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Santa Aart

From the Board

As we prepare to celebrate this Festive Season – spend some serious time with your loved ones - phone an old friend - help out the less fortunate and reflect on your good health and enjoy life – training starts soon enough.

Merry Christmas and a Happy New Year from the Board
and all the volunteers that make **Swimming and MSABC – a LifeStyle!!**

Getting the Bulletin

Please let your club members know that in order to receive the bulletin they must access the MSABC website and sign up. We will not be using the Swim Direct database as the source for email addresses.

If you have Club members who do not have email or access to a computer, please have one person in your Club print out a few copies to distribute.

Registrar Says "Hi"

(He is really trying to raise money to get home for Christmas.)

Well, it only feels like yesterday that during Provincials, I said good-bye to many of you since my job would require me to move out to Ottawa. As some of you know, on completion of the AGM I turned over my Board responsibilities and started to pack my bags in preparation for a summer trip out East.

It was during Nationals that I was asked if I would be interested in remaining on the Board as a

Member at Large, albeit from afar. I was honoured by this request and knew at heart that MSABC would always be my home and that I would try to make a contribution to the best of my capabilities.

During the Summer and only a few weeks before my trip, the Board had an unexpected vacancy within the Executive ... the MSABC Registrar. GASP!

“What do you mean that’s me”? Ok, to be honest, I volunteered for the position recognizing the importance of the job and that we needed to start the process soon and keep ahead of the program.

So, there I was on the road, with all my Swim Direct files. As many of you already know, my transition to Registrar has been quite eventful. Let me see...

- Learn how Swim Direct “really” works like;
- What do I do first? How about my Registrar login and password;
- Wonder if Club Registrars know what they’re doing?
- Oh no ... Do I know what I’m doing?
- Will I be able to keep up with all the inquiries?
- Make sure to find hotels with Internet connections during my drive across;
- By 2nd night, change hotel requirement to ensure printer is also available;
- First MSABC Club registered during my 4th hotel night;
- By Ontario, passenger seat is full of emails about MSABC registration;
- Move into my new apartment and discover the laptop is not going to do it;
- Will someone please get my new computer hooked up; and
- Voila ... after a couple of months, I get it. I think I’m going to be OK.

Well, as many Club Registrars already know, I have tried my best and believe that the bulk of the Clubs have completed their registration process. In fact, there have been many Club Registrars that have been very helpful and provided me great support and advice along the way. Thank you.

That said, I now have a much better understanding of exactly what’s involved and recognize there’s much more work that needs to be done. With the support of MSABC’s Treasurer (Keith Kendal), we are trying to get all caught up and making modifications to our process so Clubs know how our registration process works like. Till then, I hope to continue to have your support and understanding.

Lastly, the biggest question on my mind is ... when can I get back to BC?

For my lane-mates at Navy, just hold my place on the relay team at Provincials.

Club Profile

Greetings from Salmon Arm

Greetings from the Salmon Arm Waves Masters Swim Club. We are off to another great season. We currently have over 40 swimmers. Swimmers can choose one to three times a week Tuesday and Thursday swims are from 6:30-8:00 p.m. and Saturday swims are from 7:30-9:00 a.m. On November 19th, we held a fun swim meet with our friends from the Vernon, Kelowna, Westbank, Penticton, and Kamloops swim clubs This was an unsanctioned mini-meet which ran from 8:30-12:00 on a Sunday. It was followed by a very successful luncheon social. Volunteers from our club plus friends and family helped to set up the meet, post the results, time, and prepare the food. A big thank you to all who volunteered I would highly recommend it to other clubs, and we are hopeful that one of the other clubs will host a mini-meet in January.

Ebbtides Report

Nanaimo 's 26 th Annual Swim Meet

The organizers of Nanaimo's 26th annual swim meet can now get on with their Christmas preparations knowing they have pulled off yet another successful meet. The meet was well attended with 130 registered swimmers, some from as far away as Calgary. Unfortunately our freak snow storm earlier in the week kept a group of Washington swimmers from making the

trip north, but we are hoping they will try again next year.

Nanaimo, known for its cold fast pool was enjoyed by all. To quote Keith Kendall, *"I feel like superman when I swim in this pool"*. It has been a long time since I was able to just compete in our meet, so I was able to find out for myself how fast our pool is, (it sure doesn't seem fast during our rigorous workouts). Avila Rhodes and Grant Hall know our pool is fast as they set Provincial records in the 200 Back and 200 Fly respectively, (pending confirmation by Julie Jones).

