

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** December-20-13 5:13 PM  
**To:** 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; 'Tim Kilby'  
**Subject:** Carleton Masters Swimming Newsletter #352

## Carleton Masters Swimming Newsletter #352

Friday, December 20<sup>th</sup>, 2013

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those Registered for Fall 2013 and Alumni: 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (31 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (29 addresses), 8:10pm Whitecaps III (17 addresses), Saturday Only (7 addresses), Masters "Alumni" (37 addresses).

"I am better than I was yesterday, but not as good as I'll be tomorrow." – Anonymous

### Masters Program Notes and Cancellations

- The last workout of the Fall session is for the Saturday group: **Sat Dec 21<sup>st</sup>**.
- We will hold four workouts (pay as you go) between the Fall and Winter sessions (Dec 23, 27, 28, 30). Your support in attending these workouts (if you are in town) is appreciated! Details in the next paragraph.
- The Winter session starts **Thu Jan 2<sup>nd</sup>**, **Fri Jan 3<sup>rd</sup>** and/or **Sat Jan 4<sup>th</sup>**, depending on your group(s). Full details near the end of the newsletter.
  - Both the **7:30am and 6pm groups are now full for Winter**. Waitlists are available.
    - Please **let me know if you are on the waitlist!**
  - Here are the Winter groups with fewer than 15 spots left:
    - **Saturday** (13 spots)
- The holiday pool and fitness centre schedules can be found near the end of the newsletter.
- 6pm Whitecaps Winter coaching change:
  - **Alex** will coach on Mondays; **Lynn** will coach on Tuesdays; **Alex** and **Lynn** will take turns on Thursdays

### Fall/Winter Interim Workout Schedule

In between the Fall and Winter sessions, we are offering four interim workouts. Each workout costs \$4.85 (the cost of a public swim pass). Note that these workouts are only open to those with a valid Athletics membership (or student/staff card) for the date/time of the workout. Note that if you have a morning-only membership, it is good all day on "reduced hours" days, i.e. all of these dates. Guests (who do not have to be members) are welcome, if they pay the \$4.85 fee and are accompanied by a member. **You must pay the public swim \$4.85 fee at the Welcome Centre, get a receipt (\*not\* a hand stamp!), write your name on the back, and give your receipt to the coach on deck before you get in the water.** No receipt, no swim, no exceptions!!

#### Schedule:

Mon Dec 23rd 6:00-7:15pm; Coach: **Alex**; Theme: long fs  
Fri Dec 27th 6:00-7:15pm; Coach: **Alex**; Theme: short ch  
Sat Dec 28th 12:00-1:15pm; Coach: **Lynn**; Theme: short IM  
Mon Dec 30th 6:00-7:15pm; Coach: **Alex**; Theme: mid ch

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Masashi Kobayashi** (7:10pm Whitecaps) on becoming a permanent resident of Canada!

- **Jose Vivanco** (8:10pm Whitecaps) is organizing a gathering to celebrate the life of **George Tombler** (6pm Whitecaps) at the **Colonnade restaurant, 280 Metcalfe St.**, on what would have been **George's 89<sup>th</sup> birthday: Sun Dec 22<sup>nd</sup> at 6:30pm**. If you plan to attend please let **Jose** know at [jvivanco@rogers.com](mailto:jvivanco@rogers.com). **George** swam with Carleton Masters for over 20 years.

- **Ursula Scott** (7:30am Earlybirds) and **Sean Kelly** (ex-Earlybirds) are members of the Orpheus Choral Group. The Choral Group's Christmas concert is at 7 p.m. on Saturday, December 21st at Woodroffe United Church, 207 Woodroffe Avenue. Free admission. Refreshments served afterwards.

- Holiday gifts and discounts for athletes:

- Carleton Athletics Personal Training Special: <http://athletics.carleton.ca/2013/looking-for-a-fitness-gift-these-holidays/>
- Use code save5 for a \$5 discount on an Ultra Fast-Dry Swim and Travel Towel from Canadian (BC) company: <http://www.discoverytrekking.com/>.

- On June 7-8<sup>th</sup> 2014, **Alex Joubert** (Coach) will be participating in the Enbridge Ride to Conquer Cancer. He is doing this in support of his father who was diagnosed with melanoma over the summer, and is now doing well. He is hoping to raise \$2500 and would like your support! [Here is the link to his fundraising page.](#)

- **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:



## News and Links:

- Many Masters WRs Set at Southern Pacific Masters Swimming (Southern California and parts of Nevada) Short Course Championships: <http://www.swimmingworldmagazine.com/lane9/news/Masters/37041.asp?q=Laura-Val-Getting-Better-With-Age;-6-More-FINA-Masters-World-Records>
- Do Olympic Swimmers Pee in the Pool?: [http://www.huffingtonpost.com/2012/08/01/do-olympic-swimmers-pee-in-the-pool\\_n\\_1729019.html](http://www.huffingtonpost.com/2012/08/01/do-olympic-swimmers-pee-in-the-pool_n_1729019.html)
- Get Psyched: Overcome the Psychological Challenges of Triathlon; Part 1: <http://triathlete-europe.competitor.com/2013/11/27/get-psyched-overcome-the-psychological-challenges-of-triathlon>
- Become Mentally Bullet-Proof on Race Day; Part 2 of the above: <http://triathlete-europe.competitor.com/2013/11/28/become-mentally-bullet-proof-on-race-day>
- Ten Commandments of Injury Prevention: <http://exclusive.multibriefs.com/content/10-commandments-of-injury-prevention>
- Does Being Forced to Exercise Still Have Benefits?: <http://well.blogs.nytimes.com/2013/03/13/when-exercise-stresses-you-out/?ref=health>
- Moving On From A Personal Worst: <http://www.saltyrunning.com/2013/03/12/looking-forward-from-a-personal-worst/>

**Swim Suits for Sale:** The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

**Caps and Goggles to Borrow:** I always have a "lost and found" bag full of spare caps and goggles to borrow if you forget (or break) yours.

