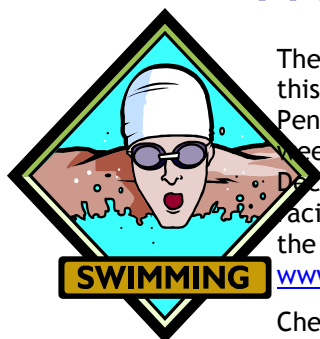


Alberta Masters Swimming Newsletter

December 2009

Issue 4

President's Message



The competition season gets underway this month in Alberta!! With the Penguins Swimming meet this coming weekend and Edmonton Masters in mid December you can start to hone your racing skills!! It is not too late to enter the Edmonton meet at this time!

www.albertamasters.ca

Check your calendars and see if it will fit into your schedule!!

Some swimmers have already started their racing season by traveling south to California and Arizona!! Who said Masters swimming is boring!! Racing opportunities are available for Masters Swimmers all over the world!! Check out www.usms.org for various meets in the States.

If you are travelling, check out the local masters club and ask if you can join a workout, most clubs allow guest swimmers into their program either free of charge or a small drop in fee. It's a great way to meet new people, stay in shape while travelling and experience a different workout!

With the busy Christmas season closing in fast try to stay on track with your program. You will thank yourself for it!

Swimming and staying active will help reduce any stress from the holiday season as well as burn a few extra calories that you may consume while entertaining!!

There are various initiatives that have been put forth by Masters Swim Canada (MSC) (www.mymisc.ca) that could be found on the following links:

http://mymisc.ca/brochures/program_s_high.pdf

<http://mymisc.ca/brochures/awards.pdf>

<http://mymisc.ca/brochures/mmc.pdf>

<http://mymisc.ca/brochures/1km.pdf>

Some of these programs are great way to introduce your new members to the fun of racing! Please encourage participation to those new members that may be interested in a little challenge!!

Have a safe and happy holiday season!!

Jeanne

Contents

Presidents Message	1
Championships	1
Meet Results	2
Fax Meet	3
Stuff!	4

National Championships

As you know Nationals are being held in Nanaimo 2010, May 21-24. If you have not already booked a hotel, you may want to consider it sooner rather than later. The dorms are already fully booked with the Canadian Forces and Masters Ducks taking all the rooms!! So if this meet is on your radar book a room now so you are not disappointed.

Provincial Championships

Provincial Championships are being held in Okotoks this year, April 17-18. More information on the meet to follow shortly.

We will also be hosting our AGM at some point during Provincials.

Upcoming Events

- ◆ Edmonton Masters LC Dec 12
- ◆ Foothills, February 6, 2010

Ron Johnson Meet, Phoenix, Arizona, Nov 21-22



Seven swimmers from Alberta recently travelled to sunny Phoenix, Arizona for the annual Ron Johnson Meet held at the Mona Plumber Aquatic Center at ASU. This facility was amazing! 50m x 25 yard competition pool, 25 yd x 8 lane training pool and a dive pool. This was just for the varsity teams!! There was also a 25 yd x 50m pool at the Student Rec Building where we had the opportunity to join a workout with the Sun Devils Masters on Monday morning!!

Travelling to the meet from CMSC were Jeanne and Glenn Carlsen, Michelle Wortley and Jeff Welechuk. From EMSC were Barry Lewis, Grant Andruchow and Tim Floyd.

The meet started off for Alberta with a bang! 1500 and 800's were up first. First World Record of the meet was set by Jeanne Carlsen in the 50-54 age group in the 1500. Swimming a time of 18:39.64. 800 swam great swims by both Jeff (PR. Rec) and Barry. Other records

set at the meet were:

Jeff Welechuk, 200 IM (CDN) 2:12.
Jeanne Carlsen, 400 IM (CDN) 5:42.

Lots of sun, lots of fun and fast swimming were had throughout the weekend! Put this one on your radar if you enjoy an early season meet, a break from your home town and a chance to swim outdoors!!

*“High Point winners,
Michelle Wortley, CMSC
(30-34), Jeff Welechuk,
CMSC (35-39), and Barry
Lewis EMSC (45-49)
Congratulations!!”*

PAN AM's September 2010

The 3rd PanAm Masters Swimming Championships got under way on time, in Veracruz Mexico, after some juggling.

The Open Water 3Km was moved from the beach to the Veracruz harbour. This gave the swimmers more protection from some pretty steady hard blowing winds. The race went off without a hitch for the about 100 swimmers.

The following day was day 1 in the pool of 4. The competition was at the Veracruz Institute for Sport, a terrific venue for all sports with fields and courts and training facilities.

The meet started every day at 8:00 a.m. (on time!) with Men and Women swimming on separate courses across the 50m pool. The 650 swimmers were no time problem with the competition finishing daily around 1 p.m., giving everyone lots of time to look around one of the oldest Mexican cities. This was the first

time this meet was run short course. As I understand it the plan is to alternate LC and SC in the future. The limit of five events made it a rather easy meet to swim.

