

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** June-30-13 12:20 PM  
**To:** 'Lynn Marshall at Carleton'  
**Subject:** FW: Carleton Masters Swimming Newsletter #338

## Carleton Masters Swimming Newsletter #338

Saturday, June 29<sup>th</sup>, 2013

**To:** Carleton Masters Coaches / Staff (11 addresses)

**Bcc:** Those Registered for Fall 2012, Winter 2013, Spring 2013, Summer 2013 and Alumni: 7:30am Earlybirds I (53 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (39 addresses), 8:10pm Whitecaps III (25 addresses), Saturday Only (9 addresses), Masters "Alumni" (27 addresses).

"Don't wait for your ship to come in – swim out to it." – Author Unknown

### Masters Program Notes and Cancellations

- The Spring session has ended.
- There are **no workouts on Mon Jul 1<sup>st</sup>** (and the Athletics building is closed).
- The Summer session starts **Tue Jul 2<sup>nd</sup> / Wed Jul 3<sup>rd</sup> / Sat Jul 6<sup>th</sup>** (depending on your group).
  - Saturday workouts in the Summer are **all** 12:15-1:25pm and are **included** with your registration for 7:30am Earlybirds / 6pm Whitecaps.
  - Note that the 7:30am Earlybirds and 6pm Whitecaps are now full – wait lists available.
    - There are two spots left for Saturdays ONLY.
  - Due to a course that **Alex** is taking, we have changed the evening coaching schedule: **Mits** will still coach Mondays in July. **Alex** will coach Mondays in August, and **Lynn** will coach Tuesdays/Thursdays in July and August. Due to this change, I've also changed the dates of a couple of time trials. The updated schedule is below and posted at: <http://carletonmasters.tripod.com/mastplansprsum13.pdf>.

### Swimmer Notes

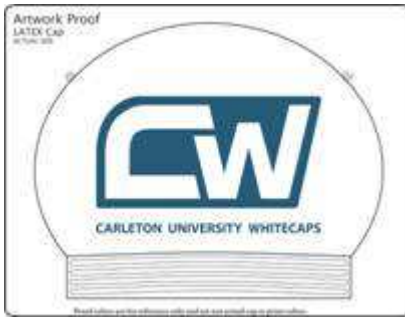
#### Swimmer Updates:

- Congratulations to **Nathan Fudge** (6pm Whitecaps) and his wife **Sophie** on the birth of their daughter **Erika** on Tue Jun 11<sup>th</sup>. **Erika** was 11 days late and weighed in at 7lbs 14oz. Everyone is doing great and Nathan is looking forward to coming back to the pool in September.

- Thanks to **Cynthia Nelson** (7:10pm Whitecaps) for bringing baby **Rose** to visit Dad (**Kevin Nelson**) and the other 7:10pm swimmers on the last day of the session. We look forward to seeing **Cynthia** back in the pool on Saturdays in the summer!

- There was a great article in the Ottawa Citizen on Wed Jun 19<sup>th</sup> about Sportstats, owned by **Isabelle Fradette** (8:30am Earlybirds) and her husband **Marc Roy**. Check it out:  
<http://www.ottawacitizen.com/sports/Life+sports+Marc+matter+timing/8549468/story.html>

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps that she ordered in time for Masters Nationals. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups "Whitecaps", that doesn't mean these caps are intended only for evening swimmers! **Carolyn** got extra caps printed so that everyone on the team can get one (or two!). They are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. A very big thank you to **Carolyn** and her daughter for doing this!! This is what the caps look like:



## Swim News and Links:

- Proposed new Backstroke Start Platform:

<http://www.swimmingworldmagazine.com/lane9/news/World/34761.asp?q=New-Backstroke-Start-Platform-Tested-in-Russia;-FINA-Might-Approve-Next-Month>

- Two friends. One race. Two laps. No prisoners. Val and Pete have been swimming together every morning for the past seventeen years. Once a year they have a race, two laps up and back: <http://vimeo.com/36896558>

## Other News and Links:

- Why People Perform Better after a Compliment: <http://www.sciencedaily.com/releases/2012/11/121109111517.htm>

- Fitness doesn't Prevent Sports Injury: <http://well.blogs.nytimes.com/2012/07/30/fitness-isnt-seen-to-prevent-sports-injury/>

- Dieting vs Exercise for Weight Loss: <http://well.blogs.nytimes.com/2012/08/01/dieting-vs-exercise-for-weight-loss/?ref=nutrition>

- Mixing Weight Training and Aerobics: <http://well.blogs.nytimes.com/2012/05/02/mixing-weight-training-and-aerobics/?ref=nutrition>

- The Controversial Science of Sports Drinks: <http://www.theatlantic.com/health/archive/2012/07/the-controversial-science-of-sports-drinks/260124/>

- Faster Athletes, Slower Spectators and the Olympic Marathon: [http://www.huffingtonpost.com/american-anthropological-association/olympic-marathon\\_b\\_1690827.html](http://www.huffingtonpost.com/american-anthropological-association/olympic-marathon_b_1690827.html)

