

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** April-14-14 12:39 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 #361

## Carleton Masters Swimming Newsletter #361

Monday, April 14<sup>th</sup>, 2014

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

**Bcc:** Those Registered for Fall 2013, Winter 2014, and Alumni: 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (33 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (34 addresses).

"The strong will take the weak, but the smart will take the strong."

### Masters Program Notes and Cancellations

- The Winter session has ended and the pool is now closed for annual maintenance.
- The Spring Masters session starts **Mon May 5<sup>th</sup>**.
  - Registration is underway for both Spring and Summer. Details near the end of the newsletter.
  - There is still space in all groups. For both Spring and Summer the 7:30am and 6pm groups each have about 15 spots left, so don't wait too long!
- If you are a Carleton student and will **\*not\*** be taking any courses this Spring/Summer, you can purchase a Spring/Summer membership at a reduced price before **May 1<sup>st</sup>**. Details here: <http://athletics.carleton.ca/memberships/>.

### Places to Swim During Shutdown and Pool Schedule Links

Here is some information on places to swim during the Carleton pool shutdown. (See also the "Ask the Coach" section for my recommendations.)

- **Ottawa Public Swimming Pool List and Schedules:** <http://ottawa.ca/en/residents/parks-and-recreation/drop-activities/public-swimming-schedules>

- **uOttawa Pool Schedule:** [http://www.geegees.ca/sites/default/files/pool\\_brochure.pdf](http://www.geegees.ca/sites/default/files/pool_brochure.pdf)

- Also, for those of you who have recently attended **Technosport Swim Meets**, Coach **Duane Jones** is offering an opportunity to join some **Technosport** workouts during shutdown. He asks that you make a donation to their clock fund: <http://www.technosport.ca/technosport-supports/>. Their workout schedule is here: <http://www.technosport.ca/PDF/2013-14-TECHNOSPORLONG-VERSION-Integrated-Training-Schedule.pdf>. Note that Technosport workouts usually have about 7 swimmers per lane and the workouts focus mostly on freestyle. Update: Duane notes that the 7:30am and 6pm workouts are the least busy.

### Swimmer Notes

#### Swimmer Updates:

- After workout on **Wed Apr 9<sup>th</sup>**, **Christian Cattan** (7:30am Earlybirds) visited **Dave Caldwell** (7:30am Earlybirds) and gave him the card chosen by **Nicole Le Saux** (7:30am Earlybirds) and signed by the group. **Christian** reports that **Dave** is recovering well from his triple-bypass surgery and is now walking about an hour a day. **Dave** sends a big thank you to everyone for the support and kind words and hopes to be back in the pool for the summer session.

- **Dave Bourdon** (7:30am Earlybirds) explains why he could be this term's "Worst Attendance" prize winner, if there was one!:

"Last August, Laura and I moved to a lovely 3 acre property between Osgoode and Kemptville. I proposed to her the day we got the keys and took possession of our house. Our wedding will be on **July 5** at The Strathmere Lodge. Things have been busy with wedding planning, a longer commute into work, and lots of new chores to do!"  
Congratulations to **Dave** and **Laura**! **Dave** promises to be back in the pool in May.

- I came across this Engineering publication the other day. It features **Malika Shaath** (7:30am Earlybirds) on page 17: [http://www.sce.carleton.ca/dept/dept-files/engineering\\_viewbook\\_2008-2.pdf](http://www.sce.carleton.ca/dept/dept-files/engineering_viewbook_2008-2.pdf).

- Here's a link to the [April Masters Swimming Canada newsletter](#).

- On Earth Day, **Tue Apr 22<sup>nd</sup>**, the Carleton community will be cleaning up the campus. Those who participate by covering a 30min shift between 11:30am and 1:30pm get a free lunch and a chance to win prizes. Details are here: <http://carleton.ca/healthy-workplace/cu-events/clean-campus-earth-day/>.

- For those looking for something else to pass the time during the pool shutdown, here's an idea. On **Thu Apr 24th 5:30-7:00pm** at Irene's Pub, **Andrea Chandler** (6pm Whitecaps) will be talking about her book titled: *Democracy, Gender, and Social Policy in Russia: A Wayward Society*. More details here: <http://carleton.ca/fpa/lecture-series/author-meets-readers>.

- 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:

- South African Duo Complete Epic Swim: <http://www.zwemza.com/?p=11901>
- **Sheila Kealey's** Weekly Food Article Summary: <http://www.sheilakealey.com/2014/04/11/week-food-health-fitness-3/>
- 95 Years Old and Still Competing: <http://www.mastersathlete.com.au/2014/03/95-years-old-and-still-at-it-an-inspiring-athlete-elder/>
- 10 Spring Conditioning Steps: <http://sportsmedicine.about.com/cs/conditioning/a/032204a.htm>
- Sleep and Recovery for Sports Performance: <http://www.mastersathlete.com.au/2014/03/sleep-recovery-and-sports-performance/>
- Race Day Tricks of the Trade: <http://www.mastersathlete.com.au/2014/03/race-day-tricks-of-the-trade-from-sport-science/>
- Watermelon Juice Reduces Muscle Soreness: <http://www.mastersathlete.com.au/2014/03/watermelon-juice-reduces-muscle-soreness-2/>

**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. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$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 (see web site)

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> / Thu Feb 13<sup>th</sup>: 400fs or IM

Tue Feb 25<sup>th</sup> / Wed Feb 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>.

