

# Alberta Masters Swimming Newsletter

April 2009

Issue 1



## Presidents Message

The aim of this newsletter is to better inform the Alberta Masters Swimming population of the events that are available to them, what other swimmers are doing for training, resources for new swimmers and new clubs and general happenings of the Alberta Masters Swim group!

You are invited to share with us your stories of swimming, training, favourite workouts, special trips to meets etc. Please limit your stories to 150-500 words.

There are currently 925 registered masters swimmers in Alberta. Swimmers are registered with clubs but also are affiliated as UNATT, meaning they do not swim for a club. You must be registered to swim in a meet. You should be registered if you are with a club (insurance/liability).

Our members come from many different backgrounds, past competitive swimmers, triathletes, new born swimmers, swimming parents, cross training athletes and just for the fitness. Swimming is a great way to stay in shape for both body and soul!!

If you have never competed or are a seasoned veteran, our meets are for all levels of swimmers.

There are many reasons to compete, but among them are:

Meet new friends

Renew old friendships

Set a goal

Believe in yourself

Don't be afraid!! Give a meet a try!

See you at the pool!

Jeanne Carlsen

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## Upcoming Events

- ◆ Provincials April 17/18, Edmonton
- ◆ Nationals May 15-18, Toronto

## National Championships

As with any sport, Masters Swimming hosts a National Championship once per year. It is always held on the May long weekend in varying locations.

This year, championships are being held in Toronto. Great pool, fast swimming, entries are due soon!! Check it out.

Information on Canadian Masters National Championships can be found at [www.mymisc.ca](http://www.mymisc.ca), this website is your portal to results, rankings, and links to other masters sites.

Next year, Nationals have been awarded to Nanimo, BC!! Not far to travel, nice place to go for a long weekend and hopefully the weather will be unbelievable!! Start planning now and let's see if we can have a record number of swimmers at the meet!



*“Top honours go to Jeff Welechuck from Calgary Masters with 3 #1 rankings in backstroke!”*

## 2008 FINA World Rankings

The World FINA top 10 rankings are now available at [www.fina.org](http://www.fina.org). These rankings are published on the site in April of each year.

This year Alberta Masters have shown well!! Alberta had 74 top 10 rankings plus relays!

Top honours go to Jeff Welechuck (CMSC) with 9 top 10 rankings in the SC including 3, #1 spots!!

Runner up was Jeanne Carlsen (CMSC) with 8 short course and 8 long course rankings, with a #1 ranking in the 800 SC.

The following swimmers also ranked both LC and SC: Debbie Younger (EMSC), Glenn Carlsen (CMSC), Dave Dickson (CMSC), Mike Morrow (CMSC), Ivan Pivovarov (UNATT). Swimmers ranking in the SC list include: Gail McGinnis (EMSC), Lisa Dixon-Wells (CWC), Jonathan Miller (OKOTOKS), Barry

Saretsky (EMSC), Tim Salpeter (EMSC), Vinus VanBaalen (DRAG).

Additional swimmers on relays include: Janie McCall (CMSC), Renee Starratt (CMSC), Susan Hill (CMSC), Barry Lewis (EMSC), Christine Hansler (EMSC), Janet Cathro (EMSC), Siubhan Drinhan (EMSC), and Grant Andruchow (EMSC).

Well done swimmers!! Look for more in 2009!!

## New Swim Suit Rules

### NOTICE TO MSC MEMBERS

New Rule re Swimwear, Effective April 5, 2009

**CMGR 5 Swimwear; The use of more than one swimsuit at a time during any MSC sanctioned competition is prohibited.**

In light of new swimsuit testing and approval established by FINA for suits introduced after September 30, 2007, final results of which are not yet known, and a similar interim rule adopted in other jurisdictions, the MSC Board has approved the above rule, effective immediately.

### QUESTIONS AND ANSWERS

1. Does this rule apply to training or warmups at competitions?

Answer; No. During competition only.

2. Am I allowed to use bras, athletic supporters or other modesty wear during a competition?

Answer; Yes. The rule is directed at new high performance suits introduced since October 1, 2007 including the LZR,

TYR and BlueSeventy, however you cannot wear two swimsuits of any kind during a competition.

3. Does that mean I must wear the same suit during the whole competition?

Answer; No. You can only wear one suit while participating in an event. You can change to another suit for your next event.

4. I want to buy a new high performance suit. When will we know what suits are legal?

Answer; We don't know. FINA is looking at this and we understand are attempting to deal with it as quickly as possible. There is a FINA Congress in Rome in July, we assume we will hear by then at the latest.

5. Can I continue to wear my high performance suit in Canadian Masters competitions?

Answer; Yes. These suits are legal until we hear from FINA to the contrary. Again with the proviso that you can only wear one suit at a time.

Feel free to contact me with any further questions.

## Open Water Swimming

With warmer weather on its way (finally), some people will be looking forward to open water events. Swimming in open water (lakes, rivers, oceans), it very different from following that black line on the bottom of the pool everyday!!

Depending on the reasons that you swim, you may find it more rewarding and physically challenging to try open water. Open water swimming requires navigation and lifting your head to breath and site, so you may want to start to practise this technique on your longer swims in the pool!

Open water swimming sometimes allows the swimmer to wear a wetsuit. A wetsuit designed for swimming is best for fit, comfort, range of motion besides the fact that it will keep you a little warmer and you will swim faster!

The swim start is usually a mass start of all the swimmers in the event. It can be intimidating in a large group of swimmers. If this is your first try at open water swimming, start at the “back of the pack”, where you will not be swum over or stressed at the start.

Although not many dates are confirmed at this time, please continue to check the Swim Alberta website and Alberta Masters site for information on upcoming events!

July 18	Across the Lake Swim	Kelowna, BC
August 21-22	1.5 and 5km open water	Kelowna, BC (FINA rules, no wetsuits)

## FINA World Masters Championships, Goteborg, Sweden

The Swedish Swimming Federation and the Organising Committee invites you to XIII FINA World Masters Championships July 27 - August 7, 2010, in Göteborg, Borås and Mölndal, Sweden. The friendly championships!

The on-line registration is now open.

<http://www.2010finamasters.org/>

# Past and Present WR Holders

## SHORT COURSE WORLD RECORDS

### Women

#### 25-29

Cheryl Gibson	200 Back	2:31.03	Feb 1985
Cheryl Gibson	200 IM	2:33.92	Feb 1985
Cheryl Gibson	100 Back	1:07.80	Feb 1985
Cheryl Gibson	100 Back	1:07.46	May 1985
Barb Paul	50 Free	27.52	May 1985
Cheryl Gibson	50 Back	31.21	July 1986
Cheryl Gibson	200 back	2:26.27	July 1986

#### 30-34

Lori Wylie	100 Fly	1:12.96	Feb 1985
Lori Wylie	200 IM	2:44.00	Feb 1095
Lori Wylie	400 IM	5:41.61	Feb 1985

#### 35-39

Debbie Younger	100 Fly	1:03.07	2005*
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#### 50-54

Jeanne Carlsen	1500 Free	18:55.13	Feb 2009*
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### Men

#### 25-29

Steve Sproule	400 IM	4:48.20	May 1988
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#### 35-39

Mike Morrow	800 Free	9:48.62	May 1985
Mike Morrow	400 IM	5:06.23	May 1985
Peter O'Brien	200 Back	2:29.80	May 1985
Mike Morrow	200 Breast	2:41.02	May 1987
Mike Morrow	400 IM	5:05.45	May 1987

\*Current record holder

We're on the Web!

[www.albertamasters.ca](http://www.albertamasters.ca)