**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. Contact me if you are interested.

## Summer Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

6pm Whitecaps: Shallow End; July Mondays: **Mits**; August Mondays: **Alex**; Tuesdays/Thursdays: **Lynn**

12:15pm Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

## Fin Days:

Thu Aug 8<sup>th</sup> / Fri Aug 9<sup>th</sup>

## Time Trials:

Mon Jul 15<sup>th</sup>: 400fs or IM

Mon Jul 29<sup>th</sup>: 50 and 100 choice

Tue Aug 13<sup>th</sup> / Wed Aug 14<sup>th</sup>: 800 / 1500fs

Tue Aug 20<sup>th</sup> / Wed Aug 21<sup>st</sup>: 200 choice

Thu Aug 30<sup>th</sup> / Fri Aug 31<sup>st</sup>: relays

This information and more can be found with the Spring/Summer workout themes at:  
<http://carletonmasters.tripod.com/mastplansprsum13.pdf>.

## Spring Session Information

Thanks to **Alex** for coaching on Wed Jun 26<sup>th</sup> due to my first year students' exam!

Thanks to all who participated in the relays on Thu Jun 27<sup>th</sup> / Fri Jun 28<sup>th</sup>. The relay results are in the Spring Summary (below). There were quite a few improvements led by **Harley Gifford** (7:30am Earlybirds) who improved his 50fs by 6.2 seconds from last term! Here is the full list:

### 50fs (8 + 1 tie)

<b>Harley Gifford</b>	6.2
<b>Masahiro Oishi</b>	4.1
<b>Manuel Lebron</b>	3.9
<b>Elaine Cooper</b>	3.1
<b>Mike Halasz</b>	0.9
<b>Heloise Emdon</b>	0.9
<b>Sylvia Williams</b>	0.8
<b>Angela Davis</b>	0.4
<b>Kevin Nelson</b>	0.0

### 50br (2)

<b>Melodie Guilbeault</b>	1.0
<b>Christian Cattan</b>	0.1

### 50fl (1 + 1 tie)

<b>Jenna Roundell</b>	1.0
<b>Francois Jacques</b>	0.0

## Spring Session Summary

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

Thanks to **Angela Davis** (7:30am Earlybirds) for bringing scones for the morning groups on the last day. Many thanks to all the Earlybirds for the card, chocolates, and roses. Thanks to **Margaret Dibben King**, **Lucie Boudreau**, and **Penny Estabrooks** for organizing this. Much appreciated!

Here's the summary of the attendance and time trials for the Spring session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (best attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Summer term or by e-mail.

### Attendance:

Here are the weekday attendance statistics for the Spring term. Congratulations to the three swimmers with perfect attendance: **Bruce Brown** (7:30am Earlybirds), **Jennifer Murdock** (7:30am Earlybirds), and **Ursula Scott** (8:30am Earlybirds).

**7:30am Earlybirds:** Apr 29<sup>th</sup> – Jun 28<sup>th</sup> (26 workouts); range: 19-30; average: 25.2

Perfect Attendance: **Bruce Brown**, **Jennifer Murdock**

Missed 1 Workout: **Amir Banihashemi**, **Angela Davis**, **Masashi Kobayashi**

Missed 2 Workouts: **Harley Gifford**, **Robin Henderson**, **Susan Hulley**

Missed 3 Workouts: **Margaret King**, **Mike Mopas**, **Susan Nevitt-Yelle**

Missed 4 Workouts: **Jim Lee**, **Marie-Odile Junker**

**8:30am Earlybirds:** Apr 29<sup>th</sup> – Jun 28<sup>th</sup> (26 workouts); range: 9-20; average: 15.0

Perfect Attendance: **Ursula Scott**

Missed 1 Workout: **Margaret Dibben King, Mark Blenkinsop**  
Missed 4 Workouts: **Renee Robert**

**6:00pm Whitecaps:** Apr 29<sup>th</sup> – Jun 27<sup>th</sup> (26 workouts); range: 14-26; average: 20.7  
Missed 2 Workouts: **Dave Grynspar**

**7:10pm Whitecaps:** Apr 29<sup>th</sup> – Jun 27<sup>th</sup> (26 workouts); range: 8-17; average: 13.1  
Missed 3 Workouts: **Joanie Conrad**  
Missed 4 Workouts: **Jamie Chalmers, Mike Halasz**

### Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Spring session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 107 different swimmers: 63 women and 44 men. There were 434 completed time trials: 259 for women and 175 for men. If you notice any errors or omissions, please let me know.

