

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: April-14-13 2:43 PM
To: 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'; Zoe Todd
Subject: Carleton Masters Swimming Newsletter #332

Carleton Masters Swimming Newsletter #332

Sunday, April 14th, 2013

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those Registered for Fall 2012, Winter 2013 and Alumni: 7:30am Earlybirds I (48 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (38 addresses), 8:10pm Whitecaps III (27 addresses), Saturday Only (7 addresses), Masters "Alumni" (27 addresses).

"You are never too old to set another goal or to dream a new dream." — C.S. Lewis

Masters Program Notes and Cancellations

- The Winter session ended **Fri Apr 12th**.
- The pool is closed for annual maintenance from **Sat Apr 13th** to **Sun Apr 28th**, inclusive.
- The Spring session starts **Mon Apr 29th**.
- Registration for the Spring **and** Summer sessions is open – details in the next paragraph. Some groups are filling up:
 - The 7:30am Earlybirds has 9 spots left for Spring, and 15 for Summer.
 - The 6pm Whitecaps has 9 spots left for Spring, and 11 for Summer.

Spring and Summer Masters Programs

As usual, Carleton Masters programs are open only to those with Athletics Memberships (staff, students, and those who have purchased memberships). Note that students must be enrolled in courses to get a free membership. For those students who are not taking summer courses, a Carleton student summer membership is available for a reasonable price. The main change from last year is that Saturday workouts are **included** for both the 7:30am Earlybirds and the 6pm Whitecaps for Summer (July/August). For those who want to do Saturdays only, that is also available. Registration starts **Mon Apr 8th**. It is recommended that you sign up at your earliest convenience as some groups will fill quickly. Here are the dates/prices/barcodes for the Spring and Summer sessions:

Spring: Mon Apr 29th to Sat Jun 29th (no workouts Mon May 20th)

7:30am Earlybirds: 7:30-8:30am MWF: \$78+HST; barcode: 6009; Coach: **Lynn**

8:30am Earlybirds: 8:30-9:30am MWF: \$78+HST; barcode: 6010; Coach: **Lynn**

6pm Whitecaps: 6:00-7:10pm MTuTh: \$88+HST; barcode: 6014; Coaches: Mon: **Mits**; Tue: **Alex**; Thu: **Lynn**

7:10pm Whitecaps: 7:10-8:10pm MTuTh: \$78+HST; barcode: 6015; Coaches: Mon: **Mits**; Tue: **Alex**; Thu: **Lynn**

Saturday Earlybirds: 8:15-9:25am Sat (except: May 18th: 10:15-11:25am; Jun 29th: 12:15-1:25pm): \$30+HST; barcode: 6012; Rotating Coach Schedule

Summer: Tue Jul 2nd to Sat Aug 31st (no workouts Mon Jul 1st, Mon Aug 5th)

7:30am Earlybirds: 7:30-8:30am MWF **and** 12:15-1:25pm Sat: \$85+HST; barcode: 6011; Weekday Coach: **Lynn**

6pm Whitecaps: 6:00-7:10pm MTuTh **and** 12:15-1:25pm Sat: \$95+HST; barcode: 6016; Weekday Coaches: Mon: **Mits** (July) and **Lynn** (August); Tue/Thu: **Alex**

Saturday ONLY: 12:15-1:25pm: \$30+HST; barcode: 6294; Rotating Coach Schedule

Swimmer Notes

Swimmer Updates:

- Happy 40th birthday wishes to **Tony Revitt** (8:30am Earlybirds). He celebrated the “big 4-0” on April 2nd.
- If you are looking for somewhere to swim when the Carleton pool is closed, the Ottawa U pool (2 x 25m) and Champagne (25yd) are both quite cool. You can find the schedules for all City of Ottawa pools here: <http://ottawa.ca/en/residents/parks-and-recreation/drop-activities/public-swimming-schedules>, and the Ottawa U schedule here: http://www.geegees.ca/sites/default/files/pool_brochure.pdf.
- Clean Up the Carleton Campus: This annual event is **Sat Apr 27th 9:00-11:30am**. High school students can receive volunteer hours for participating. There will also be a \$50 Campus Card gift card and \$50 Home Depot gift card up for grabs! Registration is required: <http://www1.carleton.ca/healthy-workplace/cu-events/clean-up-the-campus>.
- There will be quite a few Carleton Masters swimmers attending Masters Nationals at the Nepean Sportsplex on the May long weekend (**May 17-20th**). Registration closes **April 28th**. There will likely be a few relays – all welcome! (Talk to me ASAP as you first need to register with Masters Swimming Ontario.)
- In conjunction with Masters Nationals, Masters Swimming Canada is holding an AGM **Fri May 17th 6-7pm** at the Sportsplex. Full details at: <http://www.mymisc.ca/Article.jsp?id=179>. If you are interested in attending as the Carleton Masters representative, please let me know. Following the AGM there will be a Town Hall meeting – all welcome.