Inge Hornby, our meet manager did another excellent job. A good meet manager has lots of help, which Inge had. Darlienne Howes, who has been our Clerk of Course since I can remember, greeted and organized all of our swimmers. Bill Benson and Diane Ruffell ensured the electronic times got to the computer. Joanne Lessard and George Sheppard ran the computer room and ensured all the results were out before everyone left for home. Marlene Gustafson braved the cold storage room and ensured all the swimmers had their ribbons by the end of the meet. She was also very happy to win a draw prize. Our meet can't happen without officials; thanks to Leanne Poulin and Don Irwin for running a very efficient meet. Also a big thank you to the Stroke and Turn judges and all of our timers.

We all know everyone really comes to the meet for the food. Karina Younk and Nancy Ryan ensured there was lots of good food for everyone. The punch was great and rumours are flying it is a secret Danish family recipe. With some help from Tim Goater and Inge Hornby, Nancy and Karina also secured numerous draw prizes for the swimmers and volunteers from over a dozen of Nanaimo's local businesses.

Finally, thanks to all the swimmers; we can't have a meet without you. Nanaimo's meet is the last of the year, but make sure you train over Christmas so you are ready for Cowichan Masters meet in January. They have a reputation for setting lots of records as swimmers move into new age groups.

Meet Information

Cowichan Aquannis Masters Swimmers 23rd Annual Invitational Masters Swim Meet

- **Date:** Sunday **January 28, 2007**
- **Sanction Number:** SBCM 0701
- **Address:** Cowichan Community Centre - 2687 James Street, Duncan, BC V9L 2X5
- **Phone:** 250.746.0450 | **Fax:** 250.715.1277
- **Times:** Warmup - 10:00am | Events: 11:00am to 4:00pm
- **Social:** 4:00pm ...

See [Masters Swimming Assoc of BC](#) web site for more information and registration details

Victoria Masters Swim Club - 27 th Annual Swim Meet (Long Course)

- **Date:** Saturday **March, 10, 2007**
- **Facility:** 8 lane 50m electronic timing cardless separate warm-up/cool-down pool

- **Warm Ups:** 10:30 AM **Meet:** 11:30 AM **Social:** Following Events
- **Meet Manager:** Dave Kelsey
- **Phone:** 250.888.8160
- **Email:** meet@victoriamasters.ca

See the [Victoria Masters Web Site](#) for more information and details.

2007 British Columbia Masters Short Course (Meters) Swimming Championships

Hosted by the Semiahmoo Masters Swim Club

- **Date:** April 20, 21, 22, 2007
- **Facility:** Surrey Sport and Leisure Complex 16555 Fraser Hwy (168St) Surrey , BC
- **Sanction:** SBCM 0706
- Complete Registration and Event Schedule will be posted on the new and exciting Masters Web page www.mastersswimming.bc.ca by **January 1st 2007**

2007 Nationals – Winnipeg

- **Date:** May 2007
- See www.mymisc.ca for details.

Out of Town

- some interesting meets South of the Border that you may be interested in- check out the Northwest Zone Event Schedule – if you can't get to Winnipeg think of the USMC National SCY (yes yards) in Federal Way <http://www.swimpna.org>

2006 Records

BRITISH COLUMBIA AND CANADIAN RECORDS BROKEN IN 2006

Listed below are accomplishments by our BC swimmers up until October 31, 2006 as posted by Christian Berger and Julie Jones. I apology for not listing the World record holders but the website is not up to date and I do not have access to this information. We are very proud of your achievements and know how hard you had to work get to such a prestigious level. Also if you are aware of any errors or omissions – let Julie Jones, our long and hard working records person, or myself know.

Let's keep Master's British Columbia at the forefront of swimming next year - Dianne Ruffell

BRITISH COLUMBIA SHORT COURSE SWIMMING RECORDS

Based on information posted on the MSABC website records

WOMEN

Age 25-29	Valerie Hadd	EBSC	100 Back	May 06
	Valerie Hadd	EBSC	200 Back	May 06
	Valerie Hadd	EBSC	100 IM	May 06
	Valerie Hadd	EBSC	200 IM	May 06
	Valerie Hadd	EBSC	400 Im	May 06
Age 30-34	Victoria Naess	EBSC	50 Free	May 06
	Victoria Naess	EBSC	100 Free	May 06
	Victoria Naess	EBSC	200 Free	May 06
	Victoria Naess	EBSC	400 Free	May 06
	Victoria Naess	EBSC	100 IM	May 06
Age 35-39	Annelle Harmer	EBSC	800 Free	Apr 06
	Annelle Harmer	EBSC	1500 Free	Apr 06
Age 45-49	Sarah Macdonald	VIC	400 Free	Jan 06
Age 50-54	Avila Rhodes	VIC	50 Free	May 06
	Mary-Anne Myers	UNAT	1500 Free	Apr 06
	Avila Rhodes	VIC	50 Breast	May 06
	Avila Rhodes	VIC	100 Breast	May 06
	Avila Rhodes	VIC	200 Breast	May 06
	Avila Rhodes	VIC	100 IM	Feb 06
	Avila Rhodes	VIC	200 IM	Feb 06
	Avila Rhodes	VIC	400 IM	Feb 06

