

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Sunday, April 15, 2012 2:51 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'
Subject: Carleton Masters Swimming Newsletter #305

Carleton Masters Swimming Newsletter #305

Sunday, April 15th, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2011 / Winter 2012 and Alumni: 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (28 addresses), 8:10pm Whitecaps III (34 addresses), Saturday Only (4 addresses), Masters "Alumni" (33 addresses).

"The vision of a champion is a guy who is bent over, gasping for breath, dripping in sweat, when no one is watching."

Masters Program Notes and Cancellations

- The Winter session has ended. Thanks to all who participated.
- The Carleton pool is now closed for maintenance until Mon Apr 30th.
- The pool reopens Mon Apr 30th but the Masters Spring sessions start on **Tue May 1st** – full details on the Spring and Summer sessions follow. Registration for both terms has started and some groups (7:30am and 6pm) are getting close to full.

Spring / Summer Masters Programs

Registration for both Spring and Summer has started. As usual, you must be staff / student / Athletics member to swim with Carleton Masters, and Masters program registration must be done by phone or in person (not on-line). This information can also be found on the team web site:

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

Spring Session: Tue May 1st to Sat Jun 30th (no workouts Mon Apr 30th, Mon May 21st)

Earlybirds 1 (7:30-8:30am MWF): Barcode 4526; \$64+HST; Coach: Lynn

Earlybirds 2 (8:30-9:30am MWF): Barcode 4527; \$64+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4531; \$72+HST; Coaches: Mon/Tue: Lynn; Thu: Mits

Whitecaps 2 (7:10-8:10pm MTuTh): Barcode 4532; \$64+HST; Coaches: Mon/Tue: Lynn; Thu: Mits

Saturday Earlybirds (8:15-9:25am Sat, **except** 10:15-11:25am May 19th and Jun 30th): Barcode 4529; \$26+HST; Coaches: rotating schedule

Summer Session: Tue Jul 3rd to Sat Sep 1st (no workouts Mon Jul 2nd, Mon Aug 6th)

Earlybirds 1 (7:30-8:30am MWF): Barcode 4528; \$64+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4533; \$72+HST; Coaches: July: Lynn; Mits; August

Saturday Earlybirds (10:15-11:25am Sat): Barcode 4530; \$26+HST; Coaches: rotating schedule

Places to Swim During Shutdown

If you want to swim over the Carleton pool shutdown, here are some links to other Ottawa pool schedules:

- City of Ottawa Pools:

http://www.ottawa.ca/en/rec_culture/class_activity/reg_mem/courses_available/swimming/schedules/index.html

- U of Ottawa (be sure the read the list of closed dates on p.1.):

http://www.geegees.ca/sites/default/files/pool_brochure.pdf

- City of Gatineau Pools:

http://www.gatineau.ca/page.asp?p=quoi_faire/activites_recreatives_sportives/baignade/piscines_interieures

Swimmer Notes

Swimmer Updates:

- **Lois Frankel** (7:30am Earlybirds) is a Professor in Carleton's School of Industrial Design. Their 34th annual grad exhibition is being held Apr 21-24th: <http://www.id.carleton.ca/exhibition2012/>.

- **Isla Paterson** (8:30am Earlybirds) recommends the following book: "The Art of Swimming" by Steven Shaw and Arnaud D'Angour (1996). Note that there is also a 2006 version by Steven Shaw titled "Master the Art of Swimming". The books are about applying the Alexander technique to swimming, and both are available from the Ottawa Public Library.

- I have been selected as one of the Six Female World Masters Swimmers of 2011 by Swimming World Magazine. I was a runner-up in 2006 when I last changed age groups, so was pleased to make the list this time, but not too impressed that, unlike previous years, the details of the winners are not actually given in the magazine, but will be posted on-line "later this month": <http://www.swimmingworldmagazine.com/lane9/news/Magazine/30261.asp?q=Swimming%20World%20Announces%20Top%2012%20World%20Masters%20Swimmers%20of%20the%20Year>.

- **Carol Alexander** (8:30am Earlybirds) is a member of "One World Grannies" an advocacy group (<http://www.grannyvoices.com/>). Now that pennies are on their way out, they are collecting them to donate to African Grannies in support of AIDS orphans. All donations welcome!

- **Romy Shaffenburg** (6pm Whitecaps) is a member of the Coro Viva Ottawa choir. Their next concert is "Old Music of the New World" at 8:30pm Sat May 5th, St. Joseph Church, 174 Wilbrod St. For more details check out: <http://www.corovivoottawa.ca/?q=old-music-new-world>.

- If anyone would like some beautiful cards, **Penny Estabrooks** (8:30am Earlybirds) has both winter cards (http://www.pennye.ca/art/cards_Nov11.htm) and all occasion cards from any of her paintings (<http://www.pennye.ca/art/index.html>) available. They are \$2 or 6 for \$10.

News Articles and Links:

- Another swimming book that looks interesting (coming out soon) is "Swim: Why We Love the Water" by Lynn Sherr:

http://www.cleveland.com/books/index.ssf/2012/04/lynn_sherr_plunges_into_depths.html

- Vibrating Platforms have Joined the Gym: http://www.nytimes.com/2011/02/15/health/nutrition/15best.html?_r=1&ref=health

- Sitting too Much can Hurt your Health (even if you Exercise): <http://www.theglobeandmail.com/life/health/alex-hutchinson/can-sitting-too-long-really-hurt-my->

health/article1895270/

- Pre-Menstrual Tension: How it Affects Performance: http://www.running4women.com/pmt-how-it-affects-performance-how-you-can-alleviate-it/?awt_l=KkUrZ&awt_m=1ejx9VgdydD8w9
- Racing against Age: Health Impairment Primarily due to Bad Lifestyle: <http://www.sciencedaily.com/releases/2010/12/101202124201.htm>
- Finger Length Predicts Toughness in Sports: <http://www.sciencedaily.com/releases/2010/12/101202124846.htm>
- Accelerating Workout Recovery: http://thesportfactory.com/site/trainingnews/Accelerating_Work_Out_Recovery_287.shtml

Swim Suits for Sale: The suits range in brand, style, and colour. Prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask!