**Swim Caps for Sale:** The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. 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.

## 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: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday: **Alex**; Tuesday: **Lynn**; Thursday: **Alex/Lynn**

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

8:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (**coming soon!**)

Exceptions will be noted here.

### Fin Days:

Mon Feb 3<sup>rd</sup>

Mon Mar 10<sup>th</sup>

### Time Trials:

Tue Feb 11<sup>th</sup> / Wed Feb 12<sup>th</sup>: 400fs or IM

Tue Feb 25<sup>th</sup> / Wed Mar 26<sup>th</sup>: two 50s choice

Thu Mar 6<sup>th</sup> / Fri Mar 7<sup>th</sup>: 100 choice

Thu Mar 20<sup>th</sup> / Fri Mar 21<sup>st</sup>: 200 choice

Tue Mar 25<sup>th</sup> / Wed Mar 26<sup>th</sup>: 800 / 1500fs

Thu Apr 10<sup>th</sup> / Fri Apr 11<sup>th</sup>: relays

This information and more can be found with the Winter workout themes at:

<http://carletonmasters.tripod.com/mastplanwint14.pdf>

## Fall 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: Monday: Shallow End; Tuesday/Thursday: Deep End: **Lynn**

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

8:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**

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

Exceptions will be noted here.

### Fin Days:

Tue Oct 29<sup>th</sup> / Wed Oct 30<sup>th</sup>

Thu Nov 28<sup>th</sup> / Fri Nov 29<sup>th</sup>

### Time Trials:

Thu Oct 17<sup>th</sup> / Fri Oct 18<sup>th</sup>: 400fs or IM

Thu Oct 24<sup>th</sup> / Fri Oct 25<sup>th</sup>: two 50s choice

Mon Nov 4<sup>th</sup>: 200 choice

Tue Nov 19<sup>th</sup> / Wed Nov 20<sup>th</sup>: 800 / 1500fs

Tue Dec 3<sup>rd</sup> / Wed Dec 4<sup>th</sup>: 100 choice

Thu Dec 19<sup>th</sup> / Thu Dec 20<sup>th</sup>: relays

This information and more can be found with the Fall workout themes at:

<http://carletonmasters.tripod.com/mastplanfall13.pdf>

Thanks to **Alex** for coaching the Earlybirds on **Mon Dec 16<sup>th</sup>** due to my students' exam.

Well done by everyone who participated in the **relays** on **Thu Dec 19<sup>th</sup> / Fri Dec 20<sup>th</sup>**. Details on the placings can be found below. Here is a list of those who improved. The biggest improvement was by **Seema Akhtar** (6pm Whitecaps). She improved her 50bk by another 1.4 seconds, bringing her total improvement for the term in that event to 2.1 seconds. Considering she fell down a flight of stairs earlier that day, that's very impressive! **Jordan Monnink** (7:10pm Whitecaps) improved his 50fs by 1.2 seconds. A list of all the improvements follows:

#### **50fs (4)**

**Jordan Monnink** (7:10pm Whitecaps) 1.2  
**Mike Machum** (6pm Whitecaps) 0.2 -> 0.5  
**Amir Banihashemi** (8:30am Earlybirds) 0.1  
**Andrea Mrozek** (6pm Whitecaps) 0.1

#### **50bk (1)**

**Seema Akhtar** (6pm Whitecaps) 1.4 -> 2.1

#### **50fl (1 + tie)**

**Isaac Fierro Marquez** (6pm Whitecaps) 0.6  
**Hilary March** (6pm Whitecaps) 0.0 (tie)

### **Fall 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 **Lucie Boudreau** (8:30am Earlybirds) for bringing Panettone (Italian Christmas bread) and to **Margaret Dibben King** (8:30am Earlybirds) for bringing drinks to the last weekday morning workout. Many thanks to all the Earlybirds for the card, chocolates and beautiful scarf. **Margaret** is going to donate the excess money collected (about \$30) to the Salvation Army – a worthy cause.

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

### **Weekday Attendance:**

Congratulations to **Susan Nevitt-Yelle** (7:30am Earlybirds) on her perfect attendance!

**7:30am Earlybirds:** Sept 4-Dec 20<sup>th</sup> (46 workouts); range: 13-35; average: 23.0

**Perfect Attendance:** **Susan N-Y**

Missed 2 Workouts: **Christian C**

Missed 3 Workouts: **Ursula S**

Missed 4 Workouts: **Jim L**

Missed 5 Workouts: **Bruce B, Kevin G, Margaret K**

**8:30am Earlybirds:** Sept 4-Dec 20<sup>th</sup> (46 workouts); range: 10-26; average: 19.1

Missed 4 Workouts: **Margaret DK**

**6:00pm Whitecaps:** Sept 3-Dec 19<sup>th</sup> (46 workouts); range: 16-31; average: 24.1

Missed 3 Workouts: **Don W**

Missed 4 Workouts: **Deb L, Debby W, Jian-Lok C**

Missed 5 Workouts: **Nicole D**

**7:10pm Whitecaps:** Sept 3-Dec 19<sup>th</sup> (46 workouts); range: 7-20; average: 14.4

Missed 2 Workouts: **Joanie C**

Missed 3 Workouts: **Jordan M**

**8:10pm Whitecaps:** Sept 3-Dec 19<sup>th</sup> (46 workouts); range: 4-11; average: 6.8

Missed 5 Workouts: **Lynn B**

### **Time Trial and Relay Summary:**

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

This term time trials were done by 139 different swimmers: 82 women and 57 men. There were 574 completed time trials: 297 for women and 277 for men. If you notice any errors or omissions, please let me know.