Well done by everyone who participated in the **relays** on **Thu Apr 10<sup>th</sup> / Fri Apr 11<sup>th</sup>**. Details on the placings can be found below. Here is a list of those who improved. The biggest improvement was by **Malika Shaath** (7:30am Earlybirds). She improved her 50fs by another 0.7 seconds, bringing her total improvement for the term in that event to 2.5 seconds. **Brad O'Connell** (6pm Whitecaps) improved his 50fs by 2.3 seconds. Both **Malika** and **Zoe Panchen** (7:30am Earlybirds) improved in both their 50s! A list of all the improvements follows:

### 50fs (7)

Malika Shaath	+0.7 -> 2.5	EB1
Brad O'Connell	2.3	WC1
Zoe Panchen	+0.6 -> 1.6	EB1
Seema Akhtar	1.5	WC1
Jeremy Cotton	1.2	EB1
Jerome Cyr	1.1	EB2
Luz Osorio	+0.4 -> 0.6	WC1
Matthew Tucciarone	0.2	WC1

### 50bk (1)

Zoe Panchen	1.3	EB1
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### 50br (1)

Malika Shaath	+0.8 -> 1.0	EB1
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### 50fl (2)

Jennifer Murdock	1.7	EB1
Isaac Fierro Marquez	+0.2 -> 1.2	WC1

## Winter Session Summary

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

Thanks to the 8:30am Earlybirds for the wonderful card, designed by **Penny Estabrooks**, and the beautiful engraved bell. What a great idea from **Mark Blenkinsop**! Thanks also to **Margaret Dibben King** for the Double Decker chocolate bars from England, and to **Robert Fabes** (7:30am Earlybirds) for the banana bread.

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

### Weekday Attendance:

Congratulations to **Jordan** and **Zoe** on their perfect attendance!

**6pm Whitecaps** (Jan 2-Apr 10<sup>th</sup>; 42 workouts): range: 17-33; average: 23.9

Missed 3 Workouts: **Deb Low, Marg Eades**

Missed 4 Workouts: **Dave Grynspan**

**7:10pm Whitecaps** (Jan 2-Apr 10<sup>th</sup>; 42 workouts): range: 4-20; average: 14.5

Perfect Attendance: **Jordan Monnink**

Missed 4 Workouts: **Joanie Conrad**

**8:10pm Whitecaps** (Jan 2-Apr 10<sup>th</sup>; 42 workouts): range: 3-11; average: 6.7

Missed 7 Workouts: **Lynn Brodsky**

**7:30am Earlybirds** (Jan 3-Apr 11<sup>th</sup>; 42 workouts): range: 16-29; average: 22.6

Perfect Attendance: **Zoe Panchen**

Missed 2 Workouts: **Chris Macknie**

Missed 3 Workouts: **Christian Cattan**

Missed 4 Workouts: **Bruce Brown**

**8:30am Earlybirds** (Jan 3-Apr 11<sup>th</sup>; 42 workouts): range: 8-22; average: 16.1

Missed 3 Workouts: **Mark Blenkinsop**

Missed 4 Workouts: **Masahiro Oishi, Penny Estabrooks**

### 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 134 different swimmers: 80 women and 54 men. There were 570 completed time trials: 297 for women and 273 for men. If you notice any errors or omissions, please let me know.

Forty-seven swimmers (23 women and 24 men) improved in at least one event. Most improved overall was **Mary Lou Davies** (8:30am Earlybirds). She improved her 200fs by 28.4 (14.2ec/100m). Next, and most improved man, was **Kevin Graham** (7:30am Earlybirds) with a 9.5 second improvement in 100fs. Tied for third overall with a 7.5sec/100m improvement were the second most improved woman and man: **Monique Potvin Kent** (8:30am Earlybirds) with a 14.9 sec improvement in 200br, and **Matthew Tucciarone** (6pm Whitecaps) with a 1:53 improvement in 1500fs. Third place for the men was **Andrew Dechamplain** (8:10pm Whitecaps) with a 28 second (7.0sec/100m) improvement in 400fs, and the third woman was **Deb Low** (6pm Whitecaps) with a 1:43 improvement (6.9sec/100m) improvement in 1500fs. **Zoe Panchen** (7:30am Earlybirds) improved in no fewer than six different events! **Deb Low, Luz Osorio** (6pm Whitecaps), and **Masahiro Oishi** (8:30am Earlybirds) each improved in four.

The International Point Scores (link to web page below) are used to determine the best swims. Twenty-one swimmers (8 women and 13 men) scored 400 plus points in at least one event.