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. Latex caps are 50c (plus a few brand new latex caps for \$1) and silicone caps \$2. Just ask if you're interested in looking at these.

Nose Clips for Sale: Cost \$5. Mostly size medium, plus a few small and large. Contact me if you are interested.

Winter Session Information

The usual pool allocations and coaches are as follows:

- 7:30-8:30am MWF Earlybirds: Deep End; Lynn
- 8:30-9:30am MWF Earlybirds: Deep End; Lynn
- 6:00-7:10pm MTuTh Whitecaps: Shallow Monday, Deep Tuesday/Thursday; Lynn
- 7:10-8:10pm MTuTh Whitecaps: Shallow End; Monday: Lynn; Tuesday/Thursday: Mits
- 8:10-9:10pm TuTh Whitecaps: Shallow End; Mits
- 8:15-9:25am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Fin Days for the Winter session are:

- 6pm Tue Feb 7th / 7:30am/8:30am Wed Feb 8th
- 6pm Tue Mar 13th / 7:30am/8:30am Wed Mar 14th

Winter Time Trials are as follows:

- All Mon Feb 13th: 400 fs or IM
- 6pm Tue Feb 28th / 7:30am/8:30am Wed Feb 29th: 2 x 50 ch
- 6pm Thu Mar 8th / 7:30am/8:30am Fri Mar 9th: 100 ch
- All Mon Mar 19th: 200 ch
- Tue Mar 27th / 7:30am/8:30am Wed Mar 28th: 1500 fs (800 fs for those over 2:15/100m)
- 6pm Tue Apr 10th / 7:30am/8:30am Wed Apr 11th:** relays (note the change!)

Thanks to all those who participated in the relays. Here is the list of those who improved their 50 times. Note that several swimmers improved for the second time this term, in which case both the latest and total improvements are given. The biggest improvement was by **Dave Grynspan** (6pm Whitecaps) for a 4.6 second improvement in his 50fs!

50fs:

- Dave Grynspan** (6pm Whitecaps) 4.6
- Greg Payne** (6pm Whitecaps) + 0.5 -> 3.8
- Danielle Thomson** (8:30am Earlybirds) 1.6
- Rick Hellard** (7:30am Earlybirds) + 1.0 -> 1.2

50bk:

- Lee Storm** (6pm Whitecaps) 0.5
- Deb Low** (6pm Whitecaps) tie

50br:

- Marie Steele** (6pm Whitecaps) + 0.4 -> 4.2
- Melodie Guilbeault** (6pm Whitecaps) 3.1
- Chris Macknie** (7:30am Earlybirds) + 1.8 -> 2.9

50fl:

- Rick Hellard** (7:30am Earlybirds) 0.7
- Natalie Aucoin** (8:30am Earlybirds) 0.6

Winter Session Summary

A big thank you to coaches **Mits Kachi** (7:10pm and 8:10pm Whitecaps and Saturday), **Tim Kilby** (Saturday), **Blake Christie** (Saturday), **Alex Joubert** (Sub) for all their coaching this term.

Here's the summary of the attendance and time trials for the Winter 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 early in the Spring term or by e-mail.

Attendance:

There was just one swimmer with perfect weekday attendance this term. Congratulations to **Robert Fabes** (7:30am Earlybirds)!

6:00pm Whitecaps (Jan 3-Apr 12th; 42 workouts; range: 17-31; avg.: 24.2)

Missed 1 Workout: **Dave G, Deb Low**

Missed 2 Workouts: **Don W**

7:10pm Whitecaps (Jan 3- Apr 2nd; 38 workouts; range: 8-19; avg.: 13.5)

Missed 2 Workouts: **Jamie C**

8:10pm Whitecaps (Jan 3-Apr 2nd; 26 workouts; range: 8-18; avg.: 12.1)

Missed 2 Workouts: **Lynn B**

Missed 3 Workouts: **Elaine C, Veronica T**

7:30am Earlybirds (Jan 4-Apr 2nd; 38 workouts; range: 17-29; avg.: 24.4)

Perfect Attendance: **Robert F**
 Missed 1 Workout: **Angela D, Chris M, Margaret K, Ursula S, Zoe P**
 Missed 3 Workouts: **Christian C**

8:30am Earlybirds (Jan 4-Apr 2nd; 38 workouts; range: 12-23; avg.: 17.3)

Missed 1 Workout: **Penny E**
 Missed 2 Workouts: **Mark B**
 Missed 3 Workouts: **Theresa W**

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Winter 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 119 different swimmers: 70 women and 49 men. There were 548 completed time trials: 301 for women and 247 for men. That's a lot of data! If you notice any errors or omissions, please let me know.

I'm sorry that the bubbles weren't available for the end of term workout. They will be repaired over the shutdown. The Easter card and gift of "bubbles" chocolates from the 8:30am Earlybirds was a good choice – thank you!