BRITISH COLUMBIA SHORT COURSE SWIMMING RECORDS

WOMEN

Age 55-59	Liz Smith	WIN	100 Free	Apr 06
	Liz Smith	WIN	200 Free	May 06
	Liz Smith	WIN	400 Free	Apr 06
	Liz Smith	WIN	800 Free	May 06
	Liz Smith	WIN	1500 Free	May 06
Age 60-64	Georgina Lopez	NVM	50 Free	Apr 06
	Georgina Lopez	NVM	100 Free	May 06
Age 75-79	G. Hambrook	OKM	800 Free	Apr 06
Age 85-89	Marion Devitt	CSS	100 Breast	May 06
	Marion Devitt	CSS	200 Breast	May 06

BRITISH COLUMBIA SHORT COURSE SWIMMING RECORDS

MEN

Age 30-34	Jimmy Cho	HYACK	50 Fly	May 06
	Jimmy Cho	HYACK	100 Fly	May 06
	Jimmy Cho	HYACK	200 Fly	May 06
Age 35-39	Mark Oldham	EBSC	100 Free	July 06
	Mark Oldham	EBSC	200 Free	July 06
Age 45-49	Graham Welbourne	GYTBS	100 Free	May 06
	Graham Welbourne	GYTBS	200 Free	May 06
	Graham Welbourne	GYTBS	400 Free	May 06
	Graham Welbourne	GYTBS	800 Free	May 06

Age 55-59	Rod Carmichael	VIC	100 Free	Feb 06
	Rod Carmichael	VIC	200 Free	Feb 06
	Rod Carmichael	VIC	400 Free	Feb 06
	Rod Carmichael	VIC	800 Free	Apr 06
	Rod Carmichael	VIC	1500 Free	Apr 06
Age 65-69	Karl Donoghue	KISU	1500 Free	Apr 06
Age 70-74	Grant Hall	CSS	100 Free	May 06
	Grant Hall	CSS	200 Free	Jan 06
	Joe Mandur	TERR	400 Free	Apr 06
	Grant Hall	CSS	50 Fly	Apr 06
	Grant Hall	CSS	100 Fly	May 06
	Ivan Szasz	UBC	200 Fly	Apr 06
	Peter Bell	NVM	100 IM	Apr 06
	Peter Bell	NVM	200 IM	May 06
	Peter Bell	NVM	400 IM	May 06
Age 75-79	Alex Johnson	CSS	200 Free	Jan 06
	Alex Johnson	CSS	400 Free	Apr 06
	A. Johnson	CSS	100 Back	Apr 06
	Alex Johnson	CSS	200 IM	Jan 06

BRITISH COLUMBIA SHORT COURSE SWIMMING RECORDS

MEN

Age 80-84	Peter Gilchrist	OKM	100 IM	Apr 06
	Len Coverdale	CSS	200 IM	Apr 06

BRITISH COLUMBIA SHORT COURSE RELAY SWIMMING RECORDS

Age 120-159

	M 4 x 100 Free	Ruest – Anfossi – Heusel – Oldham	EBSC	May 06
	W 4 x 50 Free	Hadd – Brouke – Harmer – Naess	EBSC	Apr 06
	W 4 x 50 Medley	Oikawa – Rhodes-Mcdonald-Sanbrook VIC		Jan 06
Mixed	4 x 50 Free	Naess – Ruest – Hadd = Oldham	EBSC	May 06
	4 x 50 Medley	Hadd – Oldham – Heusel – Naess	EBSC	May 06
	4 x 100 Medley	Cunningham – Hooper – Cosper	-VanOostenUBC	Apr 06

Age 160 – 199

Mixed	4 x 100 Medley	Newman – Slater – Weltzin- Freemean	SEMI	Apr 06
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Age 200 – 239

