

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: December 21, 2024 11:49 AM
To: 'Colin Adams'; 'Jennifer McPhee'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Malcolm Egan'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'; 'Nick Scott'
Subject: Carleton Masters Swimming Newsletter #651

Carleton Masters Swimming Newsletter #651

Saturday, December 21, 2024

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025 and Alumni: 7:35am Earlybirds I (54 addresses), 8:40am Earlybirds II (46 addresses), 6:00pm Whitecaps I (47 addresses), 7:15pm Whitecaps II (34 addresses), Saturday Only (17 addresses), Alumni (41 addresses).

"There are four kinds of people: those who make things happen; those who watch things happen; those who complain about things happening; and those who don't know what's happening." – American Proverb

Masters Swimming Program Notes

- The Fall session ran from **Tuesday September 3 to Saturday December 21.**
- We are holding interim workouts between **Monday December 23 and Saturday January 4.** See details below.
- The Winter session starts on **Monday January 6.**
- The **7:35am Earlybirds** group is full for Winter. A wait list is available (but is already very long!). The **Saturday** (3 spots), **8:40am Earlybirds** (5 spots), and **6pm Whitecaps** (6 spots) groups are getting close to full.
 - Full details on the Winter Masters Programs can be found near the end of the newsletter in the "Notes and Reminders" section.

Carleton Masters Holiday Interim Workouts

There will be seven interim workouts offered between the end of the Fall session and the beginning of the Winter session. These are open to those registered for Fall and/or Winter Masters. Carleton Masters swimmers may also bring a guest. Each swimmer will purchase a Masters drop-in fee swim pass (\$7) at the Welcome Centre and give the receipt to the coach on deck.

Interim Schedule:

Mon Dec 23: 6:00-7:15pm (deep)
Fri Dec 27: 5:30-6:45pm (shallow)
Sat Dec 28: 8:15-9:30am (deep)
Tue Dec 31: 7:35-8:35am (deep)
Thu Jan 2: 7:35-8:35am (deep)
Fri Jan 3: 7:35-8:35am (deep)
Sat Jan 4: 8:15-9:30am (4 lanes shallow)

Themes and coaches are now posted with the Winter themes:

<https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanwint25.pdf>.

Swimmer Notes

- With many of our coaches now having commitments on Saturday mornings, please join me in welcoming two new coaches who will be part of the Saturday coaching rotation: **Malcolm Egan** and **Nicholas (Nick) Scott**, both members of the Carleton Ravens Varsity Swim Team. Thank you to those who welcomed them this morning as they learned the ropes from **Adrian**! They have each kindly provided a short biography:

Hello Masters! My name is **Malcolm** [Ed. Note: he's a first-year Aerospace Engineering student] and I am looking forward to meeting you all this winter. I am a swimmer on the Ravens varsity team, and previously swam with my high school and a lifesaving sport club in my hometown of Halton Hills. More recently, I have also been a coach with my lifesaving sport club, coaching everyone from brand new swimmers to seasoned veterans. I love to swim any breaststroke events thrown my way, along with sprints for the other three strokes. I'll see you all on the pool deck!



Malcolm Egan

My name is **Nicholas Scott** and I am a fourth year Bachelor of Social Work student at Carleton University. Swimming has very much been an important part of my life since a young age. I joined a small local Ottawa club called Ottawa Youth Olympians (OYO) at the age of seven following in the footsteps of my older sister and have been in the pool ever since! I currently swim with the Carleton University Ravens Swim team.

If you see my name at swim competitions you will notice that it is followed by letters and numbers (S10,SB9,SM10). This simply means that I am a para swimmer who has a physical limitation. I was born with two clubfeet (bilateral talipes) which hinders my ability to kick efficiently. I received my para designation in 2018 and it not only put me on an equal playing field at competitions, but also opened up new doors for me. I have competed regionally, provincially and nationally and had the great honour to represent Ontario at the Canada Summer Games in 2022! [Ed. Note: Check out this article: <https://www.swimontario.com/news/canada-games-team-feature-nicholas-scott/>]

Being a competitive swimmer has been a very positive experience and has taught me three important things: commitment, respect, and having a positive attitude.

I am looking forward to coaching you this winter season!!