Fifty-six swimmers (27 women and 29 men – close to half the swimmers) improved in at least one event. This beats last term's record of 54 improving swimmers! Excluding **Mark Blenkinsop** (8:30am Earlybirds)'s 20.6 second (41.2sec/100m) "improvement" in 50br, as his only previous time was done on a relay where he had to swim twice and wasn't particularly exerting himself, the most improved swimmer was **Cindy Steele** (6pm Whitecaps) who improved her 50fs by a huge margin of 13.2 seconds (26.4sec/100m). Next, and most improved male was **Roy Hanes** (7:10pm Whitecaps) who improved his 800fs by a whopping 2:34 (19.3sec/100m). Second most improved female was **Malika Shaath** (8:30am Earlybirds) with a 17.0 second improvement in 100fs. She was followed by **Zoe Panchen** (7:30am Earlybirds) with a 6.9 second improvement in 50bk (13.8sec/100m). **Marie Steele** (6pm Whitecaps), **Amelia Zimmermann** (6pm Whitecaps) and **Siobhan MacManus** (7:30am Earlybirds) also improved by more than 10sec/100m. The top three for the men was rounded out by **Mike Mopas** with a 4.9 second improvement (9.8sec/100m) in 50br, and **Dave Grynspan** (6pm Whitecaps) with a 4.6 second improvement (9.2sec/100m) in 50fs. **Malika** improved in six different events, while **Deb Low** (6pm Whitecaps) improved in five.

The International Point Scores (link to web page below) are used to determine the best swims. Seventeen swimmers (6 women and 11 men) scored over 400 points in at least one event. Top scorer overall again this term was **Sean Dawson** (6pm Whitecaps / 8:30am Earlybirds) with 640 points for his 26.0 in 50fs. Second overall and top woman (again!) was **Amelia Zimmermann** (6pm Whitecaps) with 570 points for 31.0 in 50fs. **Tony Revitt** (8:30am Earlybirds) was second male with 549 points for 27.7 in 50fs. **Don Wells** was 3rd with 520 points for 19:45 in 1500fs. **Mark Blenkinsop** (8:30am Earlybirds) also scored over 500 points. Second female was **Paula Vega** (7:30am Earlybirds) with a 33.5 50fs worth 468 points, followed closely by **Jen Corner-Gardiner** (7:10pm Whitecaps) with 464 for 22:34 in her 1500. **Sean** scored over 400 points in eight different events this term!

All those improving and all those scoring over 400 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, WC3 = 8:10pm Whitecaps III, 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 27 women and 29 men who improved in at least one event.)

1	Cindy Steele	WC1	F	50fs	13.2	26.4
2	Malika Shaath	EB2	F	100fs	17.0	17.0
3	Zoe Panchen	EB1	F	50bk	6.9	13.8
4	Marie Steele	WC1	F	50fs	6.3	12.6
5	Amelia Zimmermann	WC1	F	400fs	49.1	12.3
6	Siobhan MacManus	EB1	F	1500fs	159.0	10.6
7	Mindy Finkelstein	WC2	F	800fs	57.0	7.1
8	Melodie Guilbeault	WC1	F	50br	3.1	6.2
9	Margaret King	EB1	F	400IM	24.0	6.0
10	Deb Low	WC1	F	200fs	11.8	5.9
11	Susan Hulley	EB1	F	400fs	20.0	5.0
11	Theresa Wallace	EB2	F	50fs	2.5	5.0
13	Lucette Laflamme	WC2	F	400fs	19.4	4.9
14	Heather Ireland	EB1	F	50fs	1.6	3.2
14	Danielle Thomson	EB2	F	50fs	1.6	3.2
16	Lois Frankel	EB1	F	400fs	12.3	3.1
17	Andrea Chandler	EB2	F	400fs	11.1	2.8
18	Penny Estabrooks	EB2	F	800fs	21.0	2.6
19	Joanne Dawson	WC1	F	400fs	10.1	2.5
20	Shauna Ironside	EB2	F	400fs	5.7	1.4
21	Isabelle Fradette	EB2	F	200fs	2.6	1.3
22	Alison Storm	WC1	F	100fs	1.2	1.2
22	Cheri Reddin	WC1	F	400fs	4.6	1.2
24	Robin Henderson	EB2	F	400fs	4.3	1.1
25	Madelayne DeGrace	EB1	F	50bk	0.3	0.6
26	Jean Kneale	WC3	F	1500fs	8.0	0.5
27	Jen Corner-Gardiner	WC2	F	1500fs	6.0	0.4
x	Mark Blenkinsop	EB2	M	50br	20.6	41.2
1	Roy Hanes	WC2	M	800fs	154.0	19.3
2	Mike Mopas	EB1	M	50br	4.9	9.8
3	Dave Grynspan	WC1	M	50fs	4.6	9.2
4	Brad Shapansky	EB1	M	1500fs	117.0	7.8
5	Greg Payne	EB1	M	50fs	3.8	7.6
6	Jordan Monnink	WC2	M	1500fs	104.0	6.9

6	Christian Cattan	EB1	M	400fs	27.6	6.9
8	Matthew Brenning	WC2	M	200fs	13.0	6.5
9	Chris Macknie	EB1	M	50br	2.9	5.8
10	Dave Caldwell	EB1	M	100fs	5.6	5.6
11	Isaac Fierro Marquez	WC1	M	1500fs	79.0	5.3
12	Fouad Hejazi	EB1	M	50fs	2.4	4.8
13	Kevin Graham	EB1	M	1500fs	69.0	4.6
14	Lee Storm	WC1	M	1500fs	54.0	3.6
15	Rick Hellard	EB1	M	50fs	1.2	2.4
16	Ray Anderson	EB1	M	400fs	9.2	2.3
16	Paul Denys	WC3	M	1500fs	34.0	2.3
18	Nathan Fudge	WC1	M	1500fs	28.0	1.9
19	Jamie Wildsmith	WC1	M	200bk	3.4	1.7
20	Robert Fabes	EB1	M	400IM	4.2	1.1
21	Sean Dawson	WC1/EB2	M	50fl	0.5	1.0
21	Paul Scully	EB2	M	200fs	1.9	1.0
23	Bruce Brown	EB1	M	50bk	0.4	0.8
24	Alan Jowett	EB1	M	1500fs	9.0	0.6
24	Francois Jacques	EB1	M	50fs	0.3	0.6
26	Dmitry Lysenko	WC2	M	400fs	1.9	0.5
27	Amir Banihashemi	EB2	M	100IM	0.4	0.4
28	Ian Lorimer	EB1	M	1500fs	4.0	0.3

Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 6 women and 11 men who made the list.