Forty-two swimmers (25 women and 17 men) improved in at least one event. Most improved overall was **Harley Gifford** (7:30am Earlybirds) with a 6.2 sec (12.4sec/100m) improvement in 50fs. He was followed closely by **Manuel Lebron** (7:10pm Whitecaps) who improved his 400fs by 45.7 sec (11.4sec/100m). Third overall and top woman was Ursula Scott (8:30am Earlybirds) with a 9.4sec improvement in her 100IM. Fourth and third man was **Masahiro Oishi** (8:30am Earlybirds) with a 4.1sec (8.2sec/100m) improvement in his 50fs. Rounding out the top three for the women were **Jenna Roundell** (7:10pm Whitecaps) with a 6.8sec improvement in 100fs, and **Elaine Cooper** (7:10pm Whitecaps) with a 3.1 sec (6.2sec/100m) improvement in 50fs. **Harley, Isaac Fierro Marquez** (6pm Whitecaps), **Jenna, Margaret King** (7:30am Earlybirds), and **Ursula** each improved in four different events. (Last term **Manuel** and **Ursula** were also among the most improved, and **Ursula** also improved in five events.)

The International Point Scores (link to web page below) are used to determine the best swims. Sixteen swimmers (6 women and 10 men) scored 400 plus points in at least one event. **Jian-Lok Chang** (6pm Whitecaps) had the highest score with 582 for 18:53 in his 1500fs. Second and top woman was **Luz Osorio** (6pm Whitecaps) with 555 for 5:53.8 in 400IM, just ahead of **Julie Mouris** (6pm Whitecaps) with 553 for 21:05 in her 1500fs. Next were **Erin Kelly** (6pm Whitecaps) and **Tricia Albright** (6pm Whitecaps) with 537 and 534 respectively, for 21:20 and 21:23 in their 1500s. **Jenna Roundell** (7:10pm Whitecaps) was next with 515 for her 32.4 50fs. Second man was **Sean Dawson** (6pm Whitecaps) with 511 for 4:58.0 in his 400fs. Third man was **Masashi Kobayashi** (7:30am Earlybirds) with 505 points for 2:43.1 in 200IM. **Jian-Lok** scored over 400 points in four different events (and 7 last term!). **Jenna, Julie,** and **Masashi** scored over 400 points in three different 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 26 women and 17 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	<a href="#">Ursula Scott</a>	EB2	F	100IM	9.4	9.4
2	Jenna Roundell	WC2	F	100fs	6.8	6.8
3	Elaine Cooper	WC2	F	50fs	3.1	6.2
4	Seema Akhtar	WC1	F	400fs	19.3	4.8
5	Margaret King	EB1	F	200IM	9.0	4.5
6	Sylvia Williams	WC2	F	100fs	4.3	4.3

7	Kim Fever	EB1	F	200fs	7.1	3.6
8	Lucette Laflamme	WC2	F	400fs	13.9	3.5
8	Monique Potvin Kent	EB2	F	400fs	13.8	3.5
8	Carolyn Odecki	WC1	F	1500fs	52.0	3.5
10	Anne Trepanier	EB2	F	100IM	3.2	3.2
11	Malika Shaath	EB2	F	1500fs	41.0	2.7
11	Jennifer Murdock	EB1	F	200fs	5.4	2.7
13	Tricia Albright	WC1	F	1500fs	39.0	2.6
14	Luz Osorio	WC1	F	400IM	9.9	2.5
15	Erin Kelly	WC1	F	1500fs	36.0	2.4
16	Melodie Guilbeault	WC2	F	50br	1.0	2.0
16	Susan Hulley	EB1	F	400fs	7.8	2.0
18	Sheila Maclean	WC2	F	400fs	7.4	1.9
19	Heloise Emdon	EB1	F	50fs	0.9	1.8
19	Lara Thorpe	WC2	F	50br	0.9	1.8
19	Sandy Lawson	EB1	F	200IM	3.6	1.8
22	Angela Davis	EB1	F	800fs	11.0	1.4
23	Natalie Aucoin	EB2	F	50fl	0.5	1.0
24	Veronica Eden	WC1	F	1500fs	12.0	0.8
25	Cindy Steele	WC1	F	400fs	0.6	0.2
<b>1</b>	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>50fs</b>	<b>6.2</b>	<b>12.4</b>
<b>2</b>	<b>Manuel Lebron</b>	<b>WC2</b>	<b>M</b>	<b>400fs</b>	<b>45.7</b>	<b>11.4</b>
3	Masahiro Oishi	EB2	M	50fs	4.1	8.2
4	Paul Denys	WC2	M	400fs	19.4	4.9
5	Isaac Fierro Marquez	WC1	M	1500fs	66.0	4.4
6	Jim Farmer	WC2	M	400fs	16.7	4.2
7	Kevin Graham	EB1	M	200fs	7.2	3.6
8	Christian Cattan	EB1	M	400fs	8.1	2.0
8	Bill Westcott	WC1	M	1500fs	30.0	2.0
10	Brad Shapansky	EB1	M	200IM	3.6	1.8
10	Mike Halasz	WC2	M	50fs	0.9	1.8
12	Jamie Wildsmith	WC1	M	1500fs	25.0	1.7
13	Kevin Nelson	WC2	M	50bk	0.8	1.6
13	Roy Hanes	WC2	M	50fs	0.8	1.6
15	Matthew Tucciarone	WC1	M	50fs	0.6	1.2
16	Mike Machum	EB1	M	50br	0.5	1.0
17	Amir Banihashemi	EB1	M	200IM	1.4	0.7

### Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 6 women and 10 men who made the list.