Swimming News and Links:

- **Annamay Piere**, Canadian Olympic Breastroker, on Overcoming Adversity, recorded by **Geordie McConnell**, Head Coach of the Ottawa Triathlon Club: <http://www.youtube.com/watch?v=iODzEWI0Hdl>.
- (Ed. Note: Preaching to the Choir) Ten Reasons to Start Swimming Now!: <http://news.health.com/2013/03/26/10-reasons-to-start-swimming/>

Other News and Links:

- Elite Athletes also Excel at some Cognitive Tasks: <http://www.sciencedaily.com/releases/2013/03/130318151634.htm>
- The Barkley Marathons: http://www.nytimes.com/2013/03/28/sports/the-barkley-marathons-few-know-how-to-enter-fewer-finish.html?pagewanted=1&_r=0&smid=fb-nytimes
- Kids who Exercise are Less Likely to have Fractures in Old Age: <http://healthland.time.com/2013/03/25/kids-who-exercise-are-less-likely-to-have-fractures-in-old-age/?xid=rss-topstories>
- Blood Donation and Endurance: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/running/how-to-donate-blood-without-trashing-your-training-runs/article10557800/>
- Post-Menopausal Women Burn Less Fat: <http://www.runnersworld.com/weight-loss/study-postmenopausal-women-burn-less-fat#.UWF3qudHlds.twitter>

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. Just a few silicone caps left at \$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. Mostly size medium, plus a few small. Contact me if you are interested.

Winter Session Information

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 Monday: Alex; Deep End Tuesday/Thursday: Lynn

7:10pm Whitecaps: Shallow End; Monday: Alex; Tuesday/Thursday: Mits

8:10pm Whitecaps: Shallow End; Mits (usually just 4 lanes available)

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Fin Days:

Mon Feb 4th
Mon Mar 11th

Time Trials:

Tue Feb 12th / Wed Feb 13th: 400fs or IM
Tue Feb 26th 6pm / Wed Feb 27th: 2 x 50 choice
Thu Mar 7th 6pm / Fri Mar 8th: 100 choice
Thu Mar 21st 6pm / Fri Mar 22nd: 200 choice
Tue Mar 26th / Wed Mar 27th: 800 / 1500fs
Thu Apr 11th / Fri Apr 12th: relays

This information and more can be found with the Winter workout themes at:
<http://carletonmasters.tripod.com/mastplanwint13.pdf>.

Thanks to all who participated in the relays on Thu Apr 11th / Fri Apr 12th (with one early relay on Wed Apr 10th, where the 8:30am Earlybirds fast lane guys did a 2:09 medley relay!). There were lots of close races (details on that below), and quite a few improvements. I did a pretty good job on making reasonably fair teams this session, and in almost every group a different team won each relay. The exception was the 7:30am group where Team #3 (**Dave Bourdon, Susan Hulley, Margaret King, and Kevin Graham**) won both. In my defense, you will notice three of the four names featured below, and **Dave** was close to his bests, too! **Susan Hulley** improved both her 50fs and her 50br for the second time this term, and the improvements shown below are the total for the term. The biggest improver was by **Chris Yordy** (7:30am Earlybirds). He improved his 50br by 4.2 and his 50fs by 2.8!

25fs (1)

Andrea Chandler	0.6
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50fs (12 + 1 tie)

Chris Yordy	2.8
Kevin Graham	2.4
Amir Banihashemi	2.4
Mike Halasz	1.3
Sylvia Williams	1.1
Jean Kneale	1.0
Shawna McCusker	0.9
Carolyn Odecki	0.9
Susan Hulley	0.7
Kevin Nelson	0.4
Lucette Laflamme	0.2
Malika Shaath	0.1
Harley Gifford	0.0

50bk (2)

Lucette Laflamme	1.2
Kevin Nelson	0.8

50br (3)

Chris Yordy	4.2
Joanie Conrad	1.9
Susan Hulley	1.2

50fl (2)

Brad Shapansky	3.2
Margaret King	1.0

Winter Session Summary

A big thank you to coaches **Alex Joubert, Mits Kachi, Zoe Todd, Nico Belisle, Tim Kilby, Blake Christie, and Claudia Cronin-Schlote** for their coaching this term.

Apologies to the 7:30am Earlybirds for promising the “bubbles” for the last day and then not being able to deliver ☹ ! And a big thank you to the 7:30am and 8:30am Earlybirds for the Edible Arrangements fruit and chocolate bouquet and chocolate fish. I believe that the organizers were **Margaret Dibben King** and **Alan Hunt**. Much appreciated!

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 (best 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:

Here are the weekday attendance statistics for the Winter term. Congratulations to the four swimmers with perfect attendance: **Christian Cattan** (7:30am Earlybirds), **Margaret Dibben King** (8:30am Earlybirds), **Cam Dawson** (6pm Whitecaps), and **Manuel Lebron** (8:10pm Whitecaps). **Cam** also had perfect attendance in the Fall!

7:30am Earlybirds: Jan 2-Apr 12th (41 workouts); range: 17-33; average: 23.9

Perfect Attendance: **Christian C**

Missed 3 Workouts: **Ursula S, Zoe P**

8:30am Earlybirds: Jan 2-Apr 12th (41 workouts); range: 8-22; average: 16.6

Perfect Attendance: **Margaret DK**

Missed 1 Workout: **Matthew T**

Missed 3 Workouts: **Mark B**

6pm Whitecaps: Jan 3-Apr 11th (41 workouts); range: 18-32; average: 25.7

Perfect Attendance: **Cam D**

Missed 2 Workouts: **Don W, Joanne D, Mike L**

Missed 3 Workouts: **Deb L**

7:10pm Whitecaps: Jan 3-Apr 11th (41 workouts); range: 8-22; average: 14.8

Missed 5 Workouts: **Joanie C**

8:10pm Whitecaps: Jan 3-Apr 11th (29 workouts); range: 5-15; average: 9.4

Perfect Attendance: **Manuel L**

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 130 different swimmers: 80 women and 50 men. There were 565 completed time trials: 308 for women and 257 for men. If you notice any errors or omissions, please let me know.

