



July 5, 2021

We are pleased to announce that the 2022 Canadian Masters Swimming Championships will be held from May 20th to 22nd in Quebec City. We are excited to be returning to Quebec City for this event, which was 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.

April 1, 2021

Swimmers having ranked first in any event, either short course or long course, in 2020 should have received their Canadian Champion crest by now. If you feel you should have received a crest and did not, please contact us at masters@swimming.ca

March 1, 2021

Congratulations to the Masters Swimmers who are ranked in the **2020 FINA TOP 10 Rankings**. FINA compiles these lists from performances at meets formally sanctioned by a FINA member federation and conducted under the rules of FINA, by swimmers registered in a club, member of a FINA Member Federation.

Complete FINA TOP 10 Rankings for Long Course and Short Course can be found on the FINA webpage in the [Masters](#) section under Rankings.

Those Swimmers who attained a 1st place ranking are:

Marie-Soleil Jean-Lachapelle – Équipe Natation St-Lambert
Alexandra Rodriguez Dimitrescu – Winskill Otters Masters
Terri-Lynn Benison – Calgary Masters Swim Club
Sarah MacDonald – Victoria Masters Swim Club
Hella Versfeld – Vernon Masters Swim Club
Madeleine Sévigny – Club Natation Mont-Tremblant
Edie Hilts – Regina Masters Swim Club
Mae Waldie – Maitres Pointe-Claire
Sheila Naiman – Maitres Pointe-Claire
Mary Brown – Regina Masters Swim Club
Vlad Shirokov – Hera Blue Swim Club
Jonathan Banville – Club Natation Région de Québec
Peter Van Dyke – Hera Blue Swim Club



Chris Daniel – Wild Rose
Detlev Grabs – Mégophias de Trois-Rivières
Glenn Carlsen – Penticton Masters Swim Club
Carl Waterer – Lower Columbia Swim Club
Jack Kelso – Dogwood Masters
Karl Donoghue – Penticton Masters Swim Club
Brian Sheridan – Etobicoke Olympium Masters Aquatic Club
Henri-Paul Ruelland – Maitres-Nageurs Québec

Congratulations to all !

February 24, 2021

Swimming Canada and its provincial partners continue to follow closely the evolution of the COVID-19 pandemic within each province. The pandemic continues to impact access to pools, training, coaching and our swimming community. Decisions surrounding the 2021 Canadian Masters Swimming Championships will be finalised mid-March. We are all hopeful that Masters Swimmers will return to training however we are considerate of the health and safety of all of our members.

Swimming Canada will continue to offer programming to Masters Swimmers through 2020 performance recognition, swimmer and club acknowledgement and challenges.

Until we meet again on the pool deck remember the power of a smile and a kind word.

February 10, 2021

A very interesting article was published recently by the Sports Information Resource Center (SIRC) located in Ottawa. The article, entitled [Giving Due Deliberation to Masters Athletes: The Time has Come](#) provides an overview of what researchers have learned about programming for enhancing Masters Athletes' sport experiences, focusing on themes that have resonated with sport programmers and coaches in their recent webinars. They specifically discuss the valuable role of a coach and adult-tailored coaching approaches, and the emergence of practical tools for coaches to hone these approaches in their craft.

December 31, 2020

Looking back at the 2020 season there is still cause to rejoice and celebrate Masters swimming in Canada.



41 new Canadian Records were set by our swimmers from January 1st to March 1st. Congratulations to Hella Versfeld, Madeleine Sévigny, Sarah MacDonald, Mae Waldie, Carl Waterer, Karl Donoghue, Detlev Grabs, Jack Kelso, Chris Daniels, Pat O'Brien and Ron Armstrong for their individual achievements. Congratulations to the men's relay team from Hera Blue Swim Club on their Canadian Record.

In May we announced the recipients of the first Swimming Canada Masters Swimming Awards. Excellence in Coaching was awarded to Gaël Chaubet of DSC, Excellence in Swimming was awarded to Kalis Rasmussen of EOMAC and Pablo Conde of MACC and Long-Term Contribution was awarded to Charlie Lane of EOMAC. Congratulations again to our recipients.

2021 will provide new opportunities to swim; in our club pools, in our back yards, in lakes and the ocean, when the water calls Masters Swimmers will return. Until then, be well and be safe.

September 1, 2020

Welcome to Swimming Canada's new Masters page. We have responded to the suggestions from 2020 masters survey by creating a more easily navigable web page for you. We will continue to enhance the information found here regularly.

We look forward to hearing from you during the upcoming season.

We swim not to escape life, but so that life doesn't escape us.