Pl	Name	Group	Gender	Event	Time	Points
<b>1</b>	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>400IM</b>	<b>5:53.8</b>	<b>555</b>
<b>2</b>	<b>Julie Mouris</b>	<b>WC1</b>	<b>F</b>	<b>1500fs</b>	<b>21:05</b>	<b>553</b>
3	Erin Kelly	WC1	F	1500fs	21:20	537
4	Tricia Albright	WC1	F	1500fs	21:23	534
5	Jenna Roundell	WC2	F	50fs	32.4	515
6	Natalie Aucoin	EB2	F	50fl	37.3	404
<b>1</b>	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>1500fs</b>	<b>18:53</b>	<b>582</b>

2	Sean Dawson	WC1	M	400fs	4:58.0	511
3	Masashi Kobayashi	EB1	M	200IM	2:43.1	505
4	Tony Revitt	EB2	M	400fs	5:06.6	474
5	Jamie Wildsmith	WC1	M	1500fs	20:47	455
6	Peter Lithgow	WC1	M	1500fs	20:48	454
7	Dave Grynspan	WC1	M	200IM	3:23.3	445
8	Bill Westcott	WC1	M	1500fs	21:23	421
9	Isaac Fierro Marquez	WC1	M	1500fs	21:25	419
10	Francois Jacques	EB1	M	100fs	1:07.9	417

(For point scores, see: <http://www.swimnews.com/ipspoints>. 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
<b>50fs</b>					
1	<a href="#">Elaine Cooper</a>	WC2	F	3.1	6.2
2	Jenna Roundell	WC2	F	1.2	2.4
3	Ursula Scott	EB2	F	1.1	2.2
1	<a href="#">Harley Gifford</a>	EB1	M	6.2	12.4
2	Masahiro Oishi	EB2	M	4.1	8.2
3	Manuel Lebron	WC2	M	3.9	7.8
(6/7)					
<b>100fs</b>					
1	<a href="#">Jenna Roundell</a>	WC2	F	6.8	6.8
2	Sylvia Williams	WC2	F	4.3	4.3
3	Lara Thorpe	WC2	F	0.3	0.3
4	Susan Hulley	EB1	F	0.2	0.2
1	<a href="#">Isaac Fierro Marquez</a>	WC1	M	1.1	1.1
2	Kevin Nelson	WC2	M	0.5	0.5
(4/2)					
<b>200fs</b>					
1	<a href="#">Kim Fever</a>	EB1	F	7.1	3.6
2	Jennifer Murdock	EB1	F	5.4	2.7
3	Sheila Maclean	WC2	F	3.5	1.8
1	<a href="#">Harley Gifford</a>	EB1	M	11.1	5.6
2	Kevin Graham	EB1	M	7.2	3.6
3	Isaac Fierro Marquez	WC2	M	1.4	0.7
(5/4)					
<b>400fs</b>					
1	<a href="#">Seema Akhtar</a>	WC1	F	19.3	4.8
2	Lucette Laflamme	WC2	F	13.9	3.5
3	Monique Potvin Kent	EB2	F	13.8	3.5
1	<a href="#">Manuel Lebron</a>	WC2	M	45.7	11.4
2	Harley Gifford	EB1	M	25.7	6.4
3	Paul Denys	WC2	M	19.4	4.9
(10/6)					

<b>800fs</b>					
1	Angela Davis	EB1	F	11.0	1.4
(1/0)					
<b>1500fs</b>					
1	Carolyn Odecki	WC1	F	52.0	3.5
2	Malika Shaath	EB2	F	41.0	2.7
3	Tricia Albright	WC1	F	39.0	2.6
1	Harley Gifford	EB1	M	105.0	7.0
2	Isaac Fierro Marquez	WC1	M	66.0	4.4
3	Bill Westcott	WC1	M	30.0	2.0
(7/4)					
<b>50bk</b>					
1	Kim Fever	EB1	F	1.6	3.2
1	Kevin Nelson	WC2	M	0.8	1.6
(1/1)					
<b>50br</b>					
1	Melodie Guilbeault	WC2	F	1.0	2.0
2	Lara Thorpe	WC2	F	0.9	1.8
3	Malika Shaath	EB2	F	0.8	1.6
1	Mike Machum	EB1	M	0.5	1.0
2	Christian Cattan	EB1	M	0.1	0.2
(4/2)					
<b>100br</b>					
1	Margaret King	EB1	F	1.2	1.2
(1/0)					
<b>50fl</b>					
1	Jenna Roundell	WC2	F	1.0	2.0
2	Natalie Aucoin	EB2	F	0.5	1.0
(2/0)					
<b>100IM</b>					
1	Ursula Scott	EB2	F	9.4	9.4
2	Anne Trepanier	EB2	F	3.2	3.2
3	Malika Shaath	EB2	F	0.3	0.3
(3/0)					
<b>200IM</b>					
1	Margaret King	EB1	F	9.0	4.5
2	Sandy Lawson	EB1	F	3.6	1.8
1	Brad Shapansky	EB1	M	3.6	1.8
2	Amir Banihashemi	EB1	M	1.4	0.7
(2/2)					
<b>400IM</b>					
1	Luz Osorio	WC1	F	9.9	2.5
(1/0)					