	Name	Group	Gender	Event	Time	Points
1	Amelia Zimmermann	WC1	F	50fs	31.0	570
2	Paula Vega	EB1	F	50fs	33.5	468
3	Jen Corner-Gardiner	WC2	F	1500fs	22:34	464
4	Erin Kelly	WC1	F	200fs	2:46.4	426
5	Jenna Roundell	WC2	F	200IM	3:10.1	404
6	Shauna Ironside	EB2	F	100IM	1:28.1	402
1	Sean Dawson	WC1/EB2	M	50fs	26.0	640
2	Tony Revitt	EB2	M	50fs	27.7	549
3	Don Wells	WC1	M	1500fs	19:45	520
4	Mark Blenkinsop	EB2	M	50fl	30.6	507
5	Jamie Wildsmith	WC1	M	400IM	5:35.7	492
5	Nathan Fudge	WC1	M	50fs	28.9	492
7	Gi Wu	WC1/2	M	50fs	29.1	483
8	Rick Hellard	EB1	M	1500fs	20:35	467
9	Jean-Francois Jacques	EB2	M	50fs	29.8	454
10	Lee Storm	WC1	M	1500fs	20:59	443
11	Francois Jacques	EB1	M	50fs	30.5	426

(For point scores, see: <http://www.swimnews.com>, click on "IPS Points" and enter the information requested; note that SCM = short course meters [25m pool].)

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	Cindy Steele	WC1	F	13.2	26.4
2	Marie Steele	WC1	F	6.3	12.6
3	Theresa Wallace	EB2	F	2.5	5.0
1	Dave Grynsan	WC1	M	4.6	9.2
2	Greg Payne	EB1	M	3.8	7.6
3	Fouad Hejazi	EB1	M	2.4	4.8
(9/10)					
100fs					
1	Malika Shaath	EB2	F	17.0	17.0
2	Susan Hulley	EB1	F	3.1	3.1
3	Deb Low	WC1	F	2.9	2.9
1	Dave Caldwell	EB1	M	5.6	5.6
2	Greg Payne	EB1	M	5.3	5.3
3	Christian Cattan	EB1	M	3.3	3.3
(5/5)					
200fs					
1	Marie Steele	WC1	F	24.5	12.3
2	Deb Low	WC1	F	11.8	5.9
3	Mindy Finkelstein	WC2	F	4.1	2.1
1	Matthew Brenning	WC2	M	13.0	6.5
2	Dave Grynsan	WC1	M	12.7	6.4
3	Jordan Monnik	WC2	M	6.6	3.3
(8/7)					

400fs					
1	Amelia Zimmermann	WC1	F	49.1	12.3
2	Malika Shaath	EB2	F	39.5	9.9
3	Marie Steele	WC1	F	34.0	8.5
1	Roy Hanes	WC2	M	54.0	13.5
2	Christian Cattan	EB1	M	27.6	6.9
2	Jordan Monnink	WC2	M	27.4	6.9
4	Dave Grynspan	WC1	M	27.1	6.8
(14/8)					
800fs					
1	Mindy Finkelstein	WC2	F	57.0	7.1
1	Roy Hanes	WC2	M	154.0	19.3
(1/1)					
1500fs					
1	Siobhan MacManus	EB1	F	159.0	10.6
2	Zoe Panchen	EB1	F	60.0	4.0
3	Malika Shaath	EB1	F	50.0	3.3
4	Margaret King	EB1	F	48.0	3.2
1	Brad Shapansky	EB1	M	117.0	7.8
2	Jordan Monnink	WC2	M	104.0	6.9
3	Isaac Fierro Marquez	WC1	M	79.0	5.3
(7/12)					
50bk					
1	Zoe Panchen	EB1	F	6.9	13.8
2	Amelia Zimmermann	WC1	F	2.5	5.0
3	Madelayne DeGrace	EB1	F	0.3	0.6
1	Dave Caldwell	EB1	M	0.6	1.2
2	Lee Storm	WC1	M	0.5	1.0
3	Bruce Brown	EB1	M	0.4	0.8
(3/3)					
200bk					
1	Jamie Wildsmith	WC1	M	3.4	1.7
(0/1)					
50br					
1	Marie Steele	WC1	F	4.2	8.4
2	Melodie Guilbeault	WC1	F	3.1	6.2
2	Malika Shaath	EB2	F	0.8	1.6
x	Mark Blenkinsop	EB2	M	20.6	41.2
1	Mike Mopas	EB1	M	4.9	9.8
2	Chris Macknie	EB1	M	2.9	5.8
3	Brad Shapansky	EB1	M	0.8	1.6
(3/4)					
50fl					
1	Natalie Aucoin	EB2	F	0.6	1.2
1	Rick Hellard	EB1	M	0.7	1.4
2	Sean Dawson	WC1/EB2	M	0.5	1.0
(1/2)					
100IM					
1	Shauna Ironside	EB2	F	0.8	0.8
1	Amir Banihashemi	EB2	M	0.4	0.4
(1/1)					
200IM					
1	Shauna Ironside	EB2	F	0.7	0.4
(1/0)					
400IM					
1	Margaret King	EB1	F	24.0	6.0
1	Jamie Wildsmith	WC1	M	4.7	1.2
2	Robert Fabes	EB1	M	4.2	1.1
(1/2)					

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. Note that only those over 18:00 are shown for the 800. Those under 18:00 should swim the 1500 instead!

