



## MASTERS SWIMMING BULLETIN – May 2020

Our pools are empty of Swimmers but Swimmers are still active out of the water. We have heard from many of you about your new reality. The rediscovered joys of family time. Board games, bon fires, cycling, binge watching, Yoga, picking up the yard, volunteering, home-schooling. Thank you to those of you who have taken a moment to drop us a line.

The High Performance Mental Health Advisor to Swimming Canada, Dr. Carla Edwards, proposed that we take the opportunity being presented to us with the changing times to re-connect with a passion or interest that we have put aside due to lack of time.

The Swimming Canada offices have been closed since March 16<sup>th</sup> however, we continue our planning for all Swimmers. Please consult the Swimming Canada [web page](#) regularly for updates. A COVID-19 [resource hub](#) has also been created for the sharing of information, though much of it is focused towards our High-Performance Swimmers there is useful information for all. Our communications department is also sharing stories and features regularly on [Facebook](#), [Instagram](#) and [Twitter](#), please follow us there.

We would like to take this occasion to thank the Etobicoke Olymum Masters Swim Club for the preparation work they completed for the hosting the 2020 Canadian Masters Swimming Championships. Though the event has been cancelled and their efforts will not be fruitful, we are confident that the event would have been spectacular.

We are looking for up-lifting stories to celebrate our members and their contributions to their communities during these times. Please drop us a line to tell us about yourself, a teammate or a 'young' person in your entourage who is contributing.

We encourage all of you to continue practicing government safety measures including self-isolation, physical distancing, hand washing and all other recommendations.

Swimming Canada will continue to communicate with it's members encouraging a healthy lifestyle during these challenging times.

Be well, be safe and look out for one another. [WE WILL SWIM AGAIN](#)

### CANADIAN RECORD RECOGNITION

Canadian Masters Records for individual and relay events are now available on with the [Swimrankings records page](#) , look for Canada in the record list and Canadian Masters Records subsequently.



## CANADIAN RANKINGS

Canadian rankings are now available on the Swimming Canada web page [HERE](#) . Select the age group to see top times in each event in the selected age group.

Clicking on the event will display all rankings. Clicking on a time will display time details and ranking details. Clicking on a name will display the swimmer's best times.

SwimRankings also displays Canadian rankings [HERE](#) . You can view provincial rankings and club rankings as well. Just add the province/club to the url like this:

<https://www.swimrankings.net/index.php?page=rankingDetail&club=CAN.ON> (Change the last 2 letters to your provincial code).

<https://www.swimrankings.net/index.php?page=rankingDetail&club=CAN.EOMAC> (Change the last letters to your club code).

## 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). Prizes will be awarded, keep up the good work!

May'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 the activities listed, while maintaining physical distancing, to help keep your body and mind active and you spirit high. Check off that you have completed as many of the activities as possible and submit your participation. This will be our last challenge of the 2019-2020 season. We hope you have enjoyed them and we look forward to presenting them again during the 2020-2021 season.

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

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

Congratulations to all our participating members and clubs. A special mention to the 6 Swimmers who completed all of the events along with the Manitoba Marlins who completed the events in a long course pool!

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

Pierre Boily  
Quinton Collister

Club Natation Mont-Tremblant  
Brandon Bluefins Masters Swim Club



Sarah McAvoy  
Linda Stanley Wilson

Manitoba Marlins  
White Rock Waves

## 2020 SWIMMING CANADA MASTERS SWIMMING AWARDS

Nominations are now closed 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.

## 2021 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS

We are pleased to announce that the 2021 Canadian Masters Swimming Championships will be held in May in Quebec City. The precise dates will be revealed shortly. We are excited to be returning to Quebec City for this event last hosted there in 2017. The PEPS of the Université de Laval is a beautiful facility with two 25 m, 10 lane competition pools and a warm-up/cool down pool.

The [City of Quebec](#) provides spectacular scenery in the historic old city, a UNESCO World Heritage treasure. It is the only fortified city north of Mexico with over 400 years of history. The renowned restaurants of the City are sure to please all palates and the surrounding countryside is breathtaking and worth taking extra time to visit and enjoy.

## FOREIGN SWIM MEET RESULTS

Results from swim meets which are not Swimming Canada sanctioned do not appear automatically in our results and rankings. When competing at a meet, while representing your Canadian swim team, sanctioned by a foreign federation, recognized by FINA, it is important to communicate your participation to us. We will require the results files produced by the meet management software. Please provide these files or a meet contact so that they can be requested.

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.



*To unsubscribe from receiving emails from Swimming/Natation Canada Inc., please log into your swimmer account and select DENY for email consent. You may also email [masters@swimming.ca](mailto:masters@swimming.ca) , please include your name and email.*