### 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
<b>25fs</b>				
1	Margaret Dibben King	EB2	F	51.6
(1/0)				
<b>50fs</b>				
1	Jenna Roundell	WC2	F	32.4
2	Erin Kelly	WC1	F	36.0
3	Sandy Lawson	EB1	F	37.3
3	Rachel Plewes	EB2	F	37.3
1	Masashi Kobayashi	EB1	M	28.8
2	Jian-Lok Chang	WC1	M	30.1
3	Francois Jacques	EB1	M	31.3
4	Isaac Fierro Marquez	WC1	M	31.9
(64/42)				
<b>100fs</b>				
1	Jenna Roundell	WC2	F	1:12.5
2	Elaine Yardley	WC1	F	1:18.7
3	Lara Thorpe	WC2	F	1:20.9
1	Jian-Lok Chang	WC1	M	1:03.5
2	Francois Jacques	EB1	M	1:07.9
3	Mike Machum	EB1	M	1:10.3
(21/18)				
<b>200fs</b>				
1	Julie Mouris	WC1	F	2:46.0
2	Sheila Maclean	WC2	F	2:56.5
3	Jennifer Murdock	EB1	F	2:57.5
1	Isaac Fierro Marquez	WC2	M	2:39.1
2	Bill Westcott	WC1	M	2:39.2
3	Francois Jacques	EB1	M	2:44.4
(23/16)				
<b>400fs</b>				
1	Jenna Roundell	WC2	F	5:51.4
2	Norine Naquib	EB1	F	6:03.4
3	Sandy Lawson	EB1	F	6:08.9
4	Elaine Yardley	WC1	F	6:09.6
1	Sean Dawson	WC1	M	4:58.0
2	Tony Revitt	EB2	M	5:06.6
3	Peter Lithgow	WC1	M	5:25.0
(44/26)				
<b>800fs</b>				
1	Angela Davis	EB1	F	18:25
2	Heloise Emdon	EB1	F	19:07
3	Andrea Chandler	EB2	F	20:32
1	Roy Hanes	WC2	M	21:20
2	Manuel Lebron	WC2	M	22:11
(7/2)				
<b>1500fs</b>				
1	Julie Mouris	WC1	F	21:05



2	Erin Kelly	WC1	F	21:20
3	Tricia Albright	WC1	F	21:23
<b>1</b>	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>18:53</b>
2	Jamie Wildsmith	WC1	M	20:47
3	Peter Lithgow	WC1	M	20:48
(30/21)				
<b>25bk</b>				
<b>1</b>	<b>Margaret Dibben King</b>	<b>EB2</b>	<b>F</b>	<b>52.6</b>
(1/0)				
<b>50bk</b>				
<b>1</b>	<b>Madelayne DeGrace</b>	<b>EB1</b>	<b>F</b>	<b>43.9</b>
2	Dawn Walsh	EB2	F	46.5
3	Debby Whately	WC1	F	51.7
3	Jackie Lyons	WC1	F	51.7
<b>1</b>	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>41.4</b>
2	Kevin Nelson	WC2	M	43.8
3	Bruce Brown	EB1	M	44.7
(9/12)				
<b>100bk</b>				
<b>1</b>	<b>Erin Kelly</b>	<b>WC1</b>	<b>F</b>	<b>1:30.7</b>
2	Tricia Albright	WC1	F	1:32.0
3	Angela Davis	EB1	F	2:07.2
(4/0)				
<b>200bk</b>				
<b>1</b>	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>2:42.0</b>
(0/1)				
<b>50br</b>				
<b>1</b>	<b>Margaret King</b>	<b>EB1</b>	<b>F</b>	<b>46.9</b>
2	Lara Thorpe	WC2	F	50.3
3	Erin McLean	WC2	F	51.0
4	Heather Guthrie	WC1	F	51.1
5	Nicole Delisle	WC1	F	51.2
<b>1</b>	<b>Mike Machum</b>	<b>EB1</b>	<b>M</b>	<b>41.8</b>
2	Amir Banihashemi	EB1	M	44.4
3	Robert Fabes	EB1	M	45.2
(15/13)				
<b>100br</b>				
<b>1</b>	<b>Margaret King</b>	<b>EB1</b>	<b>F</b>	<b>1:42.2</b>
<b>1</b>	<b>Peter Lithgow</b>	<b>WC1</b>	<b>M</b>	<b>1:30.6</b>
(1/1)				
<b>200br</b>				
<b>1</b>	<b>Carolyn Odecki</b>	<b>WC1</b>	<b>F</b>	<b>3:53.1</b>
<b>1</b>	<b>Chris Kent</b>	<b>EB2</b>	<b>M</b>	<b>3:36.4</b>
2	Jamie Chalmers	WC2	M	5:18.1
(1/2)				
<b>50fl</b>				
<b>1</b>	<b>Natalie Aucoin</b>	<b>EB2</b>	<b>F</b>	<b>37.3</b>
2	Jenna Roundell	WC2	F	38.1