**Kevin Kennedy** (7:30am Earlybirds) had the top score with 634 points for swimming 26.1 in 50fs. **Luz Osorio** (6pm Whitecaps) was second overall and the top woman with 608 points for 30.3 in 50fs. She was followed closely by the second woman, **Lindsay Buckingham** (7:10pm Whitecaps) with 599 for 30.5 in 50fs. **Jian-Lok Chang** (6pm Whitecaps) was the second man with 595 points for 4:40.5 in 400fs. He was followed by **Sean Dawson** who scored 556 for a 1:08.3 100IM and **Tony Revitt** (8:30am Earlybirds) who earned 545 for 2:16.2 in 200fs. Rounding out the top 3 for the women was **Paola Osorio** (6pm Whitecaps) with 543 for 5:22.0 in 400fs. **Tony** scored over 400 points in seven different events. **Mark Blenkinsop** (8:30am Earlybirds) scored 400+ in six events, **Luz** and **Paola** each scored over 400 in five 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 23 women and 24 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Mary Lou Davies	EB2	F	200fs	28.4	14.2
2	Monique Potvin Kent	EB2	F	200br	14.9	7.5
3	Deb Low	WC1	F	1500fs	103.0	6.9
4	Rocio Aranda	WC3	F	200fs	11.7	5.9
5	Malika Shaath	EB1	F	50fs	2.5	5.0
6	Sandy Lawson	EB1	F	200bk	9.7	4.9
7	Heather McBurney	EB1	F	400IM	19.3	4.8
7	Robin Henderson	EB1	F	50fl	2.4	4.8
9	Zoe Panchen	EB1	F	400fs	14.0	3.5
10	Jennifer Murdock	EB1	F	50fl	1.7	3.4
11	Seema Akhtar	WC1	F	50fs	1.5	3.0
12	Lena Williams	WC2	F	400fs	10.1	2.5
12	Mindy Finkenstein	WC2	F	400fs	9.8	2.5
14	Luz Osorio	WC1	F	400IM	9.3	2.3
14	Carolyn Odecki	WC1	F	100bk	2.3	2.3
16	Kim Fever	EB1	F	200fs	4.4	2.2
17	Sylvia Williams	WC2	F	800fs	17.0	2.1
18	Andrea Mrozek	WC1	F	50fl	1.0	2.0
19	Natalie Aucoin	EB2	F	50fl	0.9	1.8
19	Anne Trepanier	EB2	F	200IM	3.5	1.8
21	Margaret King	EB1	F	100IM	1.3	1.3
22	Nicole Delisle	WC1	F	200fs	1.4	0.7
23	Paola Osorio	WC1	F	200IM	0.8	0.4
1	Kevin Graham	EB1	M	100fs	9.5	9.5
2	Matthew Tucciarone	WC1	M	1500fs	113.0	7.5
3	Andrew Dechamplain	WC3	M	400fs	28.0	7.0
4	Roy Hanes	WC2	M	400fs	24.1	6.0
5	Jim Lee	EB1	M	100fl	5.5	5.5
6	Mike Kujawski	EB1	M	1500fs	78.0	5.2
7	Masahiro Oishi	EB2	M	200fs	9.7	4.9

8	Andrew Giallonardo	WC2	M	1500fs	72.0	4.8
9	Brad O'Connell	WC1	M	50fs	2.3	4.6
10	Jordan Monnink	WC2	M	1500fs	68.0	4.5
11	Dave Grynspan	WC1	M	100IM	4.0	4.0
12	Isaac Fierro Marquez	WC1	M	50fl	1.2	2.4
12	Jeremy Cotton	EB1	M	50fs	1.2	2.4
14	Jerome Cyr	EB2	M	50fs	1.1	2.2
15	Scott Willard	EB1	M	400fs	8.3	2.1
16	Robert Fabes	EB1	M	200bk	2.3	1.2
17	Christian Cattan	EB1	M	50fs	0.5	1.0
18	Tony Michel	EB1	M	100IM	0.9	0.9
19	Mike Mopas	EB1	M	100fs	0.7	0.7
20	Cam Dawson	WC1	M	100IM	0.5	0.5
21	Amir Banihashemi	EB2	M	50fs	0.2	0.4
21	Francois Jacques	EB1	M	200fs	0.8	0.4
21	Tony Revitt	EB2	M	200fs	0.8	0.4
24	Harley Gifford	EB1	M	50bk	0.1	0.2

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

All those scoring 400 or more points are shown. This term there were 8 women and 13 men who made the list.

Pl	Name	Group	Gender	Event	Time	Points
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>50fs</b>	<b>30.3</b>	<b>608</b>
2	<b>Lindsay Buckingham</b>	<b>WC2</b>	<b>F</b>	<b>50fs</b>	<b>30.5</b>	<b>599</b>
3	<b>Paola Osorio</b>	<b>WC1</b>	<b>F</b>	<b>400fs</b>	<b>5:22.0</b>	<b>534</b>
4	Justine Schweizer	WC2	F	200IM	2:58.3	479
5	Julie Mouris	WC1	F	100fs	1:13.8	469
6	Natalie Stern	EB2	F	200bk	2:53.9	465
7	Natalie Aucoin	EB2	F	50fl	36.4	432
8	Deb Low	WC1	F	1500fs	23:40	408
1	<b>Kevin Kennedy</b>	<b>EB1</b>	<b>M</b>	<b>50fs</b>	<b>26.1</b>	<b>634</b>
2	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>400fs</b>	<b>4:40.5</b>	<b>595</b>
x	<b>Sean Dawson</b>	<b>WC1</b>	<b>M</b>	<b>100IM</b>	<b>1:08.3</b>	<b>556</b>
3	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>200fs</b>	<b>2:16.2</b>	<b>545</b>
4	Mark Blenkinsop	EB2	M	50fl	30.6	507
5	Gi Wu	WC1	M	50fs	28.6	506
x	Dejean Custic	WC1	M	50fs	29.1	483
6	Masashi Kobayashi	WC2	M	50fl	31.9	455
7	Bill Westcott	WC1	M	50fs	29.8	454
8	Peter Lithgow	WC1	M	1500fs	20:50	452
9	Jean-Francois Jacques	EB2	M	50fs	30.0	446
10	Jordan Monnink	WC2	M	1500fs	21:00	442
11	Francois Jacques	EB1	M	50fs	31.1	404