Fifty-one swimmers (26 women and 25 men) improved in at least one event. Most improved overall was **Matthew Tucciarone** (8:30am Earlybirds). He improved his 400fs by 1:06.2 (16.6sec/100m). Next was **Jordan Monnink** (7:10pm Whitecaps) with a 2:27 (9.8sec/100m) improvement in 1500fs. Tied for third overall with a 7.7sec/100m improvement were the most improved woman **Rocio Aranda** (8:10pm Whitecaps) with a 30.8 sec improvement in 400fs, and the third man, **Masashi Kobayashi** (7:10pm Whitecaps), with a 1:55 in 1500fs. Tied for second woman were **Deb Low** (6pm Whitecaps) and **Erin McLean** (8:10pm Whitecaps) both improving by 6.1sec/100m. **Deb** improved her 200fs by 12.2 and **Erin** her 400fs by 24.3 sec. **Matthew** improved in no less than six different events. **Deb, Jordan, Margaret King** (7:30am Earlybirds) and **Mike Mopas** (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-six swimmers (12 women and 14 men) scored 400 plus points in at least one event. The highest score overall was by **Jian-Lok Chang** (6pm Whitecaps). He scored 625 points for 58.0 in 100fs. Second overall and top woman was **Luz Osorio** (6pm Whitecaps) with 584 points for a 1:13.0 100fl. She was followed closely by her sister, **Paola Osorio** (6pm Whitecaps) who scored 580 points for 1:07.9 in 100fs. **Hilary March** (6pm Whitecaps) was the third woman with 557 points for 31.4 in 50fs. Rounding out the top three for the men were **Tony Revitt** (8:30am Earlybirds) with 524 points for 1:02.3 in 100fs and **Masashi Kobayashi** (7:10pm Whitecaps) with 522 for a 1:02.4 100fs. **Jian** scored over 400 points in 7 different events. **Don Wells** (6pm Whitecaps) scored over 400 in 5 events, and **Hilary, Justine Schweizer** (7:10pm Whitecaps), and **Mark Blenkinsop** (8:30am Earlybirds) scored over 400 in 4 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 25 men who improved in at least one event.

Pl	Name	Group	Gender	Event	Imp	Imp/100m
1	<b>Rocio Aranda</b>	WC3	F	400fs	30.8	7.7
2	<b>Deb Low</b>	WC1	F	200fs	12.2	6.1
2	<b>Erin McLean</b>	WC3	F	400fs	24.3	6.1
4	Vanessa Woods	WC1	F	50fs	2.9	5.8
5	Kim Fever	EB1	F	100fs	5.4	5.4
6	Seema Akhtar	WC1	F	50bk	2.1	4.2
6	Erin Kelly	WC1	F	400fs	16.6	4.2
8	Nicole Le Saux	EB1	F	100fs	4.0	4.0
9	Ursula Scott	EB1	F	50bk	1.9	3.8
10	Margaret King	EB1	F	50fs	1.7	3.4
11	Sheila MacLean	WC1	F	50fl	1.6	3.2
12	Monique Potvin Kent	EB2	F	50fs	1.4	2.8
13	Ashley Kotarba	WC2	F	50fs	1.2	2.4
13	Marie-Odile Junker	EB1	F	1500fs	36.0	2.4
15	Lara Thorpe	WC2	F	400fs	6.4	1.6
15	Norine Naguib	EB1	F	1500fs	24.0	1.6

17	Paola Osorio	WC1	F	100fs	1.5	1.5
18	Lynn Brodsky	WC3	F	50bk	0.5	1.0
19	Carolyn Odecki	WC1	F	100bk	0.8	0.8
19	Jennifer Murdock	EB1	F	50br	0.4	0.8
21	Anne Trepanier	EB2	F	50fl	0.3	0.6
21	Elaine Cooper	WC3	F	50fs	0.3	0.6
21	Lucie Boudreau	EB2	F	100IM	0.6	0.6
24	Luz Osorio	WC1	F	100fl	0.3	0.3
25	Andrea Mrozek	WC1	F	50fs	0.1	0.2
25	Sandy Lawson	EB1	F	200fs	0.3	0.2
<b>1</b>	<b>Matthew Tucciarone</b>	<b>EB2</b>	<b>M</b>	<b>400fs</b>	<b>66.2</b>	<b>16.6</b>
<b>2</b>	<b>Jordan Monnink</b>	<b>WC2</b>	<b>M</b>	<b>1500fs</b>	<b>147.0</b>	<b>9.8</b>
<b>3</b>	<b>Masashi Kobayashi</b>	<b>WC2</b>	<b>M</b>	<b>1500fs</b>	<b>115.0</b>	<b>7.7</b>
4	Masahiro Oishi	EB2	M	100fs	6.6	6.6
5	Manuel Lebron	WC3	M	400fs	22.8	5.7
6	George Tzanakis	EB2	M	50fs	2.0	4.0
7	Harley Gifford	EB1	M	50bk	1.6	3.2
7	Mike Mopas	EB1	M	50br	1.6	3.2
9	Kevin Graham	EB1	M	1500fs	47.0	3.1
10	Lee Storm	WC1	M	400fs	12.1	3.0
10	Kevin Nelson	EB1	M	50fs	1.5	3.0
12	Francois Descouens	EB1	M	50fs	1.4	2.8
13	Jim Lee	EB1	M	200IM	3.6	1.8
14	Brad Shapansky	EB1	M	400fs	6.4	1.6
15	Dave Grynspan	WC1	M	100fl	1.2	1.2
15	Isaac Fierro Marquez	WC1	M	50fl	0.6	1.2
15	Jian-Lok Chang	WC1	M	100fs	1.2	1.2
15	Roy Hanes	WC2	M	50fs	0.6	1.2
19	Bill Westcott	WC1	M	100fs	1.0	1.0
19	Mike Machum	WC1	M	50fs	0.5	1.0
21	Mike Lau	WC1	M	100fs	0.6	0.6
22	Paul Denys	WC2	M	100fs	0.4	0.4
23	Mike Halasz	WC2	M	100fs	0.3	0.3
24	Amir Banihashemi	EB2	M	50fs	0.1	0.2
24	Francois Jacques	EB1	M	200fs	0.3	0.2

