

GREATER LENGTHS



GREATER LENGTHS NEWSLETTER

The MSABC newsletter *Greater Lengths* is published four times during the year.

May 15 August 15
November 15 February 15

Our short news bulletins with important updates and approaching deadlines are published 1-2 times each month.

Submissions from the membership are welcome and encouraged. Submissions must be non-commercial in nature and must be word-processed.

Submit your article, photos, news, and ideas to Linda:
communications@msabc.ca

Find us online: msabc.ca



SWIM SEASON 2025-26

Welcome, fellow swimmers, to MSABC's Fall newsletter. The 2025 Fall season is now in full swing. For those of us who compete, the updated schedule is available on our website (msabc.ca). All psych sheets, heat sheets, and results are posted as soon as they become available.

We're happy to announce that OMSC will host the MSABC Provincial Championship in April. I'm looking forward to a great meet. I know the organizing committee is working hard to put together a special experience in Kelowna. We'll be sharing more Provincial news in upcoming News Bulletins—be sure to read our monthly emails and share the updates with new teammates.

Our Monthly Challenge is underway again this year—I look forward to all the entries from around the province. Our Awards and Incentives committee is developing new recognition programs to encompass all of our members. Our committees are always seeking additional volunteers and new ideas. If you are interested, please visit our website for available opportunities (msabc.ca/Contact).

For now, have a great swim season. The MSABC Board wishes you a happy holiday season ahead. We look forward to hearing about how your team celebrates during this time of year and the outreach that you do to connect to the broader community.

~John Holmwood, MSABC President



WSM doing some serious strength training for the October Monthly Challenge

MSABC BOARD 2025-2026

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COMPETITION NEWS

2026 PROVINCIALS—KELOWNA

We're pleased to announce that the Okanagan Masters Swim Club will host the 2026 MSABC Provincial Championships at the H2O Adventure and Fitness Centre in Kelowna. The three-day event will take place from April 17 to 19, 2026 and will include the MSABC Annual General Meeting and Awards banquet on April 18th. The AGM will be held approximately an hour after Saturday's competition ends.

VERNON WINTER SPLASH

Vernon is very excited to share more information about their new format for the Vernon Winter Splash—now a 2-day event, February 14-15, 2026. Registration opened November 15. Register for traditional events on Saturday and/or go for the triple crown or tiara on Sunday.

Event Number		Event Name
101	Mixed	800 IM
102	Mixed	200 Butterfly
103	Mixed	100 Butterfly
	BREAK or Kokanee	Time Trial
104	Mixed	400 IM
	BREAK or Kokanee	Time Trial
105	Mixed	200 IM
106	Mixed	1,500 Freestyle
107	Mixed	800 Freestyle

Sunday's Triple Crown events at Vernon's Winter Splash.

<u>Triple Crown</u>	<u>½ Triple Crown (Tiara)</u>	<u>Alexanne Lepage IM Triple Crown</u>
200 Butterfly	100 Butterfly	800 IM
400 IM	200 IM	400 IM
1500 Freestyle	800 Freestyle	200 IM

The Vernon team also welcomes swimmers and family to volunteer as officials on either day and can facilitate deck evaluations to help them level up. Please reach out to vernonmastersmeetmanager@gmail.com for more information. Download the meet package at msabc.ca.

Special accommodation rates are available at the Vernon Lodge (GROUP ID - 8105). Bring the family, and take a cold plunge in the lake or ski Silverstar after the meet, maybe try a wine tour and make a vacation of it. (Or don't bring the kids and give Sparkling Hills a visit.)

Catch up with Robynne Ouchi from Vernon, who has made a special video about the event: youtube.com/shorts/LcPPjibYkE4?feature=share

MORE NEWS FROM VERNON

The new Active Living Centre, which will feature a 50-metre pool, is on target for completion in fall 2026. The community looks forward to hosting several major meets in 2027 and beyond (vernonalc.ca).

UPCOMING MEETS

We've already had two successful meets; here are the upcoming dates for this season. Dates are not official until the meet package has been sanctioned by Swim BC. Keep an eye on our website and social media for the latest updates. Meets fill up very quickly, so be sure to check our website regularly (msabc.ca) for registration open dates.

THANK YOU

Swim meets require a lot of coordination among meet managers, the hosting team, officials, and volunteers. MSABC truly appreciates everyone who comes together to make our meets a success for members.