(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	<b>Malika Shaath</b>	<b>EB1</b>	<b>F</b>	<b>2.5</b>	<b>5.0</b>
2	Zoe Panchen	EB1	F	1.6	3.2
3	Seema Akhtar	WC1	F	1.5	3.0
1	<b>Brad O'Connell</b>	<b>WC1</b>	<b>M</b>	<b>2.3</b>	<b>4.6</b>
2	Jeremy Cotton	EB1	M	1.2	2.4
3	Jerome Cyr	EB2	M	1.1	2.2
(4/6)					
<b>100fs</b>					
1	<b>Rocio Aranda</b>	<b>WC3</b>	<b>F</b>	<b>3.6</b>	<b>3.6</b>
2	Zoe Panchen	EB1	F	1.7	1.7
1	<b>Kevin Graham</b>	<b>EB1</b>	<b>M</b>	<b>9.5</b>	<b>9.5</b>
2	Andrew Dechamplain	WC3	M	2.0	2.0
3	Masahiro Oishi	EB2	M	1.0	1.0
(2/4)					
<b>200fs</b>					
1	<b>Mary Lou Davies</b>	<b>EB2</b>	<b>F</b>	<b>28.4</b>	<b>14.2</b>
2	Rocio Aranda	WC3	F	11.7	5.9
3	Malika Shaath	EB1	F	8.8	4.4
1	<b>Masahiro Oishi</b>	<b>EB2</b>	<b>M</b>	<b>9.7</b>	<b>4.9</b>
1	Mike Kujawski	EB1	M	9.7	4.9
3	Matthew Tucciarone	WC1	M	4.3	2.2
(7/7)					
<b>400fs</b>					
1	<b>Zoe Panchen</b>	<b>EB1</b>	<b>F</b>	<b>14.0</b>	<b>3.5</b>
2	Lena Williams	WC2	F	10.1	2.5
2	Mindy Finkenstein	WC2	F	9.8	2.5
1	<b>Andrew Dechamplain</b>	<b>WC3</b>	<b>M</b>	<b>28.0</b>	<b>7.0</b>
2	Roy Hanes	WC2	M	24.1	6.0
3	Kevin Graham	EB1	M	15.2	3.8
(9/7)					
<b>800fs</b>					
1	<b>Sylvia Williams</b>	<b>WC2</b>	<b>F</b>	<b>17.0</b>	<b>2.1</b>
(1/0)					
<b>1500fs</b>					
1	<b>Deb Low</b>	<b>WC1</b>	<b>F</b>	<b>103.0</b>	<b>6.9</b>
2	Zoe Panchen	EB1	F	25.0	1.7
1	<b>Matthew Tucciarone</b>	<b>WC1</b>	<b>M</b>	<b>113.0</b>	<b>7.5</b>
2	Mike Kujawski	EB1	M	78.0	5.2
3	Andrew Giallonardo	WC2	M	72.0	4.8
4	Jordan Monnick	WC2	M	68.0	4.5
(2/8)					
<b>50bk</b>					
1	<b>Zoe Panchen</b>	<b>EB1</b>	<b>F</b>	<b>1.3</b>	<b>2.6</b>
1	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>0.1</b>	<b>0.2</b>
(1/1)					
<b>100bk</b>					

1	Carolyn Odecki	WC1	F	2.3	2.3
(1/0)					
<b>200bk</b>					
1	Sandy Lawson	EB1	F	9.7	4.9
1	Robert Fabes	EB1	M	2.3	1.2
(1/1)					
<b>50br</b>					
1	Malika Shaath	EB1	F	1.0	2.0
2	Carolyn Odecki	WC1	F	0.9	1.8
1	Brad O'Connell	WC1	M	1.1	2.2
2	Masahiro Oishi	EB2	M	0.6	1.2
3	Mike Kujawski	EB1	M	0.3	0.6
(2/4)					
<b>100br</b>					
1	Luz Osorio	WC1	F	1.7	1.7
(1/0)					
<b>200br</b>					
1	Monique Potvin Kent	EB2	F	14.9	7.5
(1/0)					
<b>50fl</b>					
1	Robin Henderson	EB1	F	2.4	4.8
2	Jennifer Murdock	EB1	F	1.7	3.4
3	Andrea Mrozek	WC1	F	1.0	2.0
1	Isaac Fierro Marquez	WC1	M	1.2	2.4
(5/1)					
<b>100fl</b>					
1	Jim Lee	EB1	M	5.5	5.5
(0/1)					
<b>100IM</b>					
1	Deb Low	WC1	F	2.3	2.3
2	Margaret King	EB1	F	1.3	1.3
1	Dave Grynspan	WC1	M	4.0	4.0
2	Tony Michel	EB1	M	0.9	0.9
3	Cam Dawson	WC1	M	0.5	0.5
(2/3)					
<b>200IM</b>					
1	Heather McBurney	EB1	F	4.2	2.1
2	Anne Trepanier	EB2	F	3.5	1.8
3	Deb Low	WC1	F	1.9	1.0
4	Natalie Aucoin	EB2	F	1.7	0.9
1	Dave Grynspan	WC1	M	3.4	1.7
(5/1)					
<b>400IM</b>					
1	Heather McBurney	EB1	F	19.3	4.8
2	Luz Osorio	WC1	F	9.3	2.3
3	Deb Low	WC1	F	2.3	0.6
(3/0)					