Fifty-eight swimmers (35 women and 23 men) improved in at least one event. Most improved overall was **Manuel Lebron** (8:10pm Whitecaps) who improved his 800fs by an incredible 4:11 (31.4sec/100m)! Next was **Paul Kane** (7:10pm Whitecaps). Paul also had a huge improvement, bettering his 400fs by 1:21.7 (20.4sec/100m). Third overall and top woman was **Wendy Stratham** (8:10pm Whitecaps) who improved her 400fs by 1:01.5 (15.4sec/100m). **Ursula Scott** (7:30am Earlybirds) improved her 200IM by 22.2sec (11.1sec/100m). Rounding out the top three for the women was **Kim Fever** (7:30am Earlybirds) with a 34.9 (8.7sec/100m) improvement in 400fs. She was followed closely by the third most improved man: **Chris Yordy** (7:30am Earlybirds) with a 4.2sec (8.4sec/100m) improvement in 50br. **Ursula** improved in five different events. **Malika Shaath** (8:30am Earlybirds), **Natalie Aucoin** (8:30am Earlybirds), **Mark Blenkinsop** (8:30am Earlybirds), **Mike Lau** (6pm Whitecaps) and **Susan Hulley** (7:30am Earlybirds) all improved in four events.

The International Point Scores (link to web page below) are used to determine the best swims. Twenty-three swimmers (9 women and 14 men) scored over 400 points in at least one event. **Sean Dawson** (6pm Whitecaps / 8:30am Earlybirds) topped the list this term with 664 points for 25.6 in 50fs. Second was **Jian-Lok Chang** (6pm Whitecaps) with 623 for 29.1 in 50bk. Third overall and top woman was **Luz Osorio** (6pm Whitecaps) with 580 points for 30.8 in 50fs. Just 4 points behind her was **Mark Blenkinsop** (8:30am Earlybirds) with 576 for 29.1 in 50fl. One point behind

him was **Hilary March** (6pm Whitecaps) with 575 points for 31.0 in 50fs. **Tony Revitt** (8:30am Earlybirds) was the fourth man with 559 for 27.5 in 50fs, and third woman was **Paola Osorio** (7:30am Earlybirds) earning 549 points with a 1:09.4 for 100fs. **Sean** scored over 400 points in 8 different events. **Jamie Wildsmith** (6pm Whitecaps), **Jian-Lok**, and **Tony** scored over 400 in seven, and **Luz**, **Natalie Stern** (8:30am Earlybirds), and **Paola** all scored over 400 points in six events.

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 35 women and 23 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Wendy Statham	WC3	F	400fs	61.5	15.4
2	Ursula Scott	EB1	F	200IM	22.2	11.1
3	Kim Fever	EB1	F	400fs	34.9	8.7
4	Malika Shaath	EB2	F	1500fs	90.0	6.0
5	Jennifer Murdock	EB1	F	50fs	2.5	5.0
6	Nicole Delisle	WC1	F	400fs	17.4	4.4
7	Natalie Aucoin	EB2	F	50fl	2.0	4.0
8	Joanie Conrad	WC2	F	50br	1.9	3.8
9	Anne Trepanier	EB2	F	200IM	7.3	3.7
10	Joanne Dawson	WC1	F	50bk	1.8	3.6
11	Robin Devey	WC2	F	1500fs	53.0	3.5
12	Deb Low	WC1	F	100IM	3.2	3.2
13	Zoe Panchen	EB1	F	400fs	11.2	2.8
14	Yagmur Babaoglu	EB2	F	100bk	2.7	2.7
15	Andrea Chandler	WC1	F	25fs	0.6	2.4
15	Lucette Laflamme	WC2	F	50bk	1.2	2.4
15	Seema Akhtar	WC1	F	50fs	1.2	2.4
15	Susan Hulley	EB1	F	50br	1.2	2.4
19	Sylvia Williams	WC2	F	50fs	1.1	2.2
20	Margaret King	EB1	F	1500fs	31.0	2.1
21	Jean Kneale	WC2	F	50fs	1.0	2.0
22	Carolyn Odecki	WC1	F	50fs	0.9	1.8
22	Julie Mouris	WC1	F	50fl	0.9	1.8
22	Shawna McCusker	WC1	F	50fs	0.9	1.8
25	Heather Guthrie	WC1	F	1500fs	19.0	1.3
26	Robin Henderson	EB2	F	50fs	0.6	1.2
26	Andrea Mrozek	WC1	F	200fs	2.3	1.2
28	Luz Osorio	WC1	F	100fl	0.9	0.9
28	Vanessa Woods	WC1	F	200fs	1.8	0.9
30	Olga Bednarek	EB2	F	400fs	2.9	0.7
31	Natalie Stern	EB2	F	400fs	2.1	0.5
31	Madelayne DeGrace	EB1	F	200fl	1.0	0.5