3	Deb Low	WC1	F	40.2
1	<a href="#">Jian-Lok Chang</a>	WC1	M	33.4
2	Ian Lorimer	EB1	M	40.5
3	Dave Grynspan	WC1	M	40.8
(13/5)				
<b>100f1</b>				
1	<a href="#">Madelayne DeGrace</a>	EB1	F	1:36.9
1	<a href="#">Masashi Kobayashi</a>	EB1	M	1:12.1
(1/1)				
<b>100IM</b>				
1	<a href="#">Natalie Aucoin</a>	EB2	F	1:32.9
2	Deb Low	WC1	F	1:34.5
3	Nicole Delisle	WC1	F	1:38.5
4	Malika Shaath	EB2	F	1:38.6
1	<a href="#">Amir Banihashemi</a>	EB1	M	1:35.9
2	Kevin Graham	EB1	M	1:36.1
3	Ian Lorimer	EB1	M	1:36.9
(10/5)				
<b>200IM</b>				
1	<a href="#">Natalie Aucoin</a>	EB2	F	3:22.0
2	Sandy Lawson	EB1	F	3:26.7
3	Deb Low	WC1	F	3:28.4
4	Lena Williams	WC2	F	3:29.0
1	<a href="#">Jian-Lok Chang</a>	WC1	M	2:35.5
2	Masashi Kobayashi	EB1	M	2:43.1
3	Dave Grynspan	WC1	M	3:23.3
(10/9)				
<b>400IM</b>				
1	<a href="#">Luz Osorio</a>	WC1	F	5:53.8
2	Julie Mouris	WC1	F	6:30.4
3	Angela Davis	EB1	F	9:53.8
1	<a href="#">Robert Fabes</a>	EB1	M	7:25.8
2	Jamie Chalmers	WC2	M	9:38.8
(3/2)				

## Fun Relays (Thu/Fri June 27/28<sup>th</sup>)

### Free Relay

#### 6pm Whitecaps

- 2:34.7: Team 2: [Nicole Delisle](#), [Debby Whately](#), [Mike Lau](#), [Nicole Delisle](#)
- 2:36.2: Team 1: [Dave Grynspan](#), [Deb Low](#), [Jackie Lyons](#), [Dave Grynspan](#)
- 2:43.4: Team 3: [Cam Dawson](#), [Heather Guthrie](#), [Jian-Lok Chang](#), [Kip Tubei](#)

#### 7:10pm Whitecaps

- 2:49.4: Team 2: [Manuel Lebron](#), [Melodie Guilbeault](#), [Lara Thorpe](#), [Mike Halasz](#)
- 2:51.0: Team 1: [Kevin Nelson](#), [Elaine Cooper](#), [Joanie Conrad](#), [Kevin Nelson](#)
- 2:52.1: Team 3: [Jamie Chalmers](#), [Erin McLean](#), [Jenna Roundell](#), [Sylvia Williams](#)

#### 7:30am Earlybirds

- 2:35.7: Team 1: [Chris Yordy](#), [Robert Fabes](#), [Jennifer Murdock](#), [Mike Mopas](#)
- 2:43.5: Team 3: [Harley Gifford](#), [Chris Macknie](#), [Sandy Lawson](#), [Angela Davis](#)
- 2:43.5: Team 2: [Jim Lee](#), [Christian Cattan](#), [Ian Lorimer](#), [Ursula Scott](#)

4. 2:46.1: Team 5: Susan Nevitt-Yelle, Amir Banihashemi, Francois Jacques, Kim Fever
5. 2:49.5: Team 4: Bruce Brown, Susan Hulley, Margaret King, Heloise Emdon

#### **8:30am Earlybirds**

1. 2:50.4: Team 1: Margaret Dibben King, Rachel Plewes, Marie-Odile Junker, Paul Scully
2. 2:56.9: Team 3: Renee Robert, Masahiro Oishi, Natalie Aucoin, Lucie Boudreau
3. 3:06.4: Team 2: Dawn Walsh, Monique Potvin Kent, Penny Estabrooks, Malika Shaath