	Name	Group	Gender	Time
25fs				
1	Gaby Speck	EB1	F	18.6
2	Robin Henderson	EB2	F	22.1
3	Siobhan MacManus	EB1	F	25.3
1	Dave Caldwell	EB1	M	17.0
(4/1)				
50fs				
1	Amelia Zimmermann	WC1	F	31.0
2	Paula Vega	EB1	F	33.5
3	Danielle Thomson	EB2	F	35.7

4	Shauna Ironside	EB2	F	35.8
1	Sean Dawson	WC1/EB2	M	26.0
2	Tony Revitt	EB2	M	27.7
3	Nathan Fudge	WC1	M	28.9
4	Gi Wu	WC1/WC2	M	29.1
4	Mark Blenkinsop	EB2	M	29.1
(80/57)				
100fs				
1	Margaret King	EB1	F	1:25.8
2	Dawn Walsh	EB2	F	1:26.4
3	Malika Shaath	EB2	F	1:29.2
1	Gi Wu	WC1/WC2	M	1:07.9
2	Francois Jacques	EB1	M	1:09.2
3	Rick Hellard	EB1	M	1:11.6
(21/12)				
200fs				
1	Erin Kelly	WC1	F	2:46.4
2	Paula Vega	EB1	F	2:56.5
2	Jen Corner-Gardiner	WC2	F	2:56.5
1	Tony Revitt	EB2	M	2:17.0
2	Matthew Brenning	WC2	M	2:34.0
3	Rick Hellard	EB1	M	2:37.5
(28/22)				
400fs				
1	Amelia Zimmermann	WC1	F	5:35.7
2	Sandy Lawson	EB1	F	6:03.1
3	Shauna Ironside	EB2	F	6:10.9
1	Tony Revitt	EB2	M	5:05.2
2	Mark Blenkinsop	EB2	M	5:28.5
3	Rick Hellard	EB1	M	5:29.1
(35/29)				
800fs				
1	Mariette Kenney	WC2	F	18:35
2	Mindy Finkelstein	WC2	F	19:36
3	Debbie Lee	WC1	F	20:29
1	Roy Hanes	WC2	M	20:23
(6/1)				
1500fs				
1	Jen Corner-Gardiner	WC2	F	22:34
2	Joanie Conrad	WC2	F	23:54
3	Jenna Roundell	WC2	F	24:25
1	Sean Dawson	WC1/EB2	M	19:39
2	Don Wells	WC1	M	19:45
3	Rick Hellard	EB1	M	20:35
4	Nathan Fudge	WC1	M	20:39
(35/36)				
25bk				
1	Margaret Dibben King	EB2	F	55.4
(1/0)				
50bk				
1	Amelia Zimmermann	WC1	F	37.4
2	Erin Kelly	WC1	F	40.3
3	Tricia Gerrow	WC1	F	43.3
1	Sean Dawson	WC1/EB2	M	32.7
2	Don Wells	WC1	M	35.6
3	Bruce Brown	EB1	M	40.0
3	Lee Storm	WC1	M	40.0
(22/16)				
100bk				
1	Erin Kelly	WC1	F	1:31.3
1	Don Wells	WC1	M	1:16.5
(1/1)				
200bk				
1	Margaret Dibben King	WC2	F	8:35.6
1	Jamie Wildsmith	WC1	M	2:35.6
2	Don Wells	WC1	M	2:39.1
(1/2)				
50br				
1	Shauna Ironside	EB2	F	47.5
2	Margaret King	EB1	F	48.1
3	Marie Steele	WC1	F	49.0
1	Nathan Fudge	WC1	M	38.4
2	Don Wells	WC1	M	40.1
3	Mark Blenkinsop	EB2	M	40.7
(30/14)				

200br				
1	Isla Paterson	EB2	F	4:10.2
1	Sean Dawson	WC1/EB2	M	2:50.9
2	Mark Blenkinsop	EB2	M	3:17.9
(1/2)				
25fl				
1	Gaby Speck	EB1	F	21.4
2	Robin Henderson	EB2	F	23.8
3	Siobhan MacManus	EB1	F	29.0
1	Dave Caldwell	EB1	M	21.5
(3/1)				
50fl				
1	Erin Kelly	WC1	F	39.6
2	Natalie Aucoin	EB2	F	39.8
3	Sandy Lawson	EB1	F	45.0
1	Sean Dawson	WC1/EB2	M	28.6
2	Mark Blenkinsop	EB2	M	30.6
3	Tony Revitt	EB2	M	31.5
4	Nathan Fudge	WC1	M	31.6
(10/28)				
100fl				
1	Mark Blenkinsop	EB2	M	1:12.4
(0/2)				
100IM				
1	Shauna Ironside	EB2	F	1:28.1
2	Madelayne DeGrace	EB1	F	1:34.0
3	Natalie Aucoin	EB2	F	1:34.1
1	Sean Dawson	WC1/EB2	M	1:06.2
2	Nathan Fudge	WC1	M	1:12.2
3	Jamie Wildsmith	WC1	M	1:16.5
(7/10)				
200IM				
1	Jenna Roundell	WC2	F	3:10.1
2	Shauna Ironside	EB2	F	3:10.9
3	Natalie Aucoin	EB2	F	3:22.5
1	Sean Dawson	WC1/EB2	M	2:31.5
2	Jean-Francois Jacques	EB2	M	2:47.1
3	Mark Blenkinsop	EB2	M	2:47.3
(11/7)				
400IM				
1	Margaret King	EB1	F	7:42.8
2	Joanie Conrad	WC2	F	7:44.4
3	Colette Kenney	EB2	F	8:21.9
1	Sean Dawson	WC1/EB2	M	5:14.2
2	Jamie Wildsmith	WC1	M	5:35.7
3	Don Wells	WC1	M	5:40.2
(4/6)				

Fun Relays (Tue/Wed Apr 10/11th)

As usual, my apologies for not making the teams exactly fair ☹ !