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

All those scoring 400 or more points are shown. This term there were 12 women and 14 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
<b>1</b>	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>100fl</b>	<b>1:13.0</b>	<b>584</b>
<b>2</b>	<b>Paola Osorio</b>	<b>WC1</b>	<b>F</b>	<b>100fs</b>	<b>1:07.9</b>	<b>580</b>
<b>3</b>	<b>Hilary March</b>	<b>WC1</b>	<b>F</b>	<b>50fs</b>	<b>31.4</b>	<b>557</b>
4	Claire Bortolotti	WC2	F	100fs	1:10.1	535
5	Erin Kelly	WC1	F	400fs	5:33.8	487
6	Julie Mouris	WC1	F	100fs	1:13.0	482
7	Justine Schweizer	WC2	F	200fs	2:39.7	478
8	Natalie Aucoin	EB2	F	50fs	35.2	413
9	Heather McBurney	EB1	F	100IM	1:27.4	411

9	Norine Naguib	EB1	F	1500fs	23:36	411
11	Andrea Mrozek	WC1	F	50fs	35.5	403
12	Deb Low	WC1	F	50fl	37.4	401
<b>1</b>	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>100fs</b>	<b>58.0</b>	<b>625</b>
<b>x</b>	<b>Sean Dawson</b>	<b>WC1</b>	<b>M</b>	<b>100IM</b>	<b>1:06.7</b>	<b>589</b>
<b>2</b>	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>100fs</b>	<b>1:02.3</b>	<b>524</b>
<b>3</b>	<b>Masashi Kobayashi</b>	<b>WC2</b>	<b>M</b>	<b>100fs</b>	<b>1:02.4</b>	<b>522</b>
4	Gi Wu	WC1	M	50fs	28.5	510
4	Sofian Ayyad	WC1	M	50fs	28.5	510
6	Mark Blenkinsop	EB2	M	100fs	1:03.7	495
7	Peter Lithgow	WC1	M	1500fs	20:47	455
8	Jordan Monnink	WC2	M	1500fs	20:55	447
9	Don Wells	WC1	M	400fs	5:13.8	446
10	Bill Westcott	WC1	M	100fs	1:06.8	436
11	Jean-Francois Jacques	EB2	M	200fs	2:28.4	435
12	Mike Machum	WC1	M	50fs	30.3	434
13	Francois Descouens	EB1	M	400fs	5:18.4	429

(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>					
<b>1</b>	<b>Vanessa Woods</b>	<b>WC1</b>	<b>F</b>	<b>2.9</b>	<b>5.8</b>
2	Deb Low	WC1	F	1.8	3.6
3	Margaret King	EB1	F	1.7	3.4
<b>1</b>	<b>Matthew Tucciarone</b>	<b>EB2</b>	<b>M</b>	<b>2.5</b>	<b>5.0</b>
2	George Tzanakis	EB2	M	2.0	4.0
3	Kevin Nelson	EB1	M	1.5	3.0
(8/9)					
<b>100fs</b>					
<b>1</b>	<b>Kim Fever</b>	<b>EB1</b>	<b>F</b>	<b>5.4</b>	<b>5.4</b>
2	Nicole Le Saux	EB1	F	4.0	4.0
3	Seema Akhtar	WC1	F	1.8	1.8
<b>1</b>	<b>Masahiro Oishi</b>	<b>EB2</b>	<b>M</b>	<b>6.6</b>	<b>6.6</b>
2	Matthew Tucciarone	EB2	M	5.0	5.0
3	Masashi Kobayashi	WC2	M	1.3	1.3
(6/9)					
<b>200fs</b>					
<b>1</b>	<b>Deb Low</b>	<b>WC1</b>	<b>F</b>	<b>12.2</b>	<b>6.1</b>
2	Erin McLean	WC3	F	5.5	2.8
3	Sandy Lawson	EB1	F	0.3	0.2
<b>1</b>	<b>Jordan Monnink</b>	<b>WC2</b>	<b>M</b>	<b>16.6</b>	<b>8.3</b>
2	Matthew Tucciarone	EB2	M	6.0	3.0
3	Lee Storm	WC1	M	4.5	2.3
(3/4)					