33	Marie-Odile Junker	EB2	F	100fs	0.2	0.2
33	Nicole Le Saux	EB1	F	1500fs	3.0	0.2
35	Angela Davis	EB1	F	200fl	0.2	0.1
1	Manuel Lebron	WC3	M	800fs	251.0	31.4
2	Paul Kane	WC2	M	400fs	81.7	20.4
3	Chris Yordy	EB1	M	50br	4.2	8.4
4	Brad Shapansky	EB1	M	50fl	3.2	6.4
5	Mark Blenkinsop	EB2	M	100br	6.3	6.3
6	Tony Michel	EB1	M	400IM	24.6	6.2
7	Amir Banihashemi	EB2	M	50fs	2.4	4.8
7	Kevin Graham	EB1	M	50fs	2.4	4.8
9	Sean Dawson	EB2	M	50br	2.0	4.0
10	Christian Cattan	EB1	M	50br	1.7	3.4
10	Mike Lau	WC1	M	50bk	1.7	3.4
12	Francois Jacques	EB1	M	400fs	13.3	3.3
13	Chris Macknie	EB1	M	50br	1.4	2.8
13	Jamie Wildsmith	WC1	M	400IM	11.1	2.8
15	Mike Halasz	WC2	M	50fs	1.3	2.6
15	Nathan Fudge	WC1	M	400fs	10.4	2.6
17	Dave Grynspan	WC1	M	1500fs	27.0	1.8
18	Kevin Nelson	WC2	M	50bk	0.8	1.6
19	Gi Wu	WC1	M	100fs	1.4	1.4
20	Martin Blumenauer	WC2	M	400fs	2.3	0.6
21	Jian-Lok Chang	WC1	M	400fs	1.6	0.4
21	Robert Fabes	EB1	M	50bk	0.2	0.4
23	Paul Scully	EB2	M	100fs	0.2	0.2

Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 9 women and 14 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Luz Osorio	WC1	F	50fs	30.9	580
2	Hilary March	WC1	F	50fs	31.0	575
3	Paola Osorio	EB1	F	100fs	1:09.4	549
4	Natalie Stern	EB2	F	200bk	2:49.6	497
5	Olga Bednarek	EB2	F	100fs	1:12.2	496
6	Julie Mouris	WC1	F	50fs	32.9	495
7	Jessica Roberts	WC3	F	1500fs	22:28	470
8	Jenna Roundell	WC2	F	1500fs	23:21	423
9	Erin Kelly	WC1	F	100bk	1:24.1	414
1	Sean Dawson	EB2	M	50fs	25.6	664
2	Jian-Lok Chang	WC1	M	50bk	29.1	623
3	Mark Blenkinsop	EB2	M	50fl	29.1	576
4	Tony Revitt	EB2	M	50fs	27.5	559
5	Jamie Wildsmith	WC1	M	400IM	5:24.6	537
6	Gi Wu	WC1	M	50fs	28.1	529
7	Nathan Fudge	WC1	M	400fs	4:55.9	520
8	Don Wells	WC1	M	400fs	5:02.4	492
9	Francois Descouens	EB2	M	1500fs	20:18	484

10	Peter Lithgow	WC1	M	1500fs	20:28	474
11	Matthew Brenning	WC2	M	50fs	29.7	458
12	Francois Jacques	EB1	M	50fs	30.1	442
13	Mike Machum	EB1	M	100fs	1:07.9	417
14	Dave Bourdon	EB1	M	50fs	31.1	404

(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
25fs					
1	Andrea Chandler	WC1	F	0.6	2.4
(1/0)					
50fs					
1	Jennifer Murdock	EB1	F	2.5	5.0
2	Ursula Scott	EB1	F	1.8	3.6
3	Seema Akhtar	WC1	F	1.2	2.4
3	Andrea Chandler	WC1	F	1.2	2.4
1	Chris Yordy	EB1	M	2.8	5.6
2	Kevin Graham	EB1	M	2.4	4.8
2	Amir Banihashemi	EB2	M	2.4	4.8
(13/9)					
100fs					
1	Jennifer Murdock	EB1	F	3.0	3.0
2	Margaret King	EB1	F	1.3	1.3
3	Marie-Odile Junker	EB2	F	0.2	0.2
1	Gi Wu	WC1	M	1.4	1.4
2	Amir Banihashemi	EB2	M	0.5	0.5
3	Paul Scully	EB2	M	0.2	0.2
(3/3)					
200fs					
1	Malika Shaath	EB2	F	9.0	4.5
2	Zoe Panchen	EB1	F	4.4	2.2
3	Kim Fever	EB1	F	4.0	2.0
1	Sean Dawson	WC1	M	0.6	0.3
(7/1)					
400fs					
1	Wendy Statham	WC3	F	1:01.5	15.4
2	Kim Fever	EB1	F	34.9	8.7
3	Malika Shaath	EB2	F	18.6	4.7
1	Paul Kane	WC2	M	1:21.7	20.4
2	Francois Jacques	EB1	M	13.3	3.3
3	Nathan Fudge	WC1	M	10.4	2.6
(13/6)					

