



## MASTERS SWIMMING BULLETIN – February 2020

As the days get longer congratulations to all of you for getting yourselves to the pool on a regular basis. I tip my hat to those of you in Western Canada who have suffered the brunt of the cold weather so far. If your New Years' resolution was to get moving and you've broken it already, like so many of us, make it your February resolution!

Provincial Championships are just around the corner and soon after the Canadian Masters Swimming Championships. Mark the dates in your calendar and make plans to attend.

### SWIMMING CANADA STATEMENT

An integral part of Swimming Canada's mission is to inspire Canadians to be active and healthy. Masters Swimmers are the embodiment of this. Swimming Canada recognizes that Masters Swimmers are magnificent ambassadors and advocates for our sport, both with their friends and families, and within the community at large. Whether training for fitness or to compete, all Masters Swimmers are an essential part of the Swimming Canada family.

Swimming Canada aims to provide the best possible support to the Masters Swimming community, working collaboratively with the provincial sections, to provide meet sanctioning, coach certification, official certification, club services, insurance, etc. Swimming Canada's close relationship with our international partners provides recognition of Swimming Canada events and of our member Swimmers' performances.

### CANADIAN RECORD RECOGNITION

Since September 1, 2019, Swimming Canada has been the official recorder of all Canadian Masters Swimming records. While there continues to be other information "out there", the official records are on the Swimming Canada web site. Please consult them [HERE](#) . All applications for Canadian and World records MUST pass through Swimming Canada for validation.

Congratulations to the following swimmers for their Canadian record achievements;

Marie-Soleil Jean-Lachapelle	25-29	100 m breaststroke (SC)	1:11.68
Hella Versfeld	70-74	50 m backstroke (SC)	42.16
Hella Versfeld	70-74	200 m backstroke (SC)	3:13.31
Hella Versfeld	70-74	200 m freestyle (SC)	2:57.11
Carl Waterer	70-74	200 m freestyle (SC)	2:29.11
Karl Donoghue	80-84	100 m backstroke (SC)	1:30.49
Karl Donoghue	80-84	200 m backstroke (SC)	3:17.15
Karl Donoghue	80-84	400 m freestyle (SC)	6:30.32



## MAIL-IN CHALLENGES

Each month a new challenge will be posted to be completed within the month, the details of which will be shared with each challenge. Swimmers/coaches will tabulate the results of the challenge and forward them to [masters@swimming.ca](mailto:masters@swimming.ca). Results will be compiled using the age group distributions as per competitions. Prizes will be awarded each month. Twenty-Nine Swimmers are on track to complete each challenge this season along with 8 Clubs. Prizes will be awarded, keep up the good work!

February's Mail-in challenge has been launched and is available in the resource section of the [Swimming Canada Masters](#) page. This month we are inviting you to complete a 1000 m swim using a push (in the water) start. Please submit the time required to cover the distance.

The January challenge data is due back by February 5th so that results can be compiled and prizes awarded. Remember January results can be submitted individually [HERE](#)

The December challenge results are available [HERE](#).

Congratulations to all our participating members and clubs.

Our participation prizes, a 25\$ gift certificate to the Swimming Canada on-line store, go to:

Ann Clarke	Aurora Master Ducks
Richard Lapointe	Natation Montréal Nord
Claudia Lamothe	Requins de Drummondville
Carli Tyson	YMCA Calgary Masters

The March Challenge will ask you to complete each of the events that will be swum at the 2020 Olympic and Paralympic Swimming Trials to be held in Toronto from March 30<sup>th</sup> to April 5<sup>th</sup>, 2020.

## 2020 OLYMPIC AND PARALYMPIC SWIMMING TRIALS

The Olympic and Paralympic Swimming Trials will be hosted at the beautiful Toronto Pan Am Sports Center from March 30<sup>th</sup> to April 5<sup>th</sup>, 2020. Preliminaries will run every morning starting at 9:30 am and finals each evening starting at 5:45 pm EXCEPT Saturday when finals will start at 5:00 pm.

Come out and cheer on our future Olympians and Paralympians. Morning, evening, full day and club tickets will be going on sale Tuesday February 4<sup>th</sup> at 10:00 Eastern Time. For more information see [HERE](#) All tickets can be purchased via [HERE](#).

Event sponsorship opportunities are available. See [HERE](#) for all of the information.



## 2020 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS

Please continue to follow the 2020 Canadian Masters Swimming Championships page [HERE](#) to see the meet package and familiarize yourself with the [meet web page](#) where all new information will appear.

Meet entries will open at the end of March. Full details will be available to guide you through the entry process.

Hotel information has been updated since December 1, 2019.

## 2020 SWIMMING CANADA MASTERS SWIMMING AWARDS

Nominations are now open for the 2020 [Swimming Canada Masters Swimming Awards](#) including the Award for long-term contribution to Masters Swimming in Canada. The Excellence in Coaching Award for an exceptional coach. Masters Swimming Excellence award in recognition of Masters Swimmers who have demonstrated consistent and outstanding results at the highest level of competition in Masters Swimming. The nomination documents are available [HERE](#) or through your provincial Association [HERE](#)

## 2020 UANA VIII PAN AMERICAN MASTERS CHAMPIONSHIP

Medellin, Colombia will be hosting the VIII Pan American Masters Championships. Swimming events, including open water, run from June 18<sup>th</sup> to June 25<sup>th</sup> 2020. Information can be found [HERE](#)

## 2021 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS

The bidding process has been launched for the 2021 Canadian Masters Swimming Championships. If your organisation is interested in hosting, please refer to the information [HERE](#), and the [bid forms](#). Please submit all questions to [masters@swimming.ca](mailto:masters@swimming.ca)

## OPEN WATER SWIMMING RULES

New Canadian Open Water Masters Rules have been developed and are now available in the Rules section of the Swimming Canada web page [HERE](#). The rules take into consideration the realities of Open Water swimming in Canada, the running of combined age group and Masters events, the safety of Masters Swimmers and the enhancement of the Masters' Swimmers' experience of Open Water swimming. We look forward to seeing you at Open Water Events this summer.



If you missed our previous bulletins, please consult them [HERE](#)

Any questions may be directed to [masters@swimming.ca](mailto:masters@swimming.ca) where we will endeavor to respond or direct you to the proper channels.

Happy Swimming!

*"You're only one swim away from a good mood"*

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