<b>400fs</b>					
1	<b>Rocio Aranda</b>	<b>WC3</b>	<b>F</b>	<b>30.8</b>	<b>7.7</b>
2	Erin McLean	WC3	F	24.3	6.1
3	Erin Kelly	WC1	F	16.6	4.2
1	<b>Matthew Tucciarone</b>	<b>EB2</b>	<b>M</b>	<b>66.2</b>	<b>16.6</b>
2	Jordan Monnink	WC2	M	35.7	8.9
3	Manuel Lebron	WC3	M	22.8	5.7
(7/8)					
<b>1500fs</b>					
1	<b>Deb Low</b>	<b>WC1</b>	<b>F</b>	<b>56.0</b>	<b>3.7</b>
2	Kim Fever	EB1	F	44.0	2.9
3	Marie-Odile Junker	EB1	F	36.0	2.4
1	<b>Jordan Monnink</b>	<b>WC2</b>	<b>M</b>	<b>147.0</b>	<b>9.8</b>
2	Masashi Kobayashi	WC2	M	115.0	7.7
3	Kevin Graham	EB1	M	47.0	3.1
(6/4)					
<b>50bk</b>					
1	<b>Seema Akhtar</b>	<b>WC1</b>	<b>F</b>	<b>2.1</b>	<b>4.2</b>
2	Ursula Scott	EB1	F	1.9	3.8
3	Lynn Brodsky	WC3	F	0.5	1.0
1	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>1.6</b>	<b>3.2</b>
2	Matthew Tucciarone	EB2	M	0.3	0.6
(3/2)					
<b>100bk</b>					
1	<b>Carolyn Odecki</b>	<b>WC1</b>	<b>F</b>	<b>0.8</b>	<b>0.8</b>
(1/0)					
<b>50br</b>					
1	<b>Vanessa Woods</b>	<b>WC1</b>	<b>F</b>	<b>2.0</b>	<b>4.0</b>
2	Jennifer Murdock	EB1	F	0.4	0.8
1	<b>Mike Mopas</b>	<b>EB1</b>	<b>M</b>	<b>1.6</b>	<b>3.2</b>
(2/1)					
<b>50f1</b>					
1	<b>Sheila MacLean</b>	<b>WC1</b>	<b>F</b>	<b>1.6</b>	<b>3.2</b>
2	Deb Low	WC1	F	0.9	1.8
3	Anne Trepanier	EB2	F	0.3	0.6
1	<b>Isaac Fierro Marquez</b>	<b>WC1</b>	<b>M</b>	<b>0.6</b>	<b>1.2</b>
(3/1)					
<b>100f1</b>					
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>0.3</b>	<b>0.3</b>
1	<b>Dave Grynspan</b>	<b>WC1</b>	<b>M</b>	<b>1.2</b>	<b>1.2</b>
(1/1)					
<b>100IM</b>					
1	<b>Lucie Boudreau</b>	<b>EB2</b>	<b>F</b>	<b>0.6</b>	<b>0.6</b>
1	<b>Kevin Graham</b>	<b>EB1</b>	<b>M</b>	<b>1.3</b>	<b>1.3</b>
(1/1)					
<b>200IM</b>					
1	<b>Ursula Scott</b>	<b>EB1</b>	<b>F</b>	<b>1.8</b>	<b>0.9</b>
1	<b>Jim Lee</b>	<b>EB1</b>	<b>M</b>	<b>3.6</b>	<b>1.8</b>



2	Masashi Kobayashi	WC2	M	0.7	0.4
(1/2)					
<b>400IM</b>					
1	Margaret King	EB1	F	1.6	0.4
(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. (The 800m is intended only for those who cannot complete 1500m in under 34:00.)

	Name	Group	Gender	Time
<b>25fs</b>				
1	Margaret Dibben King	EB2	F	53.7
(1/0)				
<b>50fs</b>				
1	Hilary March	WC1	F	31.4
2	Natalie Aucoin	EB2	F	35.2
3	Andrea Mrozek	WC1	F	35.5
4	Justine Schweizer	WC2	F	35.6
1	Jian-Lok Chang	WC1	M	27.0
x	Sean Dawson	WC1	M	27.1
2	Gi Wu	WC1	M	28.5
2	Sofian Ayyad	WC1	M	28.5
(71/70)				
<b>100fs</b>				
1	Paola Osorio	WC1	F	1:07.9
2	Claire Bortolotti	WC2	F	1:10.1
3	Julie Mouris	WC1	F	1:13.0
1	Jian-Lok Chang	WC1	M	58.0
2	Tony Revitt	EB2	M	1:02.3
3	Masashi Kobayashi	WC2	M	1:02.4
(23/28)				
<b>200fs</b>				
1	Justine Schweizer	WC2	F	2:39.7
2	Hilary March	WC1	F	2:41.2
3	Sandy Lawson	EB1	F	2:52.8
1	Jian-Lok Chang	WC1	M	2:11.3
2	Mark Blenkinsop	EB2	M	2:24.7
3	Jean-Francois Jacques	EB2	M	2:28.4
(29/27)				
<b>400fs</b>				
1	Hilary March	WC1	F	5:29.0
2	Erin Kelly	WC1	F	5:33.8
3	Justine Schweizer	WC2	F	5:41.9
1	Jian-Lok Chang	WC1	M	4:37.0
2	Don Wells	WC1	M	5:13.8
3	Francois Descouens	EB1	M	5:18.4

(36/33)				
<b>800fs</b>				
1	<b>Andrea Chandler</b>	<b>WC1</b>	<b>F</b>	<b>20:23</b>
2	Mindy Finkelstein	WC2	F	21:00
3	Mary Lou Davies	EB2	F	21:30
1	<b>Jamie Chalmers</b>	<b>WC2</b>	<b>M</b>	<b>17:58</b>
(4/3)				
<b>1500fs</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>21:49</b>
2	Paola Osorio	WC1	F	21:52
3	Justine Schweizer	WC2	F	22:19
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>18:46</b>
2	Peter Lithgow	WC1	M	20:47
3	Jordan Monnink	WC2	M	20:55
(37/28)				
<b>25bk</b>				
1	<b>Margaret Dibben King</b>	<b>EB2</b>	<b>F</b>	<b>50.6</b>
(1/0)				
<b>50bk</b>				
x	<b>Mikayla Jensen</b>	<b>EB1</b>	<b>F</b>	<b>43.8</b>
1	<b>Yagmur Babaoglu</b>	<b>EB2</b>	<b>F</b>	<b>44.1</b>
2	Titia Kaandorp	WC1	F	44.8
3	Nicole Delisle	WC1	F	45.9
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>31.5</b>
2	Tony Revitt	EB2	M	34.9
3	Don Wells	WC1	M	36.7
(23/18)				
<b>100bk</b>				
1	<b>Carolyn Odecki</b>	<b>WC1</b>	<b>F</b>	<b>1:37.3</b>
2	Madelayne De Grace	EB1	F	1:39.2
3	Natalie Aucoin	EB2	F	1:39.7
(6/0)				
<b>200bk</b>				
1	<b>Carolyn Odecki</b>	<b>WC1</b>	<b>F</b>	<b>3:22.9</b>
2	Cori Dinovitzer	WC3	F	4:17.4
3	Margaret Dibben King	EB2	F	8:42.4
1	<b>Don Wells</b>	<b>WC1</b>	<b>M</b>	<b>2:41.9</b>
2	Harley Gifford	EB1	M	3:11.5
3	Jamie Chalmers	WC2	M	4:08.3
(3/3)				
<b>50br</b>				
1	<b>Margaret King</b>	<b>EB1</b>	<b>F</b>	<b>47.9</b>
2	Heather Guthrie	WC1	F	50.6
2	Lara Thorpe	WC2	F	50.6
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>37.0</b>
2	Francois Descouens	EB1	M	39.0
3	Gi Wu	WC1	M	39.8