	M 4 x 50 Free	Slater – Caldwell – Spreecher – Weltzin	SEMI	Apr 06
Mixed	4 x 50 Free	Caldwell – Graham – Duvall – Spreecher	SEMI	Apr 06
	4 x 100 Medley	Looye – hartney – Beer – Spreecher	SEMI	Apr 06

Age 280 -319

	M 4 x 50 Free	Politano – Portelance – Johnson – Hall	CSS	Jan 06
	M 4 x 50 Medley	Johnson – Politano – Hall – Portelance	CSS	Jan 06

BRITISH COLUMBIA LONG COURSE SWIMMING RECORDS

Based on information posted on the MSABC website records

WOMEN

Age 25-29	Valerie Hadd	NVM	400IM	Aug 06
Age 30-34	Victoria Naess	EBSC	50 Free	Aug 06

	Victoria Naess	EBSC	100 Free	Aug 06
	Victoria Naess	EBSC	200 Free	Aug 06
Age 35-39	Annelle Harmer	EBSC	400 Free	Mar 06
Age 40-44	Sam Goski	WIN	400 IM	Mar 06
Age 45-49	Sarah MacDonald	VIC	100 Breast	Aug 06
Age 50-54	Avila Rhodes	VIC	50 Free	Aug 06
	Avila Rhodes	VIC	50 Breast	Aug 06
	Avila Rhodes	VIC	100 Breast	Aug 06
	Avila Rhodes	VIC	200 Breast	Aug 06
	Avila Rhodes	VIC	400 IM	Mar 06
Age 55-59	Liz Smith	WIN	200 Free	Aug 06
	Liz Smith	WIN	400 Free	Aug 06
	Liz Smith	WIN	800 Free	Aug 06
	Colleen Nelson	COWI	50 Fly	Aug 06
Age 70-74	Eulah Varty	COWI	100 Fly	Aug 06
MEN				
Age 19-24	James Monk	WIN	200 Fly	Mar 06
Age 35-39	Mark Oldham	EBSC	50 Free	Aug 06
	James Hooper	UBC	50 Breast	Aug 06
	Mark Oldham	EBSC	100 Breast	Aug 06
Age 55-59	Rod Carmichael	VIC	200 Free	Mar 06
	Rod Carmichael	VIC	400 Free	Mar 06
Age 60-64	Roger Painter	VIC	200 Fly	Mar 06

Age 70-74	Grant Hall	CSS	50 Fly	Mar 06
	Ivan Szasz	UBC	200 Fly	Aug 06
Age 75-79	Alex Johnson	CSS	200 Free	Mar 06
	Alex Johnson	CSS	400 Free	Mar 06
	Alex Johnson	CSS	200 Back	Mar 06
	Alex Johnson	CSS	200 IM	Mar 06

BRITISH COLUMBIA LONG COURSE RELAY SWIMMING RECORDS

Age 240 – 279

M 4 x 50 Free Carmichael – Zajchowski – Anderson - HoffmanVIC Mar 06

Age 280 – 319

M 4 x 50 Medley Johnson – Politano – Hall – Portelance CSS Mar 06

CANADIAN RECORDS

Based on information from Christian Berger's statistics on the MSC website

WOMEN

Age 50-54	Avila Rhodes	VIC	SC	50 Breast	May 06
	Avila Rhodes	VIC	SC	100 Breast	Mar 06
	Avila Rhodes	VIC	SC	200 Breast	May 06
	Avila Rhodes	VIC	LC	200 Breast	Mar 06
	Avila Rhodes	VIC	SC	400 IM	Feb 06
Age 60-64	Georgina Lopez	NVM	SC	100 Free	May 06
Age 85-89	Marion Devitt	VCSS	SC	100 Breast	May 06

MEN

Age 30-34	Jimmy Cho	HYAC	SC	200 Fly	May 06
Age 45-49	Graham Welbourne	GYTB	SC	100 Free	May 06
	Graham Welbourne	GYTB	SC	200 Free	May 06
	Graham Welbourne	GYTB	SC	400 Free	May 06
	Graham Welbourne	GYTB	SC	800 Free	May 06
Age 55-59	Rod Carmichael	VIC	SC	100 Free	Feb 06
	Rod Carmichael	VIC	LC	200 Free	Mar 06
	Rod Carmichael	VIC	LC	400 Free	Mar 06
	Rod Carmichael	VIC	SC	800 Free	Apr 06
Age 65-69	Karl Donoghue	KISU	SC	1500 Free	Apr 06
Age 70-74	Grant Hall	VCSS	LC	50 Fly	Mar 06
	Peter Bell	NVM	SC	200 IM	May 06
	Peter Bell	NVM	SC	400 IM	May 06