#### **Overall**

1. 2:34.7: 6:00pm Team 2: Nicole Delisle, Debby Whately, Mike Lau, Nicole Delisle
2. 2:35.7: 7:30am Team 1: Chris Yordy, Robert Fabes, Jennifer Murdock, Mike Mopas
3. 2:36.2: 6:00pm Team 1: Dave Grynspan, Deb Low, Jackie Lyons, Dave Grynspan
4. 2:43.4: 6:00pm Team 3: Cam Dawson, Heather Guthrie, Jian-Lok Chang, Kip Tubei
5. 2:43.5: 7:30am Team 3: Harley Gifford, Chris Macknie, Sandy Lawson, Angela Davis
5. 2:43.5: 7:30am Team 2: Jim Lee, Christian Cattan, Ian Lorimer, Ursula Scott
7. 2:46.1: 7:30am Team 5: Susan Nevitt-Yelle, Amir Banihashemi, Francois Jacques, Kim Fever
8. 2:49.4: 7:10pm Team 2: Manuel Lebron, Melodie Guilbeault, Lara Thorpe, Mike Halasz
9. 2:49.5: 7:30am Team 4: Bruce Brown, Susan Hulley, Margaret King, Heloise Emdon
10. 2:50.4: 8:30am Team 1: Margaret Dibben King, Rachel Plewes, Marie-Odile Junker, Paul Scully
11. 2:51.0: 7:10pm Team 1: Kevin Nelson, Elaine Cooper, Joanie Conrad, Kevin Nelson
12. 2:52.1: 7:10pm Team 3: Jamie Chalmers, Erin McLean, Jenna Roundell, Sylvia Williams
13. 2:56.9: 8:30am Team 3: Renee Robert, Masahiro Oishi, Natalie Aucoin, Lucie Boudreau
14. 3:06.4: 8:30am Team 2: Dawn Walsh, Monique Potvin Kent, Penny Estabrooks, Malika Shaath

#### **Medley Relay**

##### **6pm Whitecaps**

1. 3:00.4: Team 3: Cam Dawson, Heather Guthrie, Jian-Lok Chang, Kip Tubei
2. 3:06.4: Team 1: Jackie Lyons, Dave Grynspan, Deb Low, Jackie Lyons
3. 3:08.5: Team 2: Debby Whately, Nicole Delisle, Mike Lau, Debby Whately

##### **7:10pm Whitecaps**

1. 3:16.1: Team 3: Jamie Chalmers, Erin McLean, Jenna Roundell, Sylvia Williams
2. 3:26.1: Team 1: Elaine Cooper, Kevin Nelson, Joanie Conrad, Elaine Cooper
3. 3:29.1: Team 2: Manuel Lebron, Melodie Guilbeault, Lara Thorpe, Mike Halasz

##### **7:30am Earlybirds**

1. 3:02.2: Team 1: Chris Yordy, Robert Fabes, Jennifer Murdock, Mike Mopas
2. 3:06.6: Team 2: Jim Lee, Christian Cattan, Ian Lorimer, Ursula Scott
3. 3:11.1: Team 3: Harley Gifford, Chris Macknie, Sandy Lawson, Angela Davis
4. 3:12.8: Team 5: Susan Nevitt-Yelle, Amir Banihashemi, Francois Jacques, Kim Fever
5. 3:19.1: Team 4: Bruce Brown, Susan Hulley, Margaret King, Heloise Emdon

##### **8:30am Earlybirds**

1. 3:15.2: Team 1: Margaret Dibben King, Rachel Plewes, Marie-Odile Junker, Paul Scully
2. 3:17.7: Team 3: Renee Robert, Masahiro Oishi, Natalie Aucoin, Lucie Boudreau
3. 3:22.3: Team 2: Dawn Walsh, Monique Potvin Kent, Penny Estabrooks, Malika Shaath

#### **Overall**

1. 3:00.4: 6:00pm Team 3: Cam Dawson, Heather Guthrie, Jian-Lok Chang, Kip Tubei
2. 3:02.2: 7:30am Team 1: Chris Yordy, Robert Fabes, Jennifer Murdock, Mike Mopas
3. 3:06.4: 6:00pm Team 1: Jackie Lyons, Dave Grynspan, Deb Low, Jackie Lyons
4. 3:06.6: 7:30am Team 2: Jim Lee, Christian Cattan, Ian Lorimer, Ursula Scott
5. 3:08.5: 6:00pm Team 2: Debby Whately, Nicole Delisle, Mike Lau, Debby Whately
6. 3:11.1: 7:30am Team 3: Harley Gifford, Chris Macknie, Sandy Lawson, Angela Davis
7. 3:12.8: 7:30am Team 5: Susan Nevitt-Yelle, Amir Banihashemi, Francois Jacques, Kim Fever
8. 3:15.2: 8:30am Team 1: Margaret Dibben King, Rachel Plewes, Marie-Odile Junker, Paul Scully
9. 3:16.1: 7:10pm Team 3: Jamie Chalmers, Erin McLean, Jenna Roundell, Sylvia Williams