<b>100br</b>				
1	<b>Elizabeth Parsons</b>	<b>WC2</b>	<b>F</b>	<b>1:47.5</b>
2	Lisa Meyer	EB2	F	1:52.1
3	Siobhan McManus	WC1	F	2:09.2
1	<b>Peter Lithgow</b>	<b>WC1</b>	<b>M</b>	<b>1:30.3</b>
2	Larry Durr	EB1	M	1:49.2
(3/2)				
<b>200br</b>				
1	<b>Karen Jensen</b>	<b>EB1</b>	<b>F</b>	<b>3:55.1</b>
1	<b>Robert Fabes</b>	<b>EB1</b>	<b>M</b>	<b>3:29.2</b>
2	Amir Banihashemi	EB2	M	3:34.4
3	Brad O'Connell	WC1	M	3:38.7
(1/4)				
<b>50f1</b>				
1	<b>Hilary March</b>	<b>WC1</b>	<b>F</b>	<b>34.5</b>
2	Deb Low	WC1	F	37.4
3	Justine Schweizer	WC2	F	37.5
3	Natalie Aucoin	EB2	F	37.5
x	<b>Sean Dawson</b>	<b>WC1</b>	<b>M</b>	<b>29.9</b>
1	<b>Mark Blenkinsop</b>	<b>EB2</b>	<b>M</b>	<b>32.1</b>
2	Jordan Monnink	WC2	M	36.1
3	Gi Wu	WC1	M	36.2
4	Mike Machum	WC1	M	36.4
(18/24)				
<b>100f1</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>1:13.0</b>
2	Deb Low	WC1	F	1:30.4
1	<b>Dave Grynspan</b>	<b>WC1</b>	<b>M</b>	<b>1:31.0</b>
2	Jim Lee	EB1	M	2:00.4
(2/2)				
<b>200f1</b>				
1	<b>Madelayne De Grace</b>	<b>EB1</b>	<b>F</b>	<b>3:33.5</b>
<b>100IM</b>				
1	<b>Heather McBurney</b>	<b>EB1</b>	<b>F</b>	<b>1:27.4</b>
2	Lina Vincent	WC1	F	1:39.6
3	Anne Trepanier	EB2	F	1:44.8
x	<b>Sean Dawson</b>	<b>WC1</b>	<b>M</b>	<b>1:06.7</b>
1	<b>Scott Willard</b>	<b>EB2</b>	<b>M</b>	<b>1:17.4</b>
2	Robert Fabes	EB1	M	1:31.0
3	Kevin Graham	EB1	M	1:34.3
(8/5)				
<b>200IM</b>				
1	<b>Julie Mouris</b>	<b>WC1</b>	<b>F</b>	<b>3:04.0</b>
2	Heather McBurney	EB1	F	3:16.1
3	Margaret King	EB1	F	3:32.0
1	<b>Masashi Kobayashi</b>	<b>WC2</b>	<b>M</b>	<b>2:42.4</b>
2	Scott Willard	EB1	M	2:55.6

3	Chris Kent	EB2	M	3:24.4
(7/5)				
<b>400IM</b>				
<b>1</b>	<b>Deb Low</b>	<b>WC1</b>	<b>F</b>	<b>6:59.5</b>
2	Natalie Aucoin	EB2	F	7:09.3
3	Shauna Ironside	EB2	F	7:19.8
<b>1</b>	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>5:44.6</b>
2	Mark Blenkinsop	EB1	M	6:19.9
3	Jim Lee	EB2	M	8:18.8
(5/3)				

## Fun Relays (Thu/Fri December 19/20<sup>th</sup>)

### Free Relay

#### 6pm Whitecaps

- 2:15.6: Team 1: Seema Akhtar, Gi Wu, Isaac Fierro Marquez, Mike Machum
- 2:17.9: Team 3: Don Wells, Francois Parent, Hilary March, Debby Whately
- 2:20.4: Team 4: Nicole Delisle, Peter Lithgow, Lee Storm, Andrea Mrozek
- 2:21.0: Team 2: Carolyn Odecki, Jian-Lok Chang, Deb Low, Dave Grynspan

#### 7:30am Earlybirds

- 2:32.2: Team 3: Margaret King, Bruce Brown, Tony Michel, Margaret King
- 2:34.5: Team 1: Mikayla Jensen, Robert Fabes, Jim Lee, Ursula Scott
- 2:41.9: Team 4: Kevin Graham, Susan Nevitt-Yelle, Ian Lorimer, Kevin Graham
- 2:58.2: Team 2: Larry Durr, Karen Jensen, Harley Gifford, Kim Fever

#### 8:30am Earlybirds

- 2:34.6: Team 2: Masahiro Oishi, Shauna Ironside, Robin Henderson, Masahiro Oishi
- 2:43.9: Team 4: Renee Robert, Mike Kujawski, Lucie Boudreau, Mark Blenkinsop
- 2:45.3: Team 1: Margaret Dibben King (25m), Lisa Meyer, Jordan Monnink, Amir Banihashemi
- 3:02.5: Team 3: Tony Revitt, Monique Potvin Kent, Anne Trepanier, Penny Estabrooks