**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>50fs</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>30.3</b>
2	Lindsay Buckingham	WC2	F	30.5
3	Paola Osorio	WC1	F	32.5
1	<b>Kevin Kennedy</b>	<b>EB1</b>	<b>M</b>	<b>26.1</b>
2	Jian-Lok Chang	WC1	M	27.1
3	Gi Wu	WC1	M	28.6
(63/74)				
<b>100fs</b>				
1	<b>Julie Mouris</b>	<b>WC1</b>	<b>F</b>	<b>1:13.8</b>
2	Julia DeFelice	WC2	F	1:19.5
3	Sandy Lawson	EB1	F	1:20.6
1	<b>Mark Blenkinsop</b>	<b>EB2</b>	<b>M</b>	<b>1:03.5</b>
2	Francois Jacques	EB1	M	1:08.9
3	Scott Willard	EB1	M	1:10.2
(25/25)				
<b>200fs</b>				
1	<b>Lindsay Buckingham</b>	<b>WC2</b>	<b>F</b>	<b>2:27.5</b>
2	Earth Samanthai	WC2	F	2:53.6
3	Jennifer Murdock	EB1	F	2:57.2
1	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>2:16.2</b>
2	Mark Blenkinsop	EB2	M	2:26.1
3	Jordan Monnink	WC2	M	2:36.5
(34/23)				
<b>400fs</b>				
1	<b>Paola Osorio</b>	<b>WC1</b>	<b>F</b>	<b>5:22.0</b>
2	Tricia Albright	WC2	F	6:01.2
3	Elaine Yardley	WC1	F	6:07.8
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>4:40.5</b>
x	Sean Dawson	EB2	M	4:52.9
2	Mark Blenkinsop	EB2	M	5:01.7
3	Tony Revitt	EB2	M	5:03.9
(44/30)				
<b>800fs</b>				
1	<b>Sylvia Williams</b>	<b>WC2</b>	<b>F</b>	<b>18:46</b>
2	Mindy Finkenstein	WC2	F	20:33
(4/2)				
<b>1500fs</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>21:36</b>
2	Deb Low	WC1	F	23:40
3	Julie Mouris	WC1	F	23:48
4	Ellen Pazdzior	WC1	F	23:55
1	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>20:15</b>

2	Peter Lithgow	WC1	M	20:50
3	Jordan Monnink	WC2	M	21:00
(28/21)				
<b>50bk</b>				
1	<b>Heather McBurney</b>	<b>EB1</b>	<b>F</b>	<b>41.1</b>
2	Deb Low	WC1	F	44.2
3	Carolyn Odecki	WC1	F	45.3
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>30.2</b>
2	Tony Revitt	EB1	M	34.0
3	Harley Gifford	EB1	M	38.9
(20/17)				
<b>100bk</b>				
1	<b>Natalie Stern</b>	<b>EB2</b>	<b>F</b>	<b>1:22.6</b>
2	Carolyn Odecki	WC1	F	1:35.0
3	Cheri Reddin	WC1	F	1:45.3
1	<b>Tony Revitt</b>	<b>EB2</b>	<b>M</b>	<b>1:12.0</b>
2	Don Wells	WC1	M	1:24.5
(4/2)				
<b>200bk</b>				
1	<b>Natalie Stern</b>	<b>EB2</b>	<b>F</b>	<b>2:53.9</b>
2	Carolyn Odecki	WC1	F	3:25.0
3	Sandy Lawson	EB1	F	3:33.5
1	<b>Don Wells</b>	<b>WC1</b>	<b>M</b>	<b>2:46.1</b>
2	Robert Fabes	EB1	M	3:21.9
3	Jamie Chalmers	WC2	M	4:10.7
(5/3)				
<b>50br</b>				
1	<b>Lindsay Buckingham</b>	<b>WC2</b>	<b>F</b>	<b>43.0</b>
2	Margaret King	EB1	F	47.1
3	Alison Bloom	EB2	F	47.9
1	<b>Kevin Kennedy</b>	<b>EB1</b>	<b>M</b>	<b>35.7</b>
2	Bill Westcott	WC1	M	39.1
3	Gi Wu	WC1	M	39.6
(21/32)				
<b>100br</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>1:30.8</b>
2	Fiona Hill	WC3	F	1:47.0
3	Jackie Lyons	WC1	F	1:56.0
x	<b>Sean Dawson</b>	<b>EB2</b>	<b>M</b>	<b>1:21.2</b>
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>1:22.3</b>
2	Brad O'Connell	WC1	M	1:37.2
(4/3)				
<b>200br</b>				
1	<b>Monique Potvin Kent</b>	<b>EB2</b>	<b>F</b>	<b>4:24.5</b>
(1/0)				
<b>50f1</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>32.8</b>
2	Paola Osorio	WC1	F	36.0