800fs					
1	Manuel Lebron	WC3	M	4:11.0	31.4
(0/1)					
1500fs					
1	Malika Shaath	EB2	F	1:30.0	6.0
2	Robin Devey	WC2	F	53.0	3.5
3	Margaret King	EB1	F	31.0	2.1
1	Mike Lau	WC1	M	44.0	2.9
2	Dave Grynspan	WC1	M	27.0	1.8
3	Kevin Graham	EB1	M	2.0	0.1
(9/3)					
50bk					
1	Ursula Scott	EB1	F	3.1	6.2
2	Joanne Dawson	WC1	F	1.8	3.6
3	Lucette Laflamme	WC2	F	1.2	2.4
1	Mike Lau	WC1	M	1.7	3.4
2	Kevin Nelson	WC2	M	0.8	1.6
3	Jamie Wildsmith	WC1	M	0.2	0.4
3	Robert Fabes	EB1	M	0.2	0.4
(3/4)					
100bk					
1	Yagmur Babaoglu	EB2	F	2.7	2.7
1	Tony Michel	EB1	M	3.6	3.6
(1/1)					
200bk					
1	Jamie Wildsmith	WC1	M	5.1	2.6
(0/1)					
50br					
1	Joanie Conrad	WC2	F	1.9	3.8
2	Susan Hulley	EB1	F	1.2	2.4
3	Natalie Aucoin	EB2	F	0.5	1.0
1	Chris Yordy	EB1	M	4.2	8.4
2	Sean Dawson	EB2	M	2.0	4.0
2	Mark Blenkinsop	EB2	M	2.0	4.0
(3/7)					
100br					
1	Mark Blenkinsop	EB2	M	6.3	6.3
(0/1)					
50f1					
1	Natalie Aucoin	EB2	F	2.0	4.0
2	Margaret King	EB1	F	1.0	2.0
3	Julie Mouris	WC1	F	0.9	1.8
1	Brad Shapansky	EB1	M	3.2	6.4
2	Dave Grynspan	WC1	M	0.5	1.0
3	Mark Blenkinsop	EB2	M	0.4	0.8
(4/4)					
100f1					
1	Luz Osorio	WC1	F	0.9	0.9

1	Mark Blenkinsop	EB2	M	0.1	0.1
(1/1)					
200f1					
1	Madelayne DeGrace	EB1	F	1.0	0.5
2	Angela Davis	EB1	F	0.2	0.1
(2/0)					
100IM					
1	Deb Low	WC1	F	3.2	3.2
(1/0)					
200IM					
1	Ursula Scott	EB1	F	22.2	11.1
2	Anne Trepanier	EB2	F	7.3	3.7
3	Natalie Aucoin	EB2	F	0.7	0.4
(3/0)					
400IM					
1	Natalie Aucoin	EB2	F	8.5	2.1
2	Margaret King	EB1	F	7.4	1.9
3	Luz Osorio	WC1	F	2.5	0.6
1	Tony Michel	EB1	M	24.6	6.2
2	Jamie Wildsmith	WC1	M	11.1	2.8
3	Brad Shapansky	EB1	M	8.7	2.2
(3/3)					

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	Marg Eades	WC1	F	21.9
2	Andrea Chandler	WC1	F	24.1
3	Margaret Dibben King	EB2	F	50.8
(3/0)				
50fs				
1	Luz Osorio	WC1	F	30.9
2	Hilary March	WC1	F	31.0
3	Paola Osorio	EB1	F	32.7
4	Julie Mouris	WC1	F	32.9
1	Sean Dawson	EB2	M	25.6
2	Jian-Lok Chang	WC1	M	27.0
3	Tony Revitt	EB2	M	27.5
(69/66)				
100fs				
1	Paola Osorio	EB1	F	1:09.4
2	Olga Bednarek	EB2	F	1:12.2
3	Carolyn Odecki	WC1	F	1:19.5
1	Sean Dawson	EB2	M	57.3
2	Gi Wu	WC1	M	1:05.2

3	Don Wells	WC1	M	1:06.3
(22/13)				
200fs				
1	Luz Osorio	WC1	F	2:28.9
2	Paola Osorio	EB1	F	2:36.2
3	Olga Bednarek	EB2	F	2:43.4
1	Sean Dawson	WC1	M	2:08.3
2	Jian-Lok Chang	WC1	M	2:10.2
3	Tony Revitt	EB2	M	2:18.2
(26/13)				
400fs				
1	Hilary March	WC1	F	5:21.6
2	Julie Mouris	WC1	F	5:40.4
3	Paola Osorio	EB1	F	5:42.4
4	Natalie Stern	EB2	F	5:42.8
5	Olga Bednarek	EB2	F	5:43.4
1	Jian-Lok Chang	WC1	M	4:36.6
2	Nathan Fudge	WC1	M	4:55.9
3	Mark Blenkinsop	EB2	M	5:01.7
4	Don Wells	WC1	M	5:02.4
(49/28)				
800fs				
1	Renata Osika	WC3	F	19:28
2	Andrea Chandler	WC1	F	20:12
3	Theresa Wallace	WC2	F	20:53
1	Manuel Lebron	WC3	M	20:42
(5/1)				
1500fs				
1	Luz Osorio	WC1	F	21:39
2	Paola Osorio	EB1	F	22:20
3	Natalie Stern	WC2	F	22:27
4	Jessica Roberts	WC3	F	22:28
1	Jian-Lok Chang	WC1	M	18:32
2	Tony Revitt	EB2	M	20:00
3	Francois Descouens	EB2	M	20:18
4	Don Wells	WC1	M	20:25
5	Peter Lithgow	WC1	M	20:28
(35/28)				
25bk				
1	Margaret Dibben King	EB2	F	50.3
(1/0)				
50bk				
1	Yagmur Babaoglu	EB2	F	43.7
2	Carolyn Odecki	WC1	F	44.0
3	Madelayne DeGrace	EB1	F	44.4
4	Andrea Mrozek	WC1	F	44.5
1	Jian-Lok Chang	WC1	M	29.1
2	Jamie Wildsmith	WC1	M	33.2