4x50 Free Relay

6pm Whitecaps

- 2:30.7: Team 1: Debby Whately, Cindy Steele, Sean Dawson, Jackie Lyons
- 2:35.5: Team 2: Don Wells, Katherine Venance, Bill Westcott, Joanne Dawson
- 2:36.1: Team 6: Deb Low, Zivi Weinstock, Isaac Fierro Marquez, Dave Grynspan
- 2:40.0: Team 3: Tricia Gerrow, Lina Vincent, Gi Wu, Marg Eades
- 2:41.0: Team 4: Lee Storm, Melodie Guilbeault, Cam Dawson, Amelia Zimmermann
- 2:41.9: Team 5: Alison Storm, Marie Steele, Nathan Fudge, Heather Guthrie

7:30am Earlybirds

- 2:32.4: Team 4: Ray Anderson, Robert Fabes, Dave Caldwell, Robin Henderson, Zoe Panchen
- 2:33.6: Team 1: Madelayne DeGrace, Brad Shapansky, Rick Hellard, Ursula Scott
- 2:38.8: Team 5: Alan Jowett, Chris Macknie, Ian Lorimer, Heather Ireland
- 2:39.9: Team 2: Angela Davis, Margaret King, Greg Payne, Francois Jacques
- 2:40.8: Team 3: Bruce Brown, Larry Durr, Siobhan MacManus, Gaby Speck, Christian Cattan

8:30am Earlybirds

- 2:49.4: Team 3: Colette Kenney, Marie-Odile Junker, Mark Blenkinsop, Lucie Boudreau
- 2:55.5: Team 4: Alan Hunt, Shauna Ironside, Natalie Aucoin, Isabelle Fradette
- 2:56.3: Team 1: Margaret Dibben King, Andrea Chandler, Sean Dawson, Danielle Thomson
- 2:57.7: Team 5: Amir Banihashemi, Malika Shaath, Penny Estabrooks, Paul Scully
- 3:09.6: Team 2: Theresa Wallace, Renee Robert, Tony Revitt, Nicole Williamson

Overall

- 2:30.7: 6pm Team 1: Debby Whately, Cindy Steele, Sean Dawson, Jackie Lyons
- 2:32.4: 7:30am Team 4: Ray Anderson, Robert Fabes, Dave Caldwell, Robin Henderson, Zoe Panchen
- 2:33.6: 7:30am Team 1: Madelayne DeGrace, Brad Shapansky, Rick Hellard, Ursula Scott
- 2:35.5: 6pm Team 2: Don Wells, Katherine Venance, Bill Westcott, Joanne Dawson
- 2:36.1: 6pm Team 6: Deb Low, Zivi Weinstock, Isaac Fierro Marquez, Dave Grynspan
- 2:38.8: 7:30am Team 5: Alan Jowett, Chris Macknie, Ian Lorimer, Heather Ireland

7. 2:39.9: 7:30am Team 2: Angela Davis, Margaret King, Greg Payne, Francois Jacques
8. 2:40.0: 6pm Team 3: Tricia Gerrow, Lina Vincent, Gi Wu, Marg Eades
9. 2:40.8: 7:30am Team 3: Bruce Brown, Larry Durr, Siobhan MacManus, Gaby Speck, Christian Cattan
10. 2:41.0: 6pm Team 4: Lee Storm, Melodie Guilbeault, Cam Dawson, Amelia Zimmermann
11. 2:41.9: 6pm Team 5: Alison Storm, Marie Steele, Nathan Fudge, Heather Guthrie
12. 2:49.4: 8:30am Team 3: Colette Kenney, Marie-Odile Junker, Mark Blenkinsop, Lucie Boudreau
13. 2:55.5: 8:30am Team 4: Alan Hunt, Shauna Ironside, Natalie Aucoin, Isabelle Fradette
14. 2:56.3: 8:30am Team 1: Margaret Dibben King, Andrea Chandler, Sean Dawson, Danielle Thomson
15. 2:57.7: 8:30am Team 5: Amir Banihashemi, Malika Shaath, Penny Estabrooks, Paul Scully
16. 3:09.6: 8:30am Team 2: Theresa Wallace, Renee Robert, Tony Revitt, Nicole Williamson

4x50 Medley Relay

6pm Whitecaps

1. 2:51.2: Team 6: Deb Low, Zivi Weinstock, Isaac Fierro Marquez, Dave Grynspan
2. 2:54.2: Team 2: Don Wells, Katherine Venance, Bill Westcott, Joanne Dawson
3. 2:56.5: Team 1: Debby Whately, Cindy Steele, Sean Dawson, Jackie Lyons
4. 2:58.4: Team 3: Tricia Gerrow, Lina Vincent, Gi Wu, Marg Eades
5. 3:03.5: Team 4: Lee Storm, Melodie Guilbeault, Cam Dawson, Amelia Zimmermann
6. 3:04.7: Team 5: Alison Storm, Marie Steele, Nathan Fudge, Heather Guthrie