3	Natalie Aucoin	EB2	F	36.4
1	<a href="#">Mark Blenkinsop</a>	<a href="#">EB2</a>	<a href="#">M</a>	<a href="#">30.6</a>
x	Dejean Custic	WC1	M	31.4
2	Masashi Kobayashi	WC2	M	31.9
3	Tony Revitt	EB2	M	32.0
(15/12)				
<b>100f1</b>				
1	<a href="#">Paola Osorio</a>	<a href="#">WC1</a>	<a href="#">F</a>	<a href="#">1:17.9</a>
1	<a href="#">Jim Lee</a>	<a href="#">EB1</a>	<a href="#">M</a>	<a href="#">1:54.9</a>
(1/1)				
<b>100IM</b>				
1	<a href="#">Tricia Albright</a>	<a href="#">WC3</a>	<a href="#">F</a>	<a href="#">1:29.0</a>
2	Deb Low	WC1	F	1:29.3
3	Shauna Ironside	EB1	F	1:29.4
x	<a href="#">Sean Dawson</a>	<a href="#">WC1</a>	<a href="#">M</a>	<a href="#">1:08.3</a>
1	<a href="#">Kevin Kennedy</a>	<a href="#">EB1</a>	<a href="#">M</a>	<a href="#">1:12.8</a>
2	Mark Blenkinsop	EB2	M	1:15.5
3	Bill Westcott	WC1	M	1:18.2
(11/13)				
<b>200IM</b>				
1	<a href="#">Paola Osorio</a>	<a href="#">WC1</a>	<a href="#">F</a>	<a href="#">2:51.1</a>
2	Justine Schweizer	WC2	F	2:58.3
3	Heather McBurney	EB1	F	3:11.9
1	<a href="#">Peter Lithgow</a>	<a href="#">WC1</a>	<a href="#">M</a>	<a href="#">2:57.5</a>
2	Dave Grynspan	WC1	M	3:19.3
3	Jim Lee	EB1	M	3:40.7
(7/4)				
<b>400IM</b>				
1	<a href="#">Luz Osorio</a>	<a href="#">WC1</a>	<a href="#">F</a>	<a href="#">5:51.9</a>
2	Heather McBurney	EB1	F	6:49.0
3	Deb Low	WC1	F	6:57.2
1	<a href="#">Masashi Kobayashi</a>	<a href="#">WC2</a>	<a href="#">M</a>	<a href="#">5:55.9</a>
2	Francois Jacques	EB1	M	6:53.8
3	Robert Fabes	EB1	M	7:18.1
(3/4)				

## Fun Relays (Thu/Fri April 10/11<sup>th</sup>)

### Free Relay

#### 6pm Whitecaps

- 2:17.6: WC1 Team 5: [Jackie Lyons](#), [Brad O'Connell](#), [Dejean Custic](#), [Matthew Tucciarone](#)
- 2:17.6: WC1 Team 4: [Nicole Delisle](#), [Don Wells](#), [Isaac Fierro Marquez](#), [Ellen Pazdzior](#)
- 2:23.3: WC1 Team 2: [Cam Dawson](#), [Gi Wu](#), [Paola Osorio](#), [Cheri Reddin](#)
- 2:23.8: WC1 Team 1: [Bill Westcott](#), [Alex Joubert](#), [Marg Eades](#), [Luz Osorio](#)
- 2:27.9: WC1 Team 3: [Seema Akhtar](#), [Lina Vincent](#), [Mike Machum](#), [Peter Lithgow](#)
- 2:43.0: WC1 Team 6: [Deb Low](#), [Siobhan MacManus](#), [Julie Mouris](#), [Jian-Lok Chang](#)

#### 7:30am Earlybirds

- 2:21.8: EB1 Team 5: [Ian Lorimer](#), [Ian Lorimer](#), [Mark Blenkinsop](#), [Mark Blenkinsop](#)
- 2:26.0: EB1 Team 4: [Zoe Panchen](#), [Francois Jacques](#), [Sandy Lawson](#), [Mike Mopas](#)
- 2:27.6: EB1 Team 3: [Christian Cattan](#), [Scott Willard](#), [Jennifer Murdock](#), [Kevin Graham](#)

4. 2:32.0: EB1 Team 2: Jamie Chalmers, Malika Shaath, Norine Naguib, Bruce Brown
4. 2:32.0: EB1 Team 1: Robert Fabes, Karen Jensen, Harley Gifford, Jeremy Cotton

#### 8:30am Earlybirds

1. 2:46.6: EB2 Team 3: Kim Stern, Amir Banihashemi, Tony Revitt, Mary Lou Dunnigan
2. 2:49.8: EB2 Team 2: Renee Robert, Claire Owen, Natalie Stern, Jerome Cyr
3. 2:53.5: EB2 Team 1: Masahiro Oishi, Paul Scully, Penny Estabrooks, Masahiro Oishi

#### Overall

1. 2:17.6: WC1 Team 5: Jackie Lyons, Brad O'Connell, Dejean Custic, Matthew Tucciarone
1. 2:17.6: WC1 Team 4: Nicole Delisle, Don Wells, Isaac Fierro Marquez, Ellen Pazdzior
3. 2:21.8: EB1 Team 5: Ian Lorimer, Ian Lorimer, Mark Blenkinsop, Mark Blenkinsop
4. 2:23.3: WC1 Team 2: Cam Dawson, Gi Wu, Paola Osorio, Cheri Reddin
5. 2:23.8: WC1 Team 1: Bill Westcott, Alex Joubert, Marg Eades, Luz Osorio
6. 2:26.0: EB1 Team 4: Zoe Panchen, Francois Jacques, Sandy Lawson, Mike Mopas
7. 2:27.6: EB1 Team 3: Christian Cattan, Scott Willard, Jennifer Murdock, Kevin Graham
8. 2:27.9: WC1 Team 3: Seema Akhtar, Lina Vincent, Mike Machum, Peter Lithgow
9. 2:32.0: EB1 Team 2: Jamie Chalmers, Malika Shaath, Norine Naguib, Bruce Brown
9. 2:32.0: EB1 Team 1: Robert Fabes, Karen Jensen, Harley Gifford, Jeremy Cotton
11. 2:43.0: WC1 Team 6: Deb Low, Siobhan MacManus, Julie Mouris, Jian-Lok Chang
12. 2:46.6: EB2 Team 3: Kim Stern, Amir Banihashemi, Tony Revitt, Mary Lou Dunnigan
13. 2:49.8: EB2 Team 2: Renee Robert, Claire Owen, Natalie Stern, Jerome Cyr
14. 2:53.5: EB2 Team 1: Masahiro Oishi, Paul Scully, Penny Estabrooks, Masahiro Oishi