The absence of Brazil swimmers was definitely a factor (Braz masters nat'ls). The next Championships will take place in Rio de Janeiro in 2011.

Vinus's results SCM from PanAm Masters in Veracruz, Mx

50m Freestyle	27.56
100m Freestyle	1:05.67
50m Backstroke	33.37
100m Backstroke	1:16.96
50m Butterfly	33.82

All first places
Vinus

Fax Meet

Now here is a great idea!!

-WINE COUNTRY MASTERS WINTER FAX MEET-
 Hosted by Wine Country Masters Swim Club
 Kelowna BC

Wine Country Masters Swim Club would like to invite all swimmers to take part in our Winter Fax Meet. Fax meet are meant to not only be fun but give those that can not make regular meets a chance to compete and compare themselves to other swimmers across Canada, as well those that just want to know their times either for entry into meets or just personal interest. Fax meets are swum at your own pool during a training session or for those that swim alone you can have a friend or lifeguard time you for your events. Timing need only be by a stopwatch or the stopwatch on your watch. Results will be posted by the 15th of March

- **DATE:** Fax meet will run from Jan 15th 2010 to Feb 15th 2010
- **FACILITY:** Meet will be run at your own pool during a training time. Pool may be either 25m or 50m configuration.
- **ELIGIBILITY:** Fax meet is open to all members from any MSC member club or any unattached masters.
- **ENTRIES and FEES:** An entry fee of \$10.00 per swimmer to be mailed in no later than March 1st 2010. Swimmers enter either by mail along with fee and times, or by email for time and fees sent by mail, or by fax for times with fees sent by mail. The fee entitles the swimmer to 5 individual events and 2 relays.
- **RELAYS:** Relays are to be entered with total age of the four swimmers: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320+. Relays can be Mixed, Men's, or Women's.
- **AWARDS:** Ribbons will be awarded for 1st to 6th place for individual and 1st to 6th place for relay events. A special award will be given to the team with the most swimmers as well as the team with the most points. Points will be based on 1st-20 points, 2nd-17 points and dropping by one point per placing from here on. Swimmers age will be as of Dec 31st 2010.
- **EVENTS ARE AS FOLLOWS:**

	50 free	100 free	200 free
	50 back	100 back	200 back
	50 breast	100 breast	200 breast
	50 fly	100 fly	200 fly
	100 im	200 im	400 im
Relays:	4X50 free	4X50 med	mixed/men/women
	4X100 free	4X100 med	mixed/men/women
- **PLEASE EMAIL ENTRIES TO wcmssc@yahoo.com**
- **OR FAX ENTRIES TO 250-860-9551 ATT: Glen**
- **YOU CAN ALSO MAIL ENTRIES ALONG WITH FEES TO**
WINE COUNTRY MASTERS
C/O Glen Mehus
185 Merlin Court
Kelowna BC
V1V-1N2
- **PLEASE MAKE CHEQUES PAYABLE TO Glen Mehus**

ENTRY FORM

SWIMMERS NAME _____ AGE _____ (as of dec 31st 2010) SEX _____

EVENT _____ TIME _____

EVENT _____ TIME _____

EVENT _____ TIME _____

EVENT _____ TIME _____

EVENT _____ TIME _____

RELAY EVENT _____ TIME _____

RELAY EVENT _____ TIME _____

MAILING ADDRESS _____

CLUB _____

AWARDS WILL BE ACCORDING TO AGE GROUP

AGE GROUPS SHALL BE:

18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

ENTRY FEES \$10.00/SWIMMER

PLEASE MAIL FEES TO:

WINE COUNTRY MASTERS

185 MERLIN COURT

KELOWNA BC V1V-1N2

MAKE CHEQUES PAYABLE TO

Glen Mehus

AGE AS OF DEC 31ST 2010

FAX MEETS ARE FUN FOR ALL ABILITIES, AND A GREAT WAY TO INTRODUCE NEW SWIMMERS TO THE FUN OF COMPETEING. PLEASE ENJOY AND HAVE FUN

Meet Managers!!

Please ensure that you send in a meet report following your meet with highlights so that we can post something in the newsletter.

Also remember to send in a list of any Provincial Records broken.

Other Records of note.....

Other Records of note set so far this year:

Jim MacDonald, EMSC, Sydney
50 Back LC: 32.33
100 Back LC: 1:10.67
200 Back LC: 2:37.24
All Canadian Records

Peter O'Brien, CMSC, Sydney
50 Back LC: 32.66
200 Back LC: 2:39.36
Both Canadian Records

Dave Dickson, CMSC, California
1500 Free SC: 18:58.20
Provincial Record

We're on the Web!
www.albertamasters.ca

