Fallahdoust	WC2	M	50fs	28.4	363
6	Mike Stewart	WC1	M	100fs	1:03.6	352
x	Adrian Finn	WC1	M	200br	2:55.2	325
x	Sean Dawson	WC2	M	100fs	1:05.5	322
7	Gi Wu	WC1	M	50fs	29.8	314

x	Mark Blenkinsop	EB2	M	50f1	32.1	313
8	Don Wells	WC1	M	1500fs	20:56	310
9	Bill Meyer	EB1	M	50fs	30.0	308
10	Jawad Alotaibi	WC2	M	50fs	30.1	304
11	Konstantin Petoukhov	WC1	M	100fs	1:07.0	301
12	Jean-Francois Jacques	EB1	M	50fs	30.3	298
13	Jonathan Critch	WC2	M	100fs	1:08.0	288
14	David Caughey	EB1	M	50f1	33.3	280
15	Sam Gamble	WC1	M	50br	38.7	277
16	Mike Wheatley	EB1	M	400fs	5:27.0	273

(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	Heather Morrison	EB1	F	1.8	3.6
2	Megan Holtzman	EB2	F	0.6	1.2
3	Flo Kellner	EB2	F	0.2	0.4
1	Peter Kallai	WC1	M	1.9	3.8
2	John Halloran	WC1	M	0.4	0.8
2	Ralph Siemsen	EB2	M	0.4	0.8
(3/3)					
100fs					
1	Joanne Heidgerken	WC1	F	20.7	20.7
2	Bekah Dyck	EB2	F	3.5	3.5
3	Ann Bortolotti	EB1	F	0.9	0.9
1	John Halloran	WC1	M	4.8	4.8
2	Christian Cattan	WC1	M	2.3	2.3
3	Zoltan Csepregi	WC1	M	2.2	2.2
(3/6)					
200fs					
1	Flo Kellner	EB2	F	24.5	12.3
2	Kasia Poplawski	EB1	F	2.4	1.2
3	Alison Slater	WC2	F	1.4	0.7
1	Peter Kallai	WC1	M	15.9	8.0
2	Radek Sadowski	WC2	M	9.5	4.8
3	Matthew Sinclair	WC1	M	8.4	4.2
(3/7)					
400fs					
1	Emma Cross	EB1	F	50.0	12.5
2	Kasia Poplawski	EB1	F	19.6	4.9
3	Claude Tellier	EB1	F	14.9	3.7
1	Peter Kallai	WC1	M	128.5	32.1
2	Radek Sadowski	WC2	M	35.7	8.9

3	Christian Cattan	WC1	M	15.7	3.9
(6/5)					
800fs					
1	Nicole Le Saux	EB1	F	12.0	1.5
2	Ann Bortolotti	EB1	F	1.0	0.1
(2/0)					
1500fs					
1	Kasia Poplawski	EB1	F	6.0	0.4
2	Heather Morrison	EB1	F	3.0	0.2
1	Christian Cattan	WC1	M	40.0	2.7
2	David Moore	WC1	M	5.0	0.3
3	Ralph Siemsen	EB2	M	2.0	0.1
(2/3)					
50bk					
1	Flo Kellner	EB2	F	4.5	9.0
2	Eleanor Fast	EB1	F	0.9	1.8
(2/0)					
50br					
1	Janine Debanne	EB2	F	7.3	14.6
1	Steve Dods	EB1	M	14.5	29.0
2	David Caughey	EB1	M	2.6	5.2
3	Mike Wheatley	EB1	M	2.4	4.8
(1/7)					
100br					
1	Adrian Finn	EB2	M	0.5	0.5
(0/1)					
200br					
1	Claude Tellier	EB1	F	5.0	2.5
(1/0)					
50f1					
1	Melanie Heroux	EB2	F	1.7	3.4
1	Mike Wheatley	EB1	M	2.4	4.8
(1/1)					
200f1					
1	Lisa Meyer	EB2	F	4.4	2.2
(1/0)					
200IM					
1	Janine Debanne	EB2	F	5.4	2.7
(1/0)					
400IM					
1	David Caughey	EB1	M	12.8	3.2
(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
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50fs				
1	Ingrid Hagberg	WC1	F	34.0
2	Gillian Massel	WC2	F	34.5
3	Mars Nienhuis	WC1	F	34.7
1	Steve Kennedy	WC1	M	26.3
2	Jian-Lok Chang	WC1	M	27.1
2	Ogi Gutovic	WC1	M	27.1
(44/53)				
100fs				
1	Andrea Zarins	WC1	F	1:06.9
2	Stephanie Le Saux Farmer	WC2	F	1:19.5
3	Bekah Dyck	EB2	F	1:23.6
4	Rachel Bennett	WC1	F	1:24.1
1	Zoltan Csepregi	WC1	M	59.0
2	Ogi Gutovic	WC1	M	59.4
3	Jian-Lok Chang	WC1	M	59.7
(18/19)				
200fs				
1	Luz Osorio	WC1	F	2:37.3
2	Mars Nienhuis	WC1	F	2:38.7
3	Gillian Massel	WC2	F	2:41.5
1	Jian-Lok Chang	WC1	M	2:17.5
2	Sam Gamble	WC1	M	2:35.1
3	Jonathan Critch	WC2	M	2:35.9
(24/22)				
400fs				
1	Ingrid Hagberg	WC1	F	5:30.0
2	Mars Nienhuis	WC1	F	5:30.5
3	Jenna Roundell	WC2	F	5:51.5
x	Adrian Finn	WC1	M	5:14.8
1	Don Wells	WC1	M	5:16.0
2	Mike Wheatley	EB1	M	5:27.0
(26/27)				
800fs				
1	Anne Mullins	EB2	F	16:41
2	Nicole Le Saux	EB1	F	17:16
3	Heloise Emdon	EB1	F	17:20
4	Ann Bortolotti	EB1	F	17:26
1	George Girgis	EB2	M	18:23
(10/8)				
1500fs				
1	Gillian Massel	WC2	F	23:25
1	Stephanie Le Saux Farmer	WC2	F	23:25
3	Joanie Conrad	WC1	F	25:43
1	Don Wells	WC1	M	20:56
2	Bill Meyer	EB1	M	22:44
3	David Moore	WC1	M	23:00
3	Konstantin Petoukhov	WC1	M	23:00