Nick Scott

Aquatic-Related Links:

- The Dos and Don'ts of Swim Training for Triathletes: <https://triathlonmagazine.ca/training/the-dos-and-donts-of-swim-training-for-triathletes/>
- Swimming Can Help You Build Strong, Lean Muscles With Little Impact to Your Joints: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/does-swimming-build-muscle>
- Our Two Favorite Butterfly Timing Drills: <https://www.youtube.com/watch?v=b7lbsFJuAll>
- Six Year Old Swimmer: <https://www.facebook.com/reel/1071799981406024>
- Swimming Breaststroke: The Complete Guide: <https://www.usms.org/fitness-and-training/guides/breaststroke>

News and Other Links:

- The Cheapest and Easiest Ways to Get Faster at Your Next Triathlon: <https://triathlonmagazine.ca/racing/the-cheapest-and-easiest-ways-to-get-faster-at-your-next-triathlon/>
- Six Tips to Make Getting Up for Morning Workouts Easier: <https://triathlonmagazine.ca/training/6-tips-to-make-getting-up-for-morning-workouts-easier/>
- 'Weekend Warrior' Physical Activity May Help Protect Against More Than 200 Diseases: <https://www.sciencedaily.com/releases/2024/09/240926132037.htm>
- Sport-Related Stress May Affect Whether College Athletes Eat Enough Calories: <https://sciencedaily.com/releases/2024/09/240917125309.htm>
- Standing More May Not Reduce Cardiovascular Disease Risk, Could Increase Circulatory Disease, Research Finds: <https://www.sciencedaily.com/releases/2024/10/241016120029.htm>

- **Community Members Parking:** Most community memberships include a Lot 5 parking pass (<https://athletics.carleton.ca/memberships/>). As long as your parking information is on file with the Welcome Centre, members can enjoy up to 3 hours of parking in Lot P5 during the Fitness Centre's hours of operation. If you get a new car or new plate, let the Welcome Centre know so that your parking information can be updated. If you are erroneously issued a parking ticket in Lot 5, take a photo or scan and send me a copy and I'll get it cancelled for you. If necessary, I'll also get your plate information updated.

- **Permanent Lockers Available:** Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.

- The Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is available on iOS and Android devices. The app allows users to view pool schedules, register for sessions, and subscribe to personalized push notifications including aquatics updates for any closures or schedule changes. The public swim schedule can also be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

Fall Session Information

Dates: Tuesday September 3 to Saturday December 31; no workouts Monday September 2 or Monday October 14.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End: **Lynn**

8:40-9:40am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

8:15-9:25am Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Special Sets:

Tue/Wed October 15/16: fin day

Mon November 4: 1500/800 time trial

Thu/Fri November 14/15: fin day

Mon November 25: short distance time trials

Thu/Fri December 19/20: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanfall24.pdf>.

Here are the attendance statistics for the term. Please let me know of any errors or omissions! Note that only the swimmer(s) with the best attendance **for each group** are listed below.

7:35am Earlybirds: September 4 to December 20 (46 workouts); range: 17-33; average: 24.8
Perfect Attendance: **Bruce Brown**

8:40am Earlybirds: September 4 to December 20 (46 workouts); range: 17-29; average: 22.7
Perfect Attendance: **Isla Paterson**

6:00pm Whitecaps: September 3 to December 19 (46 workouts); range: 14-31; average: 22.9
Perfect Attendance: **Cameron Dawson**

7:15pm Whitecaps: September 3 to December 19 (46 workouts); range: 6-20; average: 13.0
Missed 5 Workouts: **Kelly Biggs**

8:15am Saturdays: September 7 to December 21 (16 workouts); range 24-34; average: 28.2
Perfect Attendance: **Christian Cattan, Joel Meredith**

Summer Session Summary

A big thank you to our coaches for Fall 2024: **Adrian Finn, Blake Christie, Mark Blenkinsop, Paddy Mallia, Sean Dawson, and Tim Kilby.**

Thank you also to everyone who participated in time trials this term. We did some short distance time trials as well as the long distance freestyle time trial for the morning swimmers. There were 141 time trials completed: 94 by women and 47 by men. A total of 52 swimmers participated: 35 women and 17 men.