#### Medley Relay

##### 6pm Whitecaps

1. 2:39.4: WC1 Team 4: Nicole Delisle, Don Wells, Isaac Fierro Marquez, Ellen Pazdzior
2. 2:41.9: WC1 Team 5: Jackie Lyons, Brad O'Connell, Dejean Custic, Matthew Tucciarone
3. 2:47.6: WC1 Team 6: Deb Low, Siobhan MacManus, Julie Mouris, Jian-Lok Chang
3. 2:47.6: WC1 Team 3: Seema Akhtar, Lina Vincent, Mike Machum, Peter Lithgow
3. 2:47.6: WC1 Team 1: Bill Westcott, Alex Joubert, Luz Osorio, Marg Eades
6. 2:49.0: WC1 Team 2: Cam Dawson, Gi Wu, Paola Osorio, Cheri Reddin

#### 7:30am Earlybirds

1. 2:51.9: EB1 Team 3: Christian Cattan, Scott Willard, Jennifer Murdock, Kevin Graham
2. 2:52.3: EB1 Team 1: Robert Fabes, Karen Jensen, Harley Gifford, Jeremy Cotton
3. 2:56.7: EB1 Team 5: Ian Lorimer, Ian Lorimer, Mark Blenkinsop, Mark Blenkinsop
4. 2:57.2: EB1 Team 2: Jamie Chalmers, Malika Shaath, Norine Naguib, Bruce Brown
5. 3:00.1: EB1 Team 4: Zoe Panchen, Francois Jacques, Sandy Lawson, Mike Mopas

#### 8:30am Earlybirds

1. 3:13.4: EB2 Team 2: Renee Robert, Claire Owen, Natalie Stern, Jerome Cyr
2. 3:35.3: EB2 Team 1: Paul Scully, Masahiro Oishi, Penny Estabrooks, Paul Scully
3. 3:39.6: EB2 Team 3: Kim Stern, Amir Banihashemi, Tony Revitt, Mary Lou Dunnigan

#### Overall

1. 2:39.4: WC1 Team 4: Nicole Delisle, Don Wells, Isaac Fierro Marquez, Ellen Pazdzior
2. 2:41.9: WC1 Team 5: Jackie Lyons, Brad O'Connell, Dejean Custic, Matthew Tucciarone
3. 2:47.6: WC1 Team 6: Deb Low, Siobhan MacManus, Julie Mouris, Jian-Lok Chang
3. 2:47.6: WC1 Team 3: Seema Akhtar, Lina Vincent, Mike Machum, Peter Lithgow
3. 2:47.6: WC1 Team 1: Bill Westcott, Alex Joubert, Luz Osorio, Marg Eades
6. 2:49.0: WC1 Team 2: Cam Dawson, Gi Wu, Paola Osorio, Cheri Reddin
7. 2:51.9: EB1 Team 3: Christian Cattan, Scott Willard, Jennifer Murdock, Kevin Graham
8. 2:52.3: EB1 Team 1: Robert Fabes, Karen Jensen, Harley Gifford, Jeremy Cotton
9. 2:56.7: EB1 Team 5: Ian Lorimer, Ian Lorimer, Mark Blenkinsop, Mark Blenkinsop
10. 2:57.2: EB1 Team 2: Jamie Chalmers, Malika Shaath, Norine Naguib, Bruce Brown
11. 3:00.1: EB1 Team 4: Zoe Panchen, Francois Jacques, Sandy Lawson, Mike Mopas
12. 3:13.4: EB2 Team 2: Renee Robert, Claire Owen, Natalie Stern, Jerome Cyr
13. 3:35.3: EB2 Team 1: Paul Scully, Masahiro Oishi, Penny Estabrooks, Paul Scully
14. 3:39.6: EB2 Team 3: Kim Stern, Amir Banihashemi, Tony Revitt, Mary Lou Dunnigan

#### Kick Relay (6pm Whitecaps only)

1. 3:14.1: WC1 Team 6: Deb Low, Siobhan MacManus, Julie Mouris, Jian-Lok Chang
2. 3:22.5: WC1 Team 1: Bill Westcott, Alex Joubert, Luz Osorio, Marg Eades
3. 3:33.2: WC1 Team 4: Nicole Delisle, Don Wells, Isaac Fierro Marquez, Ellen Pazdzior
4. 3:36.1: WC1 Team 3: Seema Akhtar, Lina Vincent, Mike Machum, Peter Lithgow
5. 3:47.3: WC1 Team 2: Cam Dawson, Gi Wu, Paola Osorio, Cheri Reddin
6. 3:51.9: WC1 Team 5: Jackie Lyons, Brad O'Connell, Dejean Custic, Matthew Tucciarone

## Ask the Coach

**Dear Coach:** Why is the pool closed longer than usual this year? Miss My Swimming

Dear M.M. Swimming: In addition to the regular annual maintenance, the pool lighting is being replaced.