(16/16)				
50bk				
1	Liz Chretien	WC2	F	42.5
2	Heather McBurney	EB1	F	45.2
3	Heather Morrison	EB1	F	45.8
1	Jian-Lok Chang	WC1	M	29.7
2	Harley Gifford	EB1	M	37.4
3	Bruce Brown	EB1	M	43.1
(18/8)				
100bk				
1	Megan Holtzman	EB2	F	1:45.7
1	Sam Hersh	EB2	M	1:17.1
2	Bruce Brown	EB1	M	1:32.1
(1/2)				
200bk				
1	Melanie Heroux	EB2	F	6:32.7
1	Don Wells	WC1	M	2:49.7
(1/1)				
50br				
1	Lara Thorpe	WC2	F	49.9
2	Elaine Yardley	WC2	F	50.1
2	Karen Jensen	EB1	F	50.1
1	Steve Kennedy	WC1	M	35.5
2	Sam Gamble	WC1	M	38.7
3	David Caughey	EB1	M	39.6
(14/18)				
100br				
1	Fiona Hill	EB1	F	1:49.1
2	Claude Tellier	EB1	F	2:00.7
3	Heloise Emdon	EB1	F	2:05.4
x	Adrian Finn	EB2	M	1:21.2
(5/1)				
200br				
1	Megan Holtzman	EB2	F	4:06.9
2	Claude Tellier	EB1	F	4:16.2
x	Adrian Finn	WC1	M	2:55.2
(2/1)				
50f1				
1	Julie Mouris	WC1	F	38.7
2	Ingrid Hagberg	WC1	F	39.0
3	Natalie Aucoin	EB2	F	39.9
1	Pooya Fallahdoust	WC2	M	31.0
x	Mark Blenkinsop	EB2	M	32.1
2	Jawad Alotaibi	WC2	M	33.2
3	David Caughey	EB1	M	33.3
(16/19)				
100f1				
1	Melanie Heroux	EB2	F	4:04.6

x	Mark Blenkinsop	WC1	M	1:18.3
(1/1)				
200f1				
1	Lisa Meyer	EB2	F	4:56.2
(1/0)				
100IM				
1	Ingrid Hagberg	WC1	F	1:24.4
2	Mars Nienhuis	WC1	F	1:27.6
3	Julie Mouris	WC1	F	1:29.7
1	Chris Whitehead	EB2	M	1:28.9
2	Marshall Perrin	WC1	M	1:32.4
3	Kevin Graham	EB2	M	1:36.1
(9/4)				
200IM				
1	Janine Debanne	EB2	F	4:03.2
2	Marie-Odile Junker	EB1	F	4:16.2
3	Penny Estabrooks	EB2	F	5:42.3
1	David Caughey	EB1	M	2:56.5
2	Mike Wheatley	EB1	M	2:59.3
3	David Moore	WC1	M	3:02.4
(3/6)				
400IM				
1	Penny Estabrooks	EB2	F	11:55.1
1	David Caughey	EB1	M	6:13.6
(1/1)				

Fun Relays (Wed Dec 18th)

7:30am Earlybirds

4 x 50 Free Relay

1. 2:32.4 Team 3: Bruce Brown, Bill Meyer, Eleanor Fast, Susan Hulley

2. 2:35.1 Team 2: Sandy Lawson, Robin Henderson, Margaret King, Jean-Francois Jacques