Below you'll find the list of fastest and most improved swimmers, as well as the top 3 fastest and most improved in each event. For the fastest swimmers, a cutoff of 225 on the FINA 2015 table was used (<https://www.swimmasters.eu/calculator/fina>). For the Top 3 in the 800 freestyle only those who could not easily complete the 1500 in the time limit are eligible. All times are compared to the "new" spreadsheet that I started in 2023.

There were 13 swims scoring 225 points or more (1 by women and 12 by men). A total of 8 swimmers met the threshold (1 women and 7 men).

The top point score was 452 by **Jeremie Lanctot** (8:40am Earlybirds) with a super-fast 28.4 in 50 fly. Next was **Tony Revitt** (7:35am Earlybirds) with 336 points for a 20:22 1500 free. He was closely followed by **Sam Hersh** (7:35am Earlybirds) who scored 330 for his 29.3 in 50 free. The only woman scoring over 225 points was Anne Griffith (8:40am Earlybirds) with 228 points for 47.1 in 50 breast. **Jeremie** scored 225+ in four different events.

There were 39 improvements (27 by women, and 12 by men). A total of 25 swimmers improved (17 women and 8 men). Most improved was **Julian Labrin** (7:35am Earlybirds) with a huge 2:45 (20.6 sec/100m) improvement in 800 free! Top improver amongst the women was **Sigi Johnson** (7:35am Earlybirds) with a 4.3 second (8.6sec/100m) improvement in 50 back. She was followed closely by the next two women: **Susan Nevitt-Yelle** (7:35am Earlybirds) and **Sandy Wooley** (8:40am Earlybirds) with 2:03 (8.2sec/100m) and 2:01 (8.1sec/100m) improvements in their 1500 free. Rounding out the top three for the men were **Jeremie Lanctot** (8:40am Earlybirds) with a 2.0sec (4.0sec/100m) improvement in 50 fly, and **Ralph Siemsen** (8:40am Earlybirds) with a 3.3sec (3.3sec/100m) improvement in 100IM. **Cheri Reddin** (7:35am Earlybirds), **Christine Rivas** (7:35am Earlybirds), **Sigi**, and **Jeremie** all improved in three different events.

The swimmers with perfect attendance for this term are: **Bruce Brown** (7:35am Earlybirds), **Isla Paterson** (8:40am Earlybirds), **Cameron Dawson** (6pm Whitecaps), **Christian Cattan** (8:15am Saturdays) and **Joel Meredith** (8:15am Saturdays).

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	Anne Griffith	EB2	F	50br	47.1	228
1	Jeremie Lanctot	EB2	M	50fl	28.4	452
2	Tony Revitt	EB1	M	1500fs	20:22	336
3	Sam Hersh	EB1	M	50fs	29.3	330
4	Paul Buzuloiu	EB1	M	100fs	1:08.2	286
5	Gi Wu	EB2	M	50fs	31.4	268
6	Bruce Brown	EB1	M	1500fs	22:29	250
7	Julian Labrin	EB1	M	50fl	35.1	239

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Sigi Johnson	EB1	F	50bk	4.3	8.6
2	Susan Nevitt-Yelle	EB1	F	1500fs	123.0	8.2
3	Sandy Wooley	EB2	F	1500fs	121.0	8.1
4=	Anne Griffith	EB2	F	1500fs	99.0	6.6
4=	Christine Rivas	EB1	F	100IM	6.6	6.6
6	Wendy Gifford	EB2	F	50fs	3.2	6.4
7	Ursula Scott	EB1	F	800fs	35.0	4.4
8	Brenda Ferguson	EB2	F	800fs	29.0	3.6
9=	Andrea Chandler	EB2	F	100IM	2.8	2.8
9=	Cheri Reddin	EB1	F	50fs	1.4	2.8
11	Isla Paterson	EB2	F	50br	0.6	1.2
12	Flo Kellner	EB2	F	100fs	0.4	0.4
13	Ann Bortolotti	EB1	F	100fs	0.3	0.3
14	Heather Bonas	EB2	F	50fs	0.1	0.2
15=	Debby Whately	EB2	F	1500fs	2.0	0.1
15=	Susan Hulley	EB2	F	200fs	0.2	0.1
15=	Fiona Hill	EB1	F	1500fs	1.0	0.1
1	Julian Labrin	EB1	M	800fs	165.0	20.6
2	Jeremie Lanctot	EB2	M	50fl	2.0	4.0
3	Ralph Siemsen	EB2	M	100IM	3.3	3.3
4	Sam Hersh	EB1	M	50fs	0.9	1.8
5	Paul Buzuloiu	EB1	M	100fs	1.3	1.3
6	Ken Johnson	EB1	M	200IM	1.9	1.0
7	Kevin Woodley	EB1	M	100fs	0.9	0.9

Fastest Three Swimmers Per Event:

Note that each swimmer is only listed once per event, and only those who would not have time to complete the 1500 are eligible to be listed below for the 800 free.