3	Nathan Fudge	WC1	M	34.5
(25/21)				
100bk				
1	Natalie Stern	EB2	F	1:19.0
2	Erin Kelly	WC1	F	1:24.1
3	Yagmur Babaoglu	EB2	F	1:32.3
1	Jamie Wildsmith	WC1	M	1:10.6
2	Harley Gifford	EB1	M	1:29.4
3	Tony Michel	EB1	M	1:37.7
(5/6)				
200bk				
1	Natalie Stern	EB2	F	2:49.6
2	Margaret Dibben King	EB2	F	8:30.7
1	Sean Dawson	EB2	M	2:30.1
2	Jamie Wildsmith	WC1	M	2:30.5
(2/2)				
25br				
1	Marg Eades	WC1	F	28.1
2	Andrea Chandler	WC1	F	29.8
(2/0)				
50br				
1	Heather Guthrie	WC1	F	49.4
2	Natalie Aucoin	EB2	F	50.2
2	Lina Vincent	WC1	F	50.2
1	Sean Dawson	EB2	M	34.7
2	Tony Revitt	EB2	M	37.2
3	Francois Descouens	EB2	M	37.4
4	Nathan Fudge	WC1	M	37.5
(15/26)				
100br				
1	Katya Tchouprikova	EB2	F	1:46.4
2	Monique Potvin Kent	EB2	F	1:53.8
1	Sean Dawson	WC1	M	1:18.3
2	Francois Descouens	EB2	M	1:22.4
3	Mark Blenkinsop	EB2	M	1:26.8
(2/3)				
200br				
1	Margaret King	EB1	F	3:39.8
2	Monique Potvin Kent	EB2	F	4:39.4
1	Ray Anderson	EB1	M	3:38.0
(2/1)				
50f1				
1	Luz Osorio	WC1	F	33.8
2	Hilary March	WC1	F	34.9
3	Julie Mouris	WC1	F	35.0
1	Sean Dawson	EB2	M	28.5
2	Jian-Lok Chang	WC1	M	28.9
3	Mark Blenkinsop	EB2	M	29.1

(18/24)				
100f1				
1	Luz Osorio	WC1	F	1:13.3
1	Mark Blenkinsop	EB2	M	1:09.4
2	Tony Revitt	EB2	M	1:10.6
3	Francois Descouens	EB2	M	1:17.2
(1/4)				
200f1				
1	Madelayne DeGrace	EB1	F	3:25.1
2	Angela Davis	EB1	F	5:14.8
1	Mark Blenkinsop	EB2	M	3:00.6
(2/1)				
100IM				
1	Olga Bednarek	EB2	F	1:23.0
2	Natalie Stern	EB2	F	1:23.1
3	Deb Low	WC1	F	1:31.6
4	Natalie Aucoin	EB2	F	1:31.9
1	Jian-Lok Chang	WC1	M	1:07.4
2	Sean Dawson	EB2	M	1:08.3
3	Tony Revitt	EB2	M	1:09.4
(11/9)				
200IM				
1	Natalie Aucoin	EB2	F	3:21.0
2	Deb Low	WC1	F	3:23.0
3	Anne Trepanier	EB2	F	3:47.8
4	Renee Robert	EB2	F	3:48.9
1	Francois Descouens	EB2	M	2:45.8
2	Jean-Francois Jacques	EB2	M	2:54.1
3	Robert Fabes	EB1	M	3:19.4
(6/5)				
400IM				
1	Luz Osorio	WC1	F	6:01.2
2	Natalie Aucoin	EB2	F	7:07.5
3	Madelayne DeGrace	EB1	F	7:12.7
1	Jamie Wildsmith	WC1	M	5:24.6
2	Robert Fabes	EB1	M	7:09.0
3	Chris Kent	EB2	M	7:23.4
(7/5)				

Fun Relays (Wed/Thu/Fri Apr 10/11/12th)

Free Relay

6pm Whitecaps

- 2:19.1: Team 4: Jackie Lyons, Sean Dawson, Dave Grynspar, Shawna McCusker
- 2:20.2: Team 5: Carolyn Odecki, Andrea Chandler, Marg Eades, Jian-Lok Chang, Hilary March
- 2:26.0: Team 3: Andrea Mrozek, Jamie Wildsmith, Julie Mouris, Joanne Dawson
- 2:26.5: Team 2: Deb Low, Francois Parent, Don Wells, Debby Whately
- 2:32.6: Team 1: Peter Lithgow, Vanessa Woods, Bill Westcott, Cam Dawson

7:10pm Whitecaps

1. 2:49.0: Team 3: Lucette Laflamme, Lara Thorpe, Paul Denys, Mike Halasz
2. 2:51.2: Team 2: Kevin Nelson, Joanie Conrad, Sheila Maclean, Jean Kneale
3. 2:51.9: Team 1: Jamie Chalmers, Cynthia Nelson, Matthew Brenning, Sylvia Williams