7:30am Earlybirds

1. 2:58.1: Team 4: Ray Anderson, Robert Fabes, Robin Henderson, Dave Caldwell, Zoe Panchen
2. 2:59.2: Team 1: Madelayne DeGrace, Brad Shapansky, Rick Hellard, Ursula Scott
3. 3:02.8: Team 3: Bruce Brown, Larry Durr, Siobhan MacManus, Gaby Speck, Christian Cattan
4. 3:06.7: Team 5: Alan Jowett, Chris Macknie, Ian Lorimer, Heather Ireland
5. 3:16.7: Team 2: Angela Davis, Margaret King, Greg Payne, Francois Jacques

8:30am Earlybirds

1. 3:07.3: Team 1: Margaret Dibben King, Andrea Chandler, Sean Dawson, Danielle Thomson
2. 3:14.6: Team 4: Alan Hunt, Shauna Ironside, Natalie Aucoin, Isabelle Fradette
3. 3:19.1: Team 3: Colette Kenney, Marie-Odile Junker, Mark Blenkinsop, Lucie Boudreau
4. 3:32.5: Team 5: Amir Banihashemi, Malika Shaath, Penny Estabrooks, Paul Scully
5. 3:42.8: Team 2: Theresa Wallace, Renee Robert, Tony Revitt, Nicole Williamson

Overall

1. 2:51.2: 6pm Team 6: Deb Low, Zivi Weinstock, Isaac Fierro Marquez, Dave Grynspan
2. 2:54.2: 6pm Team 2: Don Wells, Katherine Venance, Bill Westcott, Joanne Dawson
3. 2:56.5: 6pm Team 1: Debby Whately, Cindy Steele, Sean Dawson, Jackie Lyons
1. 2:58.1: 7:30am Team 4: Ray Anderson, Robert Fabes, Robin Henderson, Dave Caldwell, Zoe Panchen
2. 2:58.4: 6pm Team 3: Tricia Gerrow, Lina Vincent, Gi Wu, Marg Eades
2. 2:59.2: 7:30am Team 1: Madelayne DeGrace, Brad Shapansky, Rick Hellard, Ursula Scott
3. 3:02.8: 7:30am Team 3: Bruce Brown, Larry Durr, Siobhan MacManus, Gaby Speck, Christian Cattan
5. 3:03.5: 6pm Team 4: Lee Storm, Melodie Guilbeault, Cam Dawson, Amelia Zimmermann
6. 3:04.7: 6pm Team 5: Alison Storm, Marie Steele, Nathan Fudge, Heather Guthrie
4. 3:06.7: 7:30am Team 5: Alan Jowett, Chris Macknie, Ian Lorimer, Heather Ireland
1. 3:07.3: 8:30am Team 1: Margaret Dibben King, Andrea Chandler, Sean Dawson, Danielle Thomson
2. 3:14.6: 8:30am Team 4: Alan Hunt, Shauna Ironside, Natalie Aucoin, Isabelle Fradette
5. 3:16.7: 7:30am Team 2: Angela Davis, Margaret King, Greg Payne, Francois Jacques
3. 3:19.1: 8:30am Team 3: Colette Kenney, Marie-Odile Junker, Mark Blenkinsop, Lucie Boudreau
4. 3:32.5: 8:30am Team 5: Amir Banihashemi, Malika Shaath, Penny Estabrooks, Paul Scully
5. 3:42.8: 8:30am Team 2: Theresa Wallace, Renee Robert, Tony Revitt, Nicole Williamson

6pm Whitecaps 4x25 Inner Tube Relay (team order only)

1. Team 1
2. Team 6
3. Team 2
4. Team 3
5. Team 5
6. Team 4

8:30am Earlybirds 4x25 Kick Relay (team order only)

1. Team 3
2. Team 2
3. Team 4
4. Teams 5 and 1 (tie)

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2012 is now open. Cost is \$36. Please pay by cash or cheque payable to "Lynn Marshall". Your MSO membership will be good until Dec 31st, 2012. Contact me for more details. Note that you must register with MSO at least **3 weeks** before the **due date** of the entry for your first competition.

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/competition.schedule01.htm>.

For Quebec competitions see: <https://www.swimming.ca/MeetInfo.aspx>, select FNQ <show>, upcoming meets, then the appropriate month, then select the appropriate Masters meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming nearby competitions (mostly) in Ontario and Quebec. More meets and more details will be added as the information become available. Note that meet entries and confirming meet information and entry dates are your responsibility.

Sat Apr 21st Downtown Swim Club LCM Meet, U of Toronto

<http://www.mastersswimmingontario.ca/pdf/DSCAllOUTApril212012.pdf>

Sun May 6th Thornhill Masters SCM Meet <http://www.mastersswimmingontario.ca/pdf/ThornhillMay62012.pdf>

May 18-21st Canadian Masters Nationals, Kelowna, BC <http://cmssc2012.ca/>

Jun 3-17th FINA World Aquatic Championships, Riccione, Italy <http://www.finamaster2012.org/>

qualifying times: http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082

Sat Jun 9th Longueuil LCM Masters Meet (details TBA)

Sat Jul 14th Bring on the Bay 3k Swim (MSO registration not required) <http://www.bringonthebay.com>

Sat Jul 14th London LCM Meet (details TBA)

Summer 2014 FINA World Aquatic Championships, Montreal (details TBA)

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

Sun Jan 29th Technosport Meet, U of Ottawa

I was so excited to finally have the results for this meet that I forgot to check the times against the club records. A big apology to Ian Lorimer (7:30am Earlybirds) for missing his 50-54 club record in 100fs: 1:14.77. Here's the updated list: <http://carletonmasters.tripod.com/120401.Records.pdf>. Great job for his first meet! However, Ian has already eclipsed that record in his second meet (see below)!