3=. 2:39.1 Team 1: Francois Jacques, Steve Dods, David Caughey, Kasia Poplawski

3=. 2:39.1 Team 4: Heather Morrison, Mike Wheatley, Ian Lorimer, Nicole Le Saux

8:30am Earlybirds

3 x 50 Free Relay

1. 2:00.2 Team 1: Megan Holtzman, Dawn Walsh, Megan Holtzman

2. 2:10.0 Team 3: Marie-Odile Junker, Isla Paterson, Ralph Siemsen

3. 2:10.5 Team 2: Debby Whately, Mary-Lou Dunnigan, Janine Debanne

4. 2:33.2 Team 4: Kevin Graham, Chris Whitehead, Melanie Heroux

5. 2:47.9 Team 5: Bekah Dyck, Rod Haney, Peter Barton

7:30am Earlybirds

4 x 50 Medley Relay (back, breast, fly, free)

1. 2:58.9 Team 3: Bruce Brown, Bill Meyer, Eleanor Fast, Susan Hulley

2. 3:02.5 Team 4: Heather Morrison, Mike Wheatley, Ian Lorimer, Nicole Le Saux

3. 3:18.1 Team 1: Francois Jacques, Steve Dods, David Caughey, Kasia Poplawski

4. 3:19.4 Team 2: Sandy Lawson, Robin Henderson, Margaret King, Jean-Francois Jacques

8:30am Earlybirds

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

1. 2:39.5 Team 1: Dawn Walsh, Megan Holtzman, Dawn Walsh

2. 2:44.6 Team 2: Debby Whately, Mary-Lou Dunnigan, Janine Debanne

3. 2:48.3 Team 3: Marie-Odile Junker, Isla Paterson, Ralph Siemsen
4. 3:18.0 Team 4: Kevin Graham, Chris Whitehead, Melanie Heroux
5. 3:22.0 Team 5: Bekah Dyck, Peter Barton, Rod Haney

Ask the Coach

Dear Coach: I have a Carleton Membership and thus don't pay for public swims. How do I pay for the interim workouts? Interim Swimmer

Dear I. Swimmer: Everyone who swims with Carleton Masters is a member (staff, student, or community member). However, the easiest way to charge a \$5 fee is to have all swimmers purchase a public swim pass, as it costs \$5. Just tell the Welcome Centre staff that you are purchasing a public swim pass and need a paper receipt. Thank you!

Dear Coach: What are the rules for swimming breaststroke in the end of term relays? Working on Breaststroke

Dear W.o.Breaststroke: As for all strokes, you must still have some part of your body touching the wall when the person ahead of you (in this case, the backstroker) touches the wall. In breaststroke, all motions must be symmetrical, and your head must break the surface during each stroke cycle. You must touch the wall (at the turn and the finish) with both hands simultaneously.

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 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 \$6 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 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. Notice the price has been reduced by \$15 this year!
3. You can register with both MSO and SO. This costs **\$60** for Sept 1st to Aug 31st.
4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

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.

Sat Jan 11th Quebec Manche 3, Drummondville (SO registration required) <https://www.swimming.ca/en/meet/34518/>

Sun Jan 19th Alderwood Yards Meet (MSO registration required)

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

Sat Jan 25th Cote St Luc Invitational, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34397/>

Sat Feb 1st Quebec Manche 4 LC, Quebec (SO registration required) <https://www.swimming.ca/en/meet/34519/>

Sun Feb 2nd Technosport Meet, uOttawa (MSO registration required)

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

Sat Feb 8th Downtown Swim Club All Out Swim Meet, Toronto (SO or MSO registration required?)

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

Note: No Nepean Winterlude LC Meet in 2020 as Nepean is hosting MSO Provincials.

Sat Feb 22nd Quebec Manche 5, Pointe Claire, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/34520/>

Sun Feb 23rd Thornhill Stephen Forsey Invitational Swim Meet (MSO registration required)

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

Sun Mar 1st Technosport Meet, uOttawa (MSO registration required)

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

Sun Mar 1st Wilmot ACES Meet (SO registration required)

<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>

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

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

Fri-Sun Mar 27-29th MSO Provincial Championships, Nepean (MSO registration required)

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

Sat Mar 28th La Salle LC Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34281/>

Sat Apr 18th OlymPINK Masters Challenge, Ottawa (MSO registration required)

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

Sat-Sun Apr 25-26th Swim Ontario Masters Provincials, Etobicoke (SO registration required)

<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>

Fri-Sun May 22-24th Swim Canada Masters Nationals, Etobicoke (SO registration required)

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

Sat-Sun Jun 27-28th Swim Portion of USA Masters Games (SCY = yards), Grand Rapids, Michigan

<https://www.usamastersgames.com/swimming>

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!)

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 **Dec 7th**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Mon/Wed 4:30-5:30pm

Tue/Thu 4:00-5:00pm

Tue/Thu 5:00-6:00pm

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 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/>.

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

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2nd but *not* Thu Apr 9th (replaced by Fri Dec 20th)**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2nd but *not* Thu Apr 9th (replaced by Fri Dec 20th)**

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 3rd**

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

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

Students May Add Carleton Masters to their Co-Curricular Record

Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add "Carleton Masters Swim – Member". Information on how to do this is provided here: <https://carleton.ca/seoccr/>.

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>