**Dear Coach:** I'd like to swim on some Carleton University Masters relays at Worlds. Who should I talk to? Relay Swimmer

Dear R. Swimmer: Would anyone like to volunteer to coordinate the Worlds relays? (I will not be attending Worlds.)

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 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.**

Sat Apr 26<sup>th</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-swim-club-no-regrets-masters-meet/>

Sun May 4<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-3rd-annual-swim-meet/>

Sun May 4<sup>th</sup> Perth Masters Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-meet/>

Fri-Mon May 16-19<sup>th</sup> Nationals, Windsor <http://cmsc2014.ca/>

Fri-Sat May 30-31<sup>st</sup> Longueuil LC, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15741>

Sat Jul 12<sup>th</sup> Bring on the Bay 3km Open Water Swim (MSO Registration not required; Wet suit legal)

<http://www.bringonthebay.com/>

Sat Jul 12<sup>th</sup> London LC Meet <http://www.mastersswimmingontario.ca/events/2014-sunset-outdoor-long-course-swim-meet/>

Sat Jul 19<sup>th</sup> Open Water Challenge, Tillsonburg <http://www.mastersswimmingontario.ca/events/three-to-be-open-water-challenge/>

Jul 27<sup>th</sup> – Aug 10<sup>th</sup> FINA World Aquatic Championships, LC Parc Jean-Drapeau (outdoors) and other pools, Montreal <http://finamasters2014.org/home/>; 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)

Sun Oct 12<sup>th</sup> Bermuda Open Water Swims <http://www.mastersswimmingontario.ca/24th-annual-bermuda-round-the-sound-swims/>

Oct 29<sup>th</sup> – Nov 2<sup>nd</sup> Barbados Masters Meet and Open Water Festival <http://www.mastersswimmingontario.ca/barbados-open-water-festival-2014/>

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

## **Fri-Sun Apr 11-13<sup>th</sup> Quebec Provincials, Quebec City**

**Paola Osorio** and **Luz Osorio** (6pm Whitecaps) were Carleton's two representatives. Between them, they scored 85 points, finishing 37<sup>th</sup> out of 61 teams. Congratulations to you both on your great swims – lots of medals! Full results here: [http://natation-nsh.com/images/stories/comp\\_champ\\_maitres\\_2014/index.html](http://natation-nsh.com/images/stories/comp_champ_maitres_2014/index.html). Here's how they did:

**Paola Osorio** (6pm Whitecaps; 30-34): **2<sup>nd</sup>** 200fs (2:25.69), 100fl (1:14.27), 200IM (2:44.08); **4<sup>th</sup>** 400fs (5:09.65)

**Luz Osorio** (6pm Whitecaps; 25-29): **1<sup>st</sup>** 100fl (1:10.31), 200fl (2:36.44), 200IM (2:37.96); **2<sup>nd</sup>** 200fs (2:23.28), 400IM (5:40.36)

## **Sun Apr 13<sup>th</sup> Technosport Masters Meet, U of Ottawa**

**Harley Gifford** (7:30am Earlybirds) was Carleton's only swimmer. **Larry Durr** (7:30am Earlybirds) was also swimming, representing Technosport. Unofficially Harley set club records in both his events. The club records will be updated once we have the official results. Here are his approximate times:

**Harley Gifford** (7:30am Earlybirds; 55-59): 200fs (2:50), 200bk (3:09)

## **2014 Statistics: Masters Swimming Canada Top 20, Records, etc.**

Check out the MSC statistics including the National Records and 2014 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 13<sup>th</sup>**). **Jamie Chalmers** (7:10pm Whitecaps) is first in his age group for positional points both SCM and LCM!

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

Details for Spring/Summer coming soon.

### **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**

### **Spring/Summer Masters Swimming Programs, Barcodes and Prices**

Please register soon for Spring and Summer, especially if you plan to swim at the most popular times of 7:30am or 6pm. 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. Note that for the Summer session **only**, Saturday is included with your weekday registration for 7:30am Earlybirds or 6pm Whitecaps. The information below is also on the web site: <http://carletonmasters.tripod.com>.

#### **Spring 2014: Mon May 5<sup>th</sup> to Mon Jun 30<sup>th</sup>; no workouts Mon May 19<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 7522; cost: \$74+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 7523; cost: \$74+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Alex**; Thu: **Mits**; barcode 7527; cost \$84+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Alex**; Thu: **Mits**; barcode 7528; cost: \$74+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule (coming soon); barcode 7525; cost: \$28+HST

#### **Summer 2014: Wed Jul 2<sup>nd</sup> to Sat Aug 30<sup>th</sup>; no workouts Mon Aug 4<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep) and Sat 12:15-1:25pm (shallow): Weekday Coach: **Lynn**; barcode 7524; cost: \$88+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (shallow) and Sat 12:15-1:25pm (shallow): Weekday Coaches: Mon: **Alex**; Tue: **Lynn**; Thu: **Mits**; barcode 7529; cost \$95+HST

**12:15pm Saturday ONLY Earlybirds:** 12:15-1:25pm Sat (shallow): Coaches: rotating schedule (coming soon); barcode 7526; cost: \$32+HST

**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

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