



MASTERS SWIMMING BULLETIN – 2024 #1

Happy New Year to one and all! We hope 2024 will find you healthy, happy and swimming. Congratulations to all those who have “aged up” this past January 1st. Welcome to your new age group for the next 5 years!

Swimming Canada will continue to share your journey in swimming, providing monthly challenges, the Speedo Canadian Masters Swimming Championships, Canadian Masters Records, World Aquatics Top 10 compilations, leadership, and guidance to the provinces along with answers to your many queries. Please consult our “Benefits of Membership” chart [HERE](#)

NEW MASTERS WEBSITE COMING SOON

We are currently developing a brand new website! Swimming Canada will be launching a new website in early 2024 and masters will get its own micro-site! This offshoot site will compile all the masters swimming content in one area while also connecting you to all the other swimming content. Keep an eye out on Swimming Canada’s social platforms for the launch announcement.

CANADIAN MASTERS RANKINGS

As we continue to perfect our systems to better suit all swimmers, including Masters Swimmers, please note that rankings are available [HERE](#). You will need to enter the competition season and the range for the years of birth. Please note that as of January 1st the year range will change. Please also note in the younger age groups that ALL swimmers are included and you may be ranked with our Olympians!

MONTHLY CHALLENGES

February’s monthly challenge has been posted and is available in the resource section of the [Swimming Canada Masters](#) page. This month we are challenging you to complete a freestyle add-up challenge by swimming a 50m, 100m, 200m, and 400m freestyle. Please record your times and submit them [here](#).

The February challenge submissions are due back by March 6th so that results can be compiled and prizes awarded.

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



Congratulations to all our participating members and clubs.
Our participation prize, a 25\$ gift certificate to the Swimming Canada online store, go to:

Cora Johnson - CGCSA
Joanne Stothers - MMAC
Dave Garneau - CNSF
Greg Sterenberg - OMSC

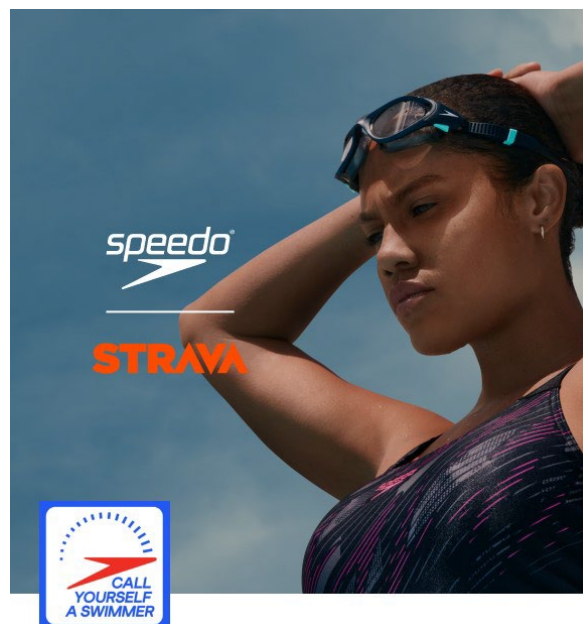
Each month, a new challenge will be posted to be completed with instructions also included with each challenge. Swimmers and coaches will tabulate the results of the challenge and forward them to masters@swimming.ca.

Results will be compiled using the age group distributions as per competitions. Prizes will be awarded each month.

SPEEDO x STRAVA CHALLENGE

Speedo is running a challenge on Strava to inspire more people to get in the water and highlight the benefits of swimming.

Strava is an internet service and application for tracking physical exercise that incorporates social network features to connect millions of runners, swimmers, cyclists, hikers, walkers, and other active people through the sports they love.





The Challenge: "Call Yourself A Swimmer"

Join the "Call Yourself A Swimmer" challenge on Strava. Spend 120 minutes in the water for your chance to win a 20% discount on us.speedo.com, and a \$300 Speedo kit.

GPS and manual activities recorded in Strava will count towards the challenge goal. The challenge runs until February 25th, 2024.

2024 SPEEDO CANADIAN MASTERS SWIMMING CHAMPIONSHIPS

Please continue to follow the 2024 Speedo Canadian Masters Swimming Championships page [here](#) and familiarize yourself with the web page where all new information will appear.

Host Hotel

Reserve your hotel room with Swimming Canada's special rates for the 2024 Speedo Canadian Masters Championships

Rooms are still available at select hotels – [BOOK NOW](#)

2024 WORLD AQUATICS MASTERS CHAMPIONSHIPS

The 2024 World Aquatics Masters Championships will take place in Doha, Qatar, from February 23rd to March 3rd, 2024. If you are registered for the event and would like to connect with other Canadian swimmers attending, please email masters@swimming.ca.

2024 PANAM MASTERS CHAMPIONSHIPS

The 2024 Panam Aquatics Masters Championships are set to take place in Trinidad & Tobago from July 18th to 29th, 2024. Event registration links and information can be found [here](#).

UNATTACHED SWIMMERS

Swimmers wishing to register without a Masters Swim Club, as an unattached swimmer, should contact their provincial association. Please see the links [HERE](#)

SWIMMER AND CLUB PROFILES

We will return to highlighting our affiliated clubs and swimmers! Send us your swimmer and club stories. We want to hear them, share them, and inspire others with them!



Any questions may be directed to masters@swimming.ca where we will endeavour to respond or direct you to the proper channels.

Happy Swimming!