	Name	Group	Gender	Time
50fs				
1	Anne Griffith	EB2	F	38.8
2	Tara Connolly	EB2	F	39.3
3	Cheri Reddin	EB1	F	39.6
1	Jeremie Lanctot	EB2	M	26.9
2	Sam Hersh	EB1	M	29.3
3	Gi Wu	EB2	M	31.4
(1/2)				
100fs				
1	Cheri Reddin	EB1	F	1:27.5
2	Tara Connolly	EB2	F	1:31.2
3	Sandy Wooley	EB2	F	1:33.4
1	Jeremie Lanctot	EB2	M	59.6
2	Paul Buzuloiu	EB1	M	1:08.2
3	Peter Barton	EB2	M	1:15.3
(14/6)				
200fs				
1	Sandy Wooley	EB2	F	3:17.5
2	Susan Hulley	EB2	F	3:43.6
1	Sam Hersh	EB1	M	2:30.0
2	Ralph Siemsen	EB2	M	3:15.7
3	Miguel Mejicano Quintana	EB1	M	3:45.3
(2/3)				
800fs				
1	Ursula Scott	EB1	F	16:39
2	Ann Bortolotti	EB1	F	17:01
3	Shealagh Pope	EB1	F	17:04
1	Tony Michel	EB1	M	16:25
2	Tom Heyerdahl	EB2	M	16:50
3	Ken Johnson	EB1	M	22:40
(13/5)				
1500fs				
1	Sandy Lawson	EB1	F	25:34
1	Natalie Aucoin	EB1	F	25:34
3	Chelsea Sauve	EB2	F	26:41
4	Sandy Wooley	EB2	F	26:42
1	Tony Revitt	EB1	M	20:22
2	Bruce Brown	EB1	M	22:29
3	Julian Labrin	EB1	M	25:17
(14/6)				
50bk				
1	Anne Griffith	EB2	F	48.7
2	Tara Connolly	EB2	F	49.1

3	Megan Holtzman	EB2	F	52.7
1	Jeremie Lanctot	EB2	M	32.7
2	Bruce Brown	EB1	M	43.8
(9/2)				
100bk				
1	Christine Rivas	EB1	F	2:22.0
1	Paul Buzuloiu	EB1	M	1:21.1
2	Bruce Brown	EB1	M	1:33.6
3	Ken Johnson	EB1	M	3:14.9
(1/3)				
50br				
1	Anne Griffith	EB2	F	47.1
2	Sigi Johnson	EB1	F	59.6
3	Isla Paterson	EB2	F	1:00.1
1	Gi Wu	EB2	M	40.9
(8/1)				
50fl				
1	Cheri Reddin	EB1	F	44.1
2	Susan Nevitt-Yelle	EB1	F	1:03.8
3	Christine Rivas	EB1	F	1:07.2
1	Jeremie Lanctot	EB2	M	28.4
2	Julian Labrin	EB1	M	35.1
3	Peter Barton	EB2	M	37.0
3	Gi Wu	EB2	M	37.0
(3/7)				
100fl				
1	Megan Holtzman	EB2	F	1:56.6
(1/0)				
100IM				
1	Cheri Reddin	EB1	F	1:37.5
2	Anne Griffith	EB2	F	1:38.7
3	Megan Holtzman	EB2	F	1:46.2
1	Peter Barton	EB2	M	1:27.6
2	Kevin Woodley	EB1	M	1:31.8
3	Ralph Siemsen	EB2	M	1:38.2
(8/3)				
200IM				
1	Kevin Woodley	EB1	M	3:16.8
2	Ken Johnson	EB1	M	6:10.2
(0/2)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Wendy Gifford	EB2	F	3.2	6.4
2	Cheri Reddin	EB1	F	1.4	2.8
3	Brenda Ferguson	EB2	F	0.5	1.0
1	Julian Labrin	EB1	M	4.8	9.6
2	Jeremie Lanctot	EB2	M	1.7	3.4