10. 3:17.7: 8:30am Team 3: Renee Robert, Masahiro Oishi, Natalie Aucoin, Lucie Boudreau  
 11. 3:19.1: 7:30am Team 4: Bruce Brown, Susan Hulley, Margaret King, Heloise Emdon  
 12. 3:22.3: 8:30am Team 2: Dawn Walsh, Monique Potvin Kent, Penny Estabrooks, Malika Shaath  
 13. 3:26.1: 7:10pm Team 1: Elaine Cooper, Kevin Nelson, Joanie Conrad, Elaine Cooper  
 14. 3:29.1: 7:10pm Team 2: Manuel Lebron, Melodie Guilbeault, Lara Thorpe, 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 31<sup>st</sup>, 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.**

Sat Jul 13<sup>th</sup> London ON LCM <http://www.mastersswimmingontario.ca/events/2013-sunset-outdoor-long-course-swim-meet/>

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

Sat Jul 27<sup>th</sup> Technosport Meech Lake 3k Open Water Swim (open to all) <http://www.technosport.ca/3k-open-water-swim/>

Sat Aug 10<sup>th</sup> Technosport Meech Lake 4k Open Water Swim (open to all) <http://www.technosport.ca/4k-open-water-swim-2/>

Nov 14-17<sup>th</sup> Dominican Republic Masters Meet [pablomota82@hotmail.com](mailto:pablomota82@hotmail.com)

Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 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.)

## Sat-Sun Jun 22-23<sup>rd</sup> Ottawa Dragon Boat Festival

Full results at: <http://www.dragonboat.net/results/2013.aspx>.

The Sportchicks including Carleton Masters swimmers: **Isabelle Fradette, Natalie Aucoin, Claire Robinson, Colette Kenney, Dawn Walsh, Debby Whately, Margaret King, Susan Nevitt-Yelle, Ursula Scott**, and steersperson **Carolyn Odecki** did very well. On Saturday they won the Advanced Recreational Women's event and were 25<sup>th</sup> overall (including all the mixed teams) and 2<sup>nd</sup> women's team. On Sunday, they were 2<sup>nd</sup> in the "A" final for the 200m and the 500m, and 3<sup>rd</sup> (by 0.03) in the 100m.

Also, **Vanessa Woods** (6pm Whitecaps) is on The Dragon Catchers. In the "C" Final they won gold for the 100 and 200m, and bronze for the 500m.

Congratulations, all!

## Sun Jun 23<sup>rd</sup> Mont Tremblant 70.3 Triathlon

(Half Ironman: 1.9k swim; 90k bike; 21.1k run; 2051 competitors)  
 Congratulations to **Mike** on a great race! Full results at: <http://www.ironman.com/triathlon/events/ironman-70.3/mont-tremblant/results.aspx>.

**Mike Mopas** (7:30am Earlybirds; 35-39): 1261<sup>st</sup> overall; 945<sup>th</sup> man and 160<sup>th</sup> in age category in 6:05:47 (37:59 swim)

## Sun Jun 23<sup>rd</sup> Syracuse 70.3 Triathlon

(Half Ironman: 1.9k swim; 90k bike; 21.1k run; 1616 competitors)

Great job by **Lucette** and **Robert** on a very hot day! And 6<sup>th</sup> place by **Lucette**! Full results at:

<http://www.ironman.com/triathlon/events/ironman-70.3/syracuse/results.aspx>.

**Robert Fabes** (7:30am Earlybirds; 50-54): 1126<sup>th</sup> overall; 863<sup>rd</sup> man and 79<sup>th</sup> in category in 7:07:01 (35:35 swim)

**Lucette Laflamme** (7:10pm Whitecaps; 55-59): 1143<sup>rd</sup> overall; 272<sup>nd</sup> woman and 6<sup>th</sup> in category in 7:14:35 (54:14 swim)

## 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 **Jun 20<sup>th</sup>**).

## Ask the Coach

**Dear Coach:** How can I get my time trial times for this past term? Need to Start Keeping Track

Dear N.t.S.K. Track: Just send me an e-mail and I can give you all your time trial times done with Carleton since 2001!

**Dear Coach:** How can I check whether there's a workout on a certain date and/or what time the workout is? Forgetful Swimmer

Dear F. Swimmer: You can check the details at the end of the newsletter (below). If you've deleted your newsletter, full details of the workout times / cancellations can be found on the web site: <http://carletonmasters.tripod.com>. (You'll also find copies of the newsletters on the web site.)

## Private and Semi-Private Masters Swim Lessons

Tue 7:15-8:15pm July 9, 16, 23, 30; August 13, 20, 27

Wed 6:00-7:00pm August 21, 28

Wed 7:00-8:00pm July 17, 24; August 14, 21, 28

Thu 7:15-8:15pm July 4, 11, 18, 25; August 8, 15, 22

### Prices:

**Private:** \$52.50 per hour, plus HST.

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

Please e-mail me for more details.

## Reminders

### Summer Masters Program Details

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

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

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

**Saturday ONLY:** 12:15-1:25pm: \$30+HST; barcode: 6294; Rotating Coach 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 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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))  
Club website: <http://carletonmasters.tripod.com>