7:30am Earlybirds

1. 2:30.8: Team 3: Dave Bourdon, Susan Hulley, Margaret King, Kevin Graham
2. 2:43.4: Team 2: Bruce Brown, Larry Durr, Brad Shapansky, Kim Fever
2. 2:43.4: Team 4: Tony Michel, Ray Anderson, Angela Davis, Robert Fabes
4. 2:46.4: Team 5: Christian Cattan, Chris Yordy, Karen Jensen, Francois Jacques
5. 2:48.1: Team 1: Harley Gifford, Mike Mopas, Sandy Lawson, Ursula Scott

8:30am Earlybirds

1. 2:19.6: Team 2: Matthew Tucciarone, Amir Banihashemi, Sean Dawson, Malika Shaath
2. 2:32.0: Team 3: Renee Robert, Tony Revitt, Natalie Stern, Marie-Odile Junker
3. 2:32.2: Team 1: Margaret Dibben King, Mark Blenkinsop, Francois Descouens, Francois Descouens

Overall

1. 2:19.1: WC1 Team 4: Jackie Lyons, Sean Dawson, Dave Grynspan, Shawna McCusker
2. 2:19.6: EB2 Team 2: Matthew Tucciarone, Amir Banihashemi, Sean Dawson, Malika Shaath
3. 2:20.2: WC1 Team 5: Carolyn Odecki, Andrea Chandler, Marg Eades, Jian-Lok Chang, Hilary March
4. 2:26.0: WC1 Team 3: Andrea Mrozek, Jamie Wildsmith, Julie Mouris, Joanne Dawson
5. 2:26.5: WC1 Team 2: Deb Low, Francois Parent, Don Wells, Debby Whately
6. 2:30.8: EB1 Team 3: Dave Bourdon, Susan Hulley, Margaret King, Kevin Graham
7. 2:32.0: EB2 Team 3: Renee Robert, Tony Revitt, Natalie Stern, Marie-Odile Junker
8. 2:32.2: EB2 Team 1: Margaret Dibben King, Mark Blenkinsop, Francois Descouens, Francois Descouens
9. 2:32.6: WC1 Team 1: Peter Lithgow, Vanessa Woods, Bill Westcott, Cam Dawson
10. 2:43.4: EB1 Team 2: Bruce Brown, Larry Durr, Brad Shapansky, Kim Fever
10. 2:43.4: EB1 Team 4: Tony Michel, Ray Anderson, Angela Davis, Robert Fabes
12. 2:46.4: EB1 Team 5: Christian Cattan, Chris Yordy, Karen Jensen, Francois Jacques
13. 2:48.1: EB1 Team 1: Harley Gifford, Mike Mopas, Sandy Lawson, Ursula Scott
14. 2:49.0: WC2 Team 3: Lucette Laflamme, Lara Thorpe, Paul Denys, Mike Halasz
15. 2:51.2: WC2 Team 2: Kevin Nelson, Joanie Conrad, Sheila Maclean, Jean Kneale
16. 2:51.9: WC2 Team 1: Jamie Chalmers, Cynthia Nelson, Matthew Brenning, Sylvia Williams

Medley Relay

6pm Whitecaps

1. 2:42.2: Team 3: Andrea Mrozek, Jamie Wildsmith, Julie Mouris, Joanne Dawson
1. 2:42.2: Team 5: Carolyn Odecki, Marg Eades, Andrea Chandler, Jian-Lok Chang, Hilary March
3. 2:42.8: Team 4: Jackie Lyons, Sean Dawson, Dave Grynspan, Shawna McCusker
3. 2:42.8: Team 2: Deb Low, Francois Parent, Don Wells, Debby Whately
5. 2:50.6: Team 1: Peter Lithgow, Vanessa Woods, Bill Westcott, Cam Dawson

7:10pm Whitecaps

1. 3:04.9: Team 2: Kevin Nelson, Joanie Conrad, Sheila Maclean, Jean Kneale
2. 3:16.1: Team 1: Jamie Chalmers, Cynthia Nelson, Matthew Brenning, Sylvia Williams
3. 3:19.4: Team 3: Lucette Laflamme, Lara Thorpe, Paul Denys, Mike Halasz

7:30am Earlybirds

1. 2:59.0: Team 3: Dave Bourdon, Susan Hulley, Margaret King, Kevin Graham
2. 3:04.4: Team 5: Christian Cattan, Chris Yordy, Karen Jensen, Francois Jacques
3. 3:08.8: Team 1: Harley Gifford, Mike Mopas, Sandy Lawson, Ursula Scott
4. 3:11.1: Team 4: Tony Michel, Ray Anderson, Angela Davis, Robert Fabes
5. 3:14.2: Team 2: Bruce Brown, Larry Durr, Brad Shapansky, Kim Fever

8:30am Earlybirds

- X. 2:09.5: Fast Lane Guys: Tony Revitt, Francois Descouens, Mark Blenkinsop, Sean Dawson
1. 2:36.8: Team 1: Margaret Dibben King, Francois Descouens, Mark Blenkinsop, Mark Blenkinsop

2. 2:39.1: Team 2: Matthew Tucciarone, Amir Banihashemi, Sean Dawson, Malika Shaath
3. 2:51.0: Team 3: Renee Robert, Tony Revitt, Natalie Stern, Marie-Odile Junker