3	Sam Hersh	EB1	M	0.9	1.8
(4/3)					
100fs					
1	Sandy Wooley	EB2	F	3.8	3.8
2	Wendy Gifford	EB2	F	3.8	3.8
3	Sigi Johnson	EB1	F	3.4	3.4
1	Paul Buzuloiu	EB1	M	1.3	1.3
2	Kevin Woodley	EB1	M	0.9	0.9
(6/2)					
200fs					
1	Susan Hulley	EB2	F	0.2	0.1
(1/0)					
800fs					
1	Ursula Scott	EB1	F	35.0	4.4
2	Brenda Ferguson	EB2	F	29.0	3.6
1	Julian Labrin	EB1	M	165.0	20.6
2	Tom Heyerdahl	EB2	M	1.0	0.1
(2/2)					
1500fs					
1	Susan Nevitt-Yelle	EB1	F	123.0	8.2
2	Sandy Wooley	EB2	F	121.0	8.1
3	Anne Griffith	EB2	F	99.0	6.6
1	Ralph Siemsen	EB2	M	22.0	1.5
(5/1)					
50bk					
1	Sigi Johnson	EB1	F	4.3	8.6
1	Jeremie Lanctot	EB2	M	0.7	1.4
(1/1)					
50br					
1	Christine Rivas	EB1	F	2.4	4.8
2	Sigi Johnson	EB1	F	1.6	3.2
3	Isla Paterson	EB2	F	0.6	1.2
(3/0)					
50f1					
1	Christine Rivas	EB1	F	1.6	3.2
2	Cheri Reddin	EB1	F	0.6	1.2
1	Jeremie Lanctot	EB2	M	2.0	4.0
(2/1)					
100IM					
1	Christine Rivas	EB1	F	6.6	6.6
2	Andrea Chandler	EB2	F	2.8	2.8
3	Cheri Reddin	EB1	F	2.7	2.7
1	Ralph Siemsen	EB2	M	3.3	3.3
(3/1)					
200IM					
1	Ken Johnson	EB1	M	1.9	1.0
(0/1)					

Winter Session Information

Dates: Monday January 6 to Tuesday April 8; no workouts Monday February 17.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End: **Lynn**

8:40-9:40am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

8:15-9:25am Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Special Sets:

Thu/Fri February 6/7: short distance time trials

Tue/Wed February 25/26: fin day

Tue/Wed March 18/19: 1500/800 time trial

Thu/Fri March 27/28: fin day

Mon a.m./Tue April 6/7: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanwint25.pdf>.

Ask the Coach

Dear Coach: I get leg cramps while swimming and I've tried lots of remedies with little to no success. Any suggestions? Cramping Swimmer

Dear C. Swimmer: A swimmer who used to swim with the Earlybirds 2 group had lots of cramping issues when he was training for long triathlons, and I reached out to him. Here's his reply:

"The supplement I was using is called Cramp Defense(capsules). Made by MgBright LLC. I also use HotShot (liquid). Organisers offer HotShot at Ironman events in the US. It can now be ordered on Amazon.

The Cramp Defence is taken as a daily supplement. HotShot is something you drink during an event or just prior. I usually bring one with me when I'm going for a longer bike ride.

I think both help but I haven't found the magic formula.

<https://www.crampdefense.com/>

<https://www.amazon.ca/HOTSHOT-Muscle-Sports-Organic-Bottles/dp/B01DE71K4U>"

Dear Coach: The City of Ottawa web page used to have a search feature to find lane and public swims in all Ottawa pools happening on certain days / times. That doesn't seem to exist anymore, but I came across this web page that seems to do the trick: <https://lane-swim-webapp.vercel.app/>. Web Searching Swimmer

Dear W.S. Swimmer: Thanks – looks like a great web page!

Dear Coach: How long should my glide be in breaststroke? Improving My Breaststroke

Dear I.M. Breaststroke: You definitely want to ensure that there is a pause between strokes when you are in a streamlined position. The length of the pause depends on the person and the distance. A breaststroker swimming 200m will pause longer between strokes than when swimming 50m. You can experiment and see what works best for you. Be sure to keep the streamline position as tight as possible.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August **2025**), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$65**. For both, it's **\$80**. Contact me for more details.