### Overall

- 2:15.6: 6pm Team 1: Seema Akhtar, Gi Wu, Isaac Fierro Marquez, Mike Machum
- 2:17.9: 6pm Team 3: Don Wells, Francois Parent, Hilary March, Debby Whately
- 2:20.4: 6pm Team 4: Nicole Delisle, Peter Lithgow, Lee Storm, Andrea Mrozek
- 2:21.0: 6pm Team 2: Carolyn Odecki, Jian-Lok Chang, Deb Low, Dave Grynspan
- 2:32.2: 7:30am Team 3: Margaret King, Bruce Brown, Tony Michel, Margaret King
- 2:34.5: 7:30am Team 1: Mikayla Jensen, Robert Fabes, Jim Lee, Ursula Scott
- 2:34.6: 8:30am Team 2: Masahiro Oishi, Shauna Ironside, Robin Henderson, Masahiro Oishi
- 2:41.9: 7:30am Team 4: Kevin Graham, Susan Nevitt-Yelle, Ian Lorimer, Kevin Graham
- 2:43.9: 8:30am Team 4: Renee Robert, Mike Kujawski, Lucie Boudreau, Mark Blenkinsop
- 2:45.3: 8:30am Team 1: Margaret Dibben King (25m), Lisa Meyer, Jordan Monnink, Amir Banihashemi
- 2:58.2: 7:30am Team 2: Larry Durr, Karen Jensen, Harley Gifford, Kim Fever
- 3:02.5: 8:30am Team 3: Tony Revitt, Monique Potvin Kent, Anne Trepanier, Penny Estabrooks

### Medley Relay

#### 6pm Whitecaps

- 2:35.4: Team 3: Don Wells, Francois Parent, Hilary March, Debby Whately
- 2:35.4: Team 1: Seema Akhtar, Gi Wu, Isaac Fierro Marquez, Mike Machum
- 2:42.2: Team 2: Carolyn Odecki, Jian-Lok Chang, Deb Low, Dave Grynspan
- 2:47.9: Team 4: Nicole Delisle, Peter Lithgow, Lee Storm, Andrea Mrozek

#### 7:30am Earlybirds

1. 3:05.6: Team 3: Bruce Brown, Margaret King, Tony Michel, Bruce Brown
2. 3:06.3: Team 1: Mikayla Jensen, Robert Fabes, Jim Lee, Ursula Scott
3. 3:07.7: Team 4: Susan Nevitt-Yelle, Kevin Graham, Ian Lorimer, Susan Nevitt-Yelle
4. 3:09.9: Team 2: Larry Durr, Karen Jensen, Harley Gifford, Kim Fever

#### 8:30am Earlybirds

1. 2:57.5: Team 1: Margaret Dibben King (25m), Lisa Meyer, Jordan Monnink, Amir Banihashemi
2. 3:04.7: Team 4: Renee Robert, Mike Kujawski, Lucie Boudreau (fs), Mark Blenkinsop (fl)
3. 3:08.5: Team 2: Shauna Ironside, Masahiro Oishi, Robin Henderson, Shauna Ironside
4. 3:20.4: Team 3: Tony Revitt, Monique Potvin Kent, Anne Trepanier, Penny Estabrooks

#### Overall

1. 2:35.4: 6pm Team 3: Don Wells, Francois Parent, Hilary March, Debby Whately
1. 2:35.4: 6pm Team 1: Seema Akhtar, Gi Wu, Isaac Fierro Marquez, Mike Machum
3. 2:42.2: 6pm Team 2: Carolyn Odecki, Jian-Lok Chang, Deb Low, Dave Grynspon
4. 2:47.9: 6pm Team 4: Nicole Delisle, Peter Lithgow, Lee Storm, Andrea Mrozek
5. 2:57.5: 8:30am Team 1: Margaret Dibben King (25m), Lisa Meyer, Jordan Monnink, Amir Banihashemi
6. 3:04.7: 8:30am Team 4: Renee Robert, Mike Kujawski, Lucie Boudreau (fs), Mark Blenkinsop (fl)
7. 3:05.6: 7:30am Team 3: Bruce Brown, Margaret King, Tony Michel, Bruce Brown
8. 3:06.3: 7:30am Team 1: Mikayla Jensen, Robert Fabes, Jim Lee, Ursula Scott
9. 3:07.7: 7:30am Team 4: Susan Nevitt-Yelle, Kevin Graham, Ian Lorimer, Susan Nevitt-Yelle
10. 3:08.5: 8:30am Team 2: Shauna Ironside, Masahiro Oishi, Robin Henderson, Shauna Ironside
11. 3:09.9: 7:30am Team 2: Larry Durr, Karen Jensen, Harley Gifford, Kim Fever
12. 3:20.4: 8:30am Team 3: Tony Revitt, Monique Potvin Kent, Anne Trepanier, Penny Estabrooks

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2013-2014 is now open. Note that you must register with MSO before the **due date** of the entry for your first competition. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions (e.g. the Masters World Championships in Montreal next summer). The cost has gone up slightly: **\$38**. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**).

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 2013-2014. Links will be added to further information when available. 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.**

Wed Jan 1<sup>st</sup> Sears Great Canadian Chill, Britannia Beach, Kids Cancer Fundraiser (open to all)

<http://ottawa.thesearsgreatcanadianchill.ca/>

Sun Jan 19<sup>th</sup> Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bears-39th-annual-scy-meet/>

Sat Jan 25<sup>th</sup> Pointe Claire LC Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=15673>

Sun Jan 26<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-3/> and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>

Sat-Sun Feb 8-9<sup>th</sup> Quebec City LC Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=15578>

Sun Feb 9<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2014/>

Fri-Sun Feb 14-16<sup>th</sup> La Salle LC Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15601>