You will often find our Competition Director, Khosro, behind the electronics desk and behind the scenes at most of our meets. Thanks, Khosro! And thank you, Rob Traynor and Nickie Mason, Meet Managers for the Ottermania meet, and Christina and Sean Pendergast, Meet Managers for the upcoming Nanaimo meet.



UP NEXT **Nanaimo Ebbtides (FULL)**
November 22, 2025

KISU

Early December 2025

Victoria Long Course Meet

January 24, 2026

EBSC 'Love to Swim'

February 7, 2026

Vernon Winter Splash

February 14-15, 2026

REGISTRATION IS OPEN

Chilliwack March Madness

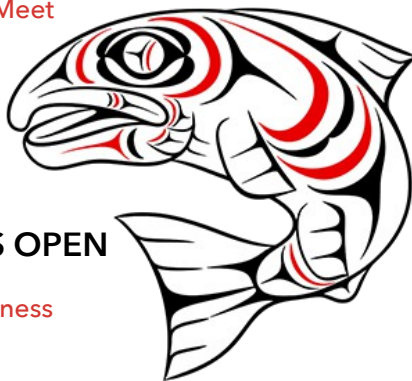
March 7, 2026

BC Provincials: Kelowna

April 17-19, 2026

Canada Nationals: Windsor

May 22-24, 2026



NEWS BITS

MSABC PROVINCIALS 2027

Now that the 2026 Championship meet is set, it's time to start thinking about putting a bid in to host Provincials 2027. Check out the Hosting Expectations Policy on our website: msabc.ca/policies. The earlier you get started, the more grants you can obtain to support the event.

BC 55+ GAMES

Each year, the BC 55+ Games are held in a different BC community. The next Games will be held in Kamloops, September 8-12, 2026. At the games, athletes compete with others from their regional zone rather than their regular MSABC team; in fact, many swimmers are not affiliated with a team. It's a fun three-day event that brings athletes from across the province to compete in a wide range of sports. The catch? You must be 55 years or older to participate. Registration opens in March; you can connect with your Zone representative now: 55plusbcgames.org/zones



MASTERS SWIM RECORDS REMINDER

British Columbia records can be found on our website at msabc.ca/records. The records are updated periodically by Swim BC following MSABC meets. To submit records set outside of BC and/or Canada, follow the instructions on our records page. If you believe a record is missing or listed incorrectly, please get in touch with Carrie at Swim BC (carrie.matheson@swimbc.ca).



THE MSABC FUN MONTHLY CHALLENGE

Every MSABC swimmer can participate in our Monthly Challenge. If you have paid your \$77 swim fee this season, you and your teammates are invited to contribute photos each month to qualify for special commemorative trinkets for your whole team. It's simple: tag us in your Instagram or Facebook posts (#mastersswimmingbc) **OR** send photos to communications@msabc.ca. Each month, there is a broad theme for photo contributions. You can also contribute recipes, workouts, community outreach programs, and photos from your team's social events. We look forward to seeing team involvement from across the province.

NEW MONTHLY THEMES FOR 2025-26

From our constitution, the purposes of MSABC are to promote fun, friendship, fitness, health, fellowship, and participation. This year, our monthly themes will reflect the goals and purposes of MSABC. Send in photos (or tag us in your social media posts) using these general themes for fall:

September

Fun

October

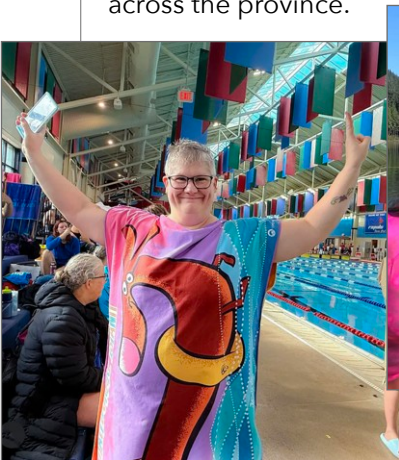
Fitness

November

Health (cookie recipes!!)

December

Fellowship



Join in the fun! Send us your team photos!



Recent contributions from Coast, Nanaimo, WestShore, Wave, Ravensong, and Royal.



MSABC BOARD

JOHN HOLMWOOD, PRESIDENT

president@msabc.ca

John started swimming at the age of 5 by jumping into the deep end before he'd taken any lessons. That didn't go so well. At 10, he joined the Trenton Dolphins Swim Club. He stopped when he entered high school, as the school didn't have a pool and there were other sports to try. John returned to swimming in 1980, joining the Burlington Masters as a