Here's a list of upcoming meets and races mostly in Ontario and Quebec.

Details of Swim Ontario and Quebec meets can be found (after they are sanctioned) at

<https://www.swimming.ca/en/events-results/live-upcoming-meets/>. Note that due to a new system, this link is not accurate (yet!). If you need to find meet packages, look here for Ontario:

<https://docs.google.com/spreadsheets/d/1xG03Eli1IWbnfjwuMmBTWQ84RfXfHrEBTgiv4XyB7wQ/edit?gid=1189075859#gid=1189075859>, and here for

Quebec: https://docs.google.com/spreadsheets/d/1jTV5t_HJfBgaUimKIMGbQqv7hYOxvUyR4P6RGU_92MY/edit?gid=0#gid=0.

Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

December 28 Nepean Sportsplex 100 x 100 (details in "Swimmers Notes")

December 29 EOMAC 100 x 100 Etobicoke (SO registration required)

January 25 Coupe du Quebec des Maitres Manche 4, Drummondville (SO registration required)

January 25 Swim Ottawa Masters Meet, Brewer Pool, Ottawa (MSO registration or one-day registration required)

January 26 Ted Roach Memorial SCY Meet, Alderwood, Toronto (MSO registration or one-day registration required)

February 1 Winterlude LCM Meet, Nepean (MSO registration or one-day registration required)

February 1 ROC Masters Meet, Clarington (SO registration required)

February 16 Burlington Winter Splash (SO registration required)

February 23 Coupe du Quebec des Maitres Manche 5, Pointe-Claire, Montreal (SO registration required)

March 9 Swim for the Heart, 1500 LCM, Etobicoke (SO registration required)

March 15 Coupe du Quebec des Maitres Manche 6, Mont-Tremblant (SO registration required)

March 23 Stephen Forsey Invitational, Markham Pan-Am Centre (SO registration required)

April 5 OlymPink Masters Challenge, Brewer Pool, Ottawa (MSO registration or one-day registration required)

April 25-27 Swim Ontario Masters Championships, Markham Pan-Am Centre (SO registration required)

April 25-27 Championnat Quebecois des Maitres, Drummondville (SO registration required)

May 17-19 Canadian Masters Swimming Championships (LCM), Saskatoon (SO registration required)

June 29 Worlds Warm-Up LC Meet, Etobicoke (SO registration required)

July 12 Bring on the Bay 1.5k and 3k swims <https://bringonthebay.com/>

August World Masters Aquatic Championships, Singapore (SO registration required)

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!

December 8 Red vs. Blue Swim Meet, Nepean Sportsplex

Apologies to **Melanie Heroux** (8:40am Earlybirds) for my error last time. She was swimming for the Nepean Sharks Special Olympics Advanced Team at this competition.

December 14-15 Ironman 70.3 World Championships, Taupo, New Zealand

Congratulations to **Sandra** and **Colin Kiviaho** (both 8:40am Earlybirds), and **Margaret King** (7:35am Earlybirds) on this amazing adventure! Full results: <https://www.ironman.com/im703-world-championship-2024-results>. And, seriously, how did Sandra and Colin manage to both finish 1678th in their respective genders!! And thank you to Sandra for this great report!

Sandra Kiviaho (8:40am Earlybirds; F45-49): 1678th woman, and 248th in category in 6:33:16 (swim: 35:20)

Margaret King (7:35am Earlybirds; F60-64): 1531st woman, and 56th in category in 6:20:03 (swim: 37:42)

Colin Kiviaho (8:40am Earlybirds; M45-49): 1678th man, and 166th in category in 5:04:00 (swim: 33:23)

Sandra's report:

Given that the 70.3 World Championship's were supposed to take place 5 years ago, there was a special vibe coming from the Taupo community. They made this event as perfect as it could be. Their caring was all over the race. We were impressed and thankful. Ironman events have been happening in this community for 45 years, second only to Kona. Then there was that beautiful volcano, Mont Tongariro, that we had climbed a month before, shining the biggest on the women's day. So much so that they said it was showing off. I even caught a glimpse of it at about 65km during the bike. My Race

My age group (and Colin's) was the last wave of the day - about an hour and 45 min from the actual race start. More patience required and more heat for the bike and run.