Sat Feb 15<sup>th</sup> Nepean LC Masters Meet

Sat Mar 1<sup>st</sup> Cote St-Luc, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15142>  
Sun Mar 2<sup>nd</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-4/>  
and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>  
Note that Etobicoke's Annual 1500m Heart Swim, usually held in March, is cancelled for 2014 due to pool renovations.  
Sat Mar 15<sup>th</sup> Dollard-des-Ormeaux, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15251>  
Fri-Sun Mar 28-30<sup>th</sup> Ontario Provincials, Windsor <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championships-2014/>  
Sat Apr 5<sup>th</sup> All Out Swim LC, Toronto  
Fri-Sun Apr 11-13<sup>th</sup> Quebec Provincials, Ste- Foy <https://registration.swimming.ca/MeetInfo.aspx?meetid=14653>  
Sun May 4<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-3rd-annual-swim-meet/>  
Fri-Mon May 16-19<sup>th</sup> Nationals, Windsor <http://cmsc2014.ca/>  
Sat Jun 7<sup>th</sup> Longueuil LC, Montreal (TBC)  
Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 2014 FINA World Aquatic Championships, LC Parc Jean-Drapeau (outdoors) and other pools, Montreal <http://finamasters2014.org/home/> (under construction); Time Standards: [http://www.fina.org/H2O/index.php?option=com\\_content&view=article&id=2229&Itemid=1082](http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082)

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

### **Sat Dec 7<sup>th</sup> Montreal Nord Masters Meet**

Apologies to **Jamie Chalmers** (7:10pm Whitecaps) for missing his second club record at this meet. In addition to setting a record for the 70-74 1500fs, he also set a club record for his 800fs split (18:20.66)! The updated club records can be found at: <http://carletonmasters.tripod.com/131207.Records.pdf>.

### **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 **Dec 2<sup>nd</sup>**).

### **Ask the Coach**

**Dear Coach:** How long may I stay underwater after I push off the wall? Good Push-offs

Dear G. Push-offs: In butterfly, backstroke, and freestyle, you must break the surface before you pass the 15m mark. (At Carleton, that's the second black ring on the lane rope.) In breaststroke there is no distance limit, but due to the restriction in what you may do under water (see next question), it would be very difficult to get much further than 15m.

**Dear Coach:** What are the rules for the breaststroke pull out? Improving My Breaststroke

Dear I.M. Breaststroke: In breaststroke you must push off on your stomach. You may take one underwater stroke, where your hands push (simultaneously) down past your hips. During that movement (like a fly pull), you are permitted one fly kick. The kick must be done as you move your arms backwards (not before or after). Ideally it should happen where your second kick would occur in fly. After that you are permitted one breaststroke kick as you move your arms back forward (under the water). Your head must then break the surface before your arms reach the widest point of the first arm pull. You may glide as much as you like before and after the underwater pull, but no other kicks or arm pulls are permitted.

### **Private and Semi-Private Masters Swim Lessons**

Mon 9:40-10:40am Jan 20; Feb 3, 10; Mar 3, 17, 31  
Fri 9:40-10:40am Jan 10, 31; Mar 7, 21; Apr 11

#### **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

### Winter Masters Swimming Programs, Barcodes and Prices

You can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. The main change for this year are that the 8:10pm group is now three times per week (rather than two). Note that, as usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site:

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

#### Winter 2014: Tue Jan 2<sup>nd</sup> to Fri Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6663; cost: \$126+HST (full: waitlist available)

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: Lynn; barcode 6664; cost: \$126+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: M: Alex; Tu: Lynn; Th: Lynn/Alex; barcode 6667; cost \$142+HST (full: waitlist available)

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6669; cost: \$126+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6671; cost: \$126+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 6665; cost: \$46+HST

### Carleton Pool Public Swim Schedule: Dec 20<sup>th</sup> to Jan 5<sup>th</sup>

Those planning to swim during public swims over the next 3 weeks should check the following carefully!

#### Fri Dec 20<sup>th</sup>: Regular schedule with the following exceptions:

Fri Dec 20: 11:30 am-2:30 pm - Holiday Swim (whole pool)

Fri Dec 20: 4:30-6:30 pm - Public swim (whole pool)

Fri Dec 20: 8:10-9:25 pm - CANCELLED

#### Sat Dec 21<sup>st</sup> to Sun Jan 5<sup>th</sup>: Holiday schedule: Only the following swims are available:

Sat Dec 21: 1:30-4:30 pm - Holiday Swim (whole pool)

Sun Dec 22: 11:45am-1:15 pm - Women's Only Swim (whole pool)

Sun Dec 22: 1:30-4:30 pm - Holiday Swim (whole pool)

Mon Dec 23: 1:30-4:30 pm - Holiday Swim (whole pool)

Mon Dec 23: 4:30-6:00 pm - Public Swim (whole pool)

Tues-Weds-Thurs, Dec 24-25-26: POOL CLOSED

Fri-Sat Dec 27-28: 1:30-4:30 pm - Holiday Swim (whole pool)

Sun Dec 29: 11:45am-1:15 pm - Women's Only Swim (whole pool)

Sun Dec 29: 1:30-4:30 pm - Holiday Swim (whole pool)

Mon Dec 30: 12:30-3:30 pm - Holiday Swim (whole pool)

Tues-Weds, Dec 31 & Jan 1, 2014: POOL CLOSED

Thurs-Fri Jan 2 & 3: 12:30-3:30 pm - Holiday Swim (whole pool)

Sat Jan 4: 1:30-4:30 pm - Holiday Swim (whole pool)

Sun Jan 5: 11:45am-1:15 pm - Women's Only Swim (whole pool)

Sun Jan 5: 1:30-4:30 pm - Holiday Swim (whole pool)

#### Mon Jan 6<sup>th</sup>: Regular schedule resumes

### Carleton Fitness Centre Holiday Schedule

Regular schedule ends on Mon Dec 23<sup>rd</sup>

Tue Dec 24: 8am-4pm

Closed Dec 25-26

Fri Dec 27: 8am-7:30pm

Sat, Sun Dec 28, 29: 9am-7pm

Mon Dec 30: 8am-7:30pm

Closed Dec 31, Jan 1

Regular schedule resumes Thu Jan 2<sup>nd</sup>

**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 ([lynmarshall@sympatico.ca](mailto:lynmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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