Overall

- X. 2:09.5: EB2 Fast Lane Guys: Tony Revitt, Francois Descouens, Mark Blenkinsop, Sean Dawson
1. 2:36.8: EB2 Team 1: Margaret Dibben King, Francois Descouens, Mark Blenkinsop, Mark Blenkinsop
 2. 2:39.1: EB2 Team 2: Matthew Tucciarone, Amir Banihashemi, Sean Dawson, Malika Shaath
 3. 2:42.2: WC1 Team 3: Andrea Mrozek, Jamie Wildsmith, Julie Mouris, Joanne Dawson
 3. 2:42.2: WC1 Team 5: Carolyn Odecki, Marg Eades, Andrea Chandler, Jian-Lok Chang, Hilary March
 5. 2:42.8: WC1 Team 4: Jackie Lyons, Sean Dawson, Dave Grynspan, Shawna McCusker
 5. 2:42.8: WC1 Team 2: Deb Low, Francois Parent, Don Wells, Debby Whately
 7. 2:50.6: WC1 Team 1: Peter Lithgow, Vanessa Woods, Bill Westcott, Cam Dawson
 8. 2:51.0: EB2 Team 3: Renee Robert, Tony Revitt, Natalie Stern, Marie-Odile Junker
 9. 2:59.0: EB1 Team 3: Dave Bourdon, Susan Hulley, Margaret King, Kevin Graham
 10. 3:04.4: EB1 Team 5: Christian Cattan, Chris Yordy, Karen Jensen, Francois Jacques
 11. 3:04.9: WC2 Team 2: Kevin Nelson, Joanie Conrad, Sheila Maclean, Jean Kneale
 12. 3:08.8: EB1 Team 1: Harley Gifford, Mike Mopas, Sandy Lawson, Ursula Scott
 13. 3:11.1: EB1 Team 4: Tony Michel, Ray Anderson, Angela Davis, Robert Fabes
 14. 3:14.2: EB1 Team 2: Bruce Brown, Larry Durr, Brad Shapansky, Kim Fever
 15. 3:16.1: WC2 Team 1: Jamie Chalmers, Cynthia Nelson, Matthew Brenning, Sylvia Williams
 16. 3:19.4: WC2 Team 3: Lucette Laflamme, Lara Thorpe, Paul Denys, Mike Halasz

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2013 is now open. Cost is \$36. Please pay by cash or cheque payable to "Lynn Marshall". I also need your address, phone number, and date of birth. Your MSO membership will be good until Dec 31st, 2013. Contact me for more details. Note that you must register with MSO 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/events/>. For Quebec competitions see: <https://www.swimming.ca/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions, mostly in Ontario and Quebec, for 2012-2013. For the ones listed "details TBA", the dates should be correct but the meets are not yet sanctioned. For the ones listed "TBC" I guessed at these using the dates from last year's schedule, so they could be completely wrong and/or not happening this season. 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.**

Fri-Sun Apr 19-21st Quebec Provincials SCM Montreal Claude Robillard Pool

<https://registration.swimming.ca/MeetInfo.aspx?meetid=13014>

Sat Apr 20th Downtown Toronto All Out LCM <http://www.dsctoronto.ca/alloutswim>

Sun May 5th Thornhill SCM <http://www.mastersswimmingontario.ca/wp-content/uploads/2012/09/ThornhillMay520132.pdf>

Fri-Mon May 17-20th Nationals SCM Nepean <http://www.cmssc2013.ca/>

Sat Jun 8th Longueuil LCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13142>

Sat Jul 13th London ON LCM (TBC)

Sat Jul 13th Bring on the Bay 3km Swim (open to all; wetsuits permitted) <http://www.bringonthebay.com>

Nov 14-17th Dominican Republic Masters Meet pablomota82@hotmail.com

Jul 27th – Aug 10th 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors), Montreal

<http://www.finamasters2014.org/>; Time Standards:

<http://www.finamasters2014.org/files/pdf/Time%20standards%20Montreal%202014.pdf>

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

2013 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2013 rankings, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **Apr 13th**).

Ask the Coach

Dear Coach: What's the difference between IM and IMO? New Swimmer

Dear N. Swimmer: Individual Medley (IM) means split the distance into quarters and swim the first quarter fly, 2nd quarter back, 3rd quarter breast and 4th quarter free. IMO (Individual Medley Order) means swim each repetition a different stroke in the order they appear in an IM. Thus 4 x 100IM would be 4 x (25ly/25bk/25br/25fs). 4 x 100IMO would be 100fl, 100bk, 100br, 100fs.

Dear Coach: How many lengths of fly are there in a 700IM? Not Enough Fingers

Dear N.E. Fingers: In a short course (25m) pool, an easy way to figure this out is to divide by 100. Thus, a 700IM is 7 lengths (175m) of fly, followed by 7 lengths of back, 7 of breast, and 7 of free.

Private and Semi-Private Masters Swim Lessons

May/June:

Wed 6:00-7:00pm

Wed 7:00-8:00pm

Fri 9:45-10:45am

July/August:

Mon 7:15-8:15pm

Wed 6:00-7:00pm

Wed 7:00-8:00pm

Please e-mail me for more details.

Prices:

Private: \$52.50 per hour, plus HST.

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

Reminders

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 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 (lynnmarshall@sympatico.ca).

Happy lengths!

Lynn

lynmarshall@sympatico.ca (or for quicker response: lynmar@sce.carleton.ca)

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