The women at the start line were ready to go - me included. Usually, I have men towering over me, but this time I could see the start line and felt and saw the emotions around me.

The Swim

I love all aspects of tri but the swim I probably understand the best. Eight women lined up and off we ran into that cool, clear water where you can see the bottom the entire time. I just kept swimming, feeling the water through my hands and body. Before I knew it, I was headed to shore to start the steep transition to my bike. Climbing up the tall shore, then over a bridge to find your bag in transition. I heard Colin cheer me. At that time, I had no idea it was my fastest swim in a tri race.

The Bike

The bike starts with most of the climbing upfront. Did I mention that the World Championship is made to be the hardest of all races? The pavement here is pretty rough compared to home.

I loved biking 90km without cars. I really liked the climbing and the windy roads. Unfortunately I overheated on the bike. Looking back, I should have had more food and water earlier but with the climbing, my timing was off. This meant when I sprayed myself on the last water station, I heard my skin sizzled. The sun here is extremely hot and there was not a cloud in the sky. The bike was a bit slower than I had hoped but I got it done. It's difficult to know how hard to bike when my recent bike training was sporadic and wasn't even half that distance.

The Run

On to the run...bc I had overheated on the bike, the first third of the run was pretty painful. Not painful enough to quit but I knew I had to do myself a favour and cool myself down at the water stations. Thank goodness for ice. I swear sometimes I had more ice than boobs in my bra.

The course ran up and down hills and you can see that beautiful body of water, Lake Taupo and the volcanoes pretty much the entire time. Although it was a tough course, I did really like it and about 10km in, I felt a lot better and knew I could get'er done.

It was such a cool experience racing with all women. I experienced such an encouraging, friendly vibe from many women on course and specifically my age group. And I was totally inspired by the women who dedicate their entire being for tri. And my favourite part, to have Colin chasing and cheering me around the course even though he had his big day the next day. It's hard to explain but we both get a lot of joy cheering each other in our races.

I didn't necessarily shine my brightest but it was definitely a once in a lifetime experience to be a part of such a big stage with a group of amazing women athletes. Thanks for being a part of my journey. Your words of encouragement and sharing my excitement have meant a LOT over the years.

And...Colin...he did remarkable well especially since we chose travel and exploring over training. He had the same heat and sun. But he got'er done and of course way faster than me. I loved receiving messages from friends who were tracking him saying that he is so fast. And he looks so comfortable out there. Congrats to Colin - after waiting for 5 years he finally got his day!

And a great photo taken pre-race:



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 **December 17**).

Notes and Reminders

Carleton Masters Winter Programs

Registering online (<https://rec.carleton.ca/>, search for “Masters”) is recommended unless you wish to use a credit on your account, then register by phone or in person.

Here are the details of the programs and dates:

Winter Session: Monday January 6 to Tuesday April 8; no workouts Monday February 17.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$192+HST: **Full: Wait list available.**

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$192+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$212+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$196+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$100+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term. It must include pool access and be valid for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>.
- **Parking:** Most community memberships include three hour parking in Lot 5.

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Monday 4:00-5:00pm and 5:00-6:00pm or 4:30-5:30pm (depending on the week)

Tuesdays 4:30-5:30pm (occasionally 3:30-4:30pm)

Lessons are currently all booked, but a cancellation list is available.

Prices: Private: \$52.50 per hour, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST. Prices are going up in May.

Please e-mail me for more details.

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/se0/ccr/>.

Team Aquatic Supplies Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is run by Team Aquatic Supplies. We receive a 15% discount on regularly priced merchandise until the end of August 2025. When ordering on-line (<https://team-aquatic.com/>) use the code on the card. When shopping in person, show a copy of this [discount card](#).

Carleton Ravens Gear: Swim caps (\$15), and T-shirts, hoodies, and size 36 women's suits (\$20 each) are available as a fundraiser to support the Varsity swim team. Ask for more details.

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 annual fees to register Carleton Masters with Masters Swimming Ontario and Swim Ontario. We have a few triathlon latex caps (50c), some silicone caps (\$2), as well as some brand new Speedo silicone caps and Speedo thick polyester caps (\$5). 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.

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.)

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>