Apr 13-15th Quebec Masters Championships, Gatineau

Nine Carleton swimmers participated: 7 swimming for Carleton and two swimming for Ottawa Y. Full results and point scores, etc., at: <http://www.natationgatineau.ca/resultats/2012-04-13/index.html>. There were many great swims, personal bests, and club records – well done, all! Notably, **Sean Dawson** (6pm Whitecaps / 8:30am Earlybirds) eclipsed one of the few club records remaining from 1985, when the team started! He broke **Geoff Camp's** 25-29 100IM record of 1:04.60. In total, 14 club records were set: 5 by **Lina**, 4 by **Jamie**, 3 by **Ian**, and 2 by **Sean**. Congratulations! Updated club records at: <http://carletonmasters.tripod.com/120415.Records.pdf>. Carleton placed 21st out of 47 teams with a total of 154 points. Here's how everyone did:

Gi Wu (6pm/7:10pm Whitecaps; 25-29): 4th: 50fl (33.30); 5th: 50fs (28.68); 7th: 100fs (1:05.88), 100fl (1:24.17)

Sean Dawson (6pm Whitecaps / 8:30am Earlybirds; 25-29): 1st: 200fs (2:00.96 Club Record), 100IM (1:04.30 Club Record); 2nd: 100fs (55.30)

Mark Blenkinsop (8:30am Earlybirds; 30-34): 2nd: 50fl (29.13), 200fl (2:37.66); 3rd: 100fl (1:06.37); 4th: 100fs (59.93)

Ian Lorimer (7:30am Earlybirds; 50-54): 8th: 200fs (2:51.44 Club Record); 9th: 400fs (6:09.12 Club Record); 11th: 50fs (33.64); 12th: 50fl (37.91); 18th: 100fs (1:13.25 PB and Club Record)

Lina Vincent (6pm Whitecaps; 60-64): 1st: 100IM (1:34.09 Club Record); 3rd: 100br (1:44.77 Club Record), 50fl (41.78 Club Record); 4th: 50fs (36.02 Club Record), 50br (47.56), 200br (3:46.40 Club Record)

Jamie Chalmers (7:10pm Whitecaps; 65-69): 1st: 200IM (4:02.77 PB); 3rd: 50fl (56.23), 100fl (2:12.10 PB and Club Record), 400IM (9:40.23 Club Record); 4th: 1500fs (34:48.06 Club Record); 6th: 400fs (8:03.38 PB and Club Record); 8th: 200fs (3:30.50)

Lynn Marshall (Coach; 50-54): 1st: 1500fs (17:54.23)

Robin Henderson (7:30am Earlybirds; 50-54; OTTY): 3rd: 200fs (3:18.84); 6th: 800fs (14:18.47); 10th: 100IM (1:50.02)

Alan Jowett (7:30am Earlybirds; 65-69; OTTY): 1st: 1500fs (24:08.66), 100IM (1:32.47)

2012 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 (by gender and age group both SCM and LCM) at:

<http://www3.sympatico.ca/chberger/#canada> (last update Apr 10th).

Ask the Coach

Dear Coach: How can I figure out which direction my lane goes (i.e. clockwise or counter-clockwise)? Want to Circle the Right Way

Dear W.t.C.t.R. Way: The lane next to the "point" in the deep end must go in a counter-clockwise direction to avoid head injuries. All the other lanes are calculated from that one (alternating directions), and lanes go the same way whether the pool is set up for long course or short course. Thus, in the deep end, from left to right, it is counter-clockwise, clockwise, ..., clockwise. In the shallow end, from left to right, it is clockwise, counter-clockwise, ..., counter-clockwise.

Dear Coach: How much warm up should I do at a swim meet? What if I'm swimming a long event? Going to a Masters Swim Meet

Dear G.t.a.M.S. Meet: Different people prefer different amounts and type of warm up, but if you're not sure, go with a warm up similar to what we do in workout (e.g. about 20min). Be sure to include all the strokes you'll be racing and to practice your turns, especially in an unfamiliar pool. Build into the warm up, and you might want to include a bit of pace or sprint swimming, but not so much that you tire yourself out.

Private and Semi-Private Masters Swim Lessons

Spring/Summer Availability:

Coming soon!

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Reminders

Masters Spring/Summer Programs:

You must be a Carleton Athletics member, and Masters program registration must be done by phone or in person (not on-line).

Spring Session: Tue May 1st to Sat Jun 30th (no workouts Mon Apr 30th, Mon May 21st)

Earlybirds 1 (7:30-8:30am MWF): Barcode 4526; \$64+HST; Coach: Lynn

Earlybirds 2 (8:30-9:30am MWF): Barcode 4527; \$64+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4531; \$72+HST; Coaches: Mon/Tue: Lynn; Thu: Mits

Whitecaps 2 (7:10-8:10pm MTuTh): Barcode 4532; \$64+HST; Coaches: Mon/Tue: Lynn; Thu: Mits

Saturday Earlybirds (8:15-9:25am Sat, **except** 10:15-11:25am May 19th and Jun 30th): Barcode 4529; \$26+HST; Coaches: rotating schedule

Summer Session: Tue Jul 3rd to Sat Sep 1st (no workouts Mon Jul 2nd, Mon Aug 6th)

Earlybirds 1 (7:30-8:30am MWF): Barcode 4528; \$64+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4533; \$72+HST; Coaches: July: Lynn; Mits: August

Saturday Earlybirds (10:15-11:25am Sat): Barcode 4530; \$26+HST; Coaches: rotating schedule

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 the Workouts?: Are you interested in getting copies of myworkouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out

<http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

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 (lynmarshallsympatico.ca).

Happy lengths!
Lynn

lynmarshallsympatico.ca (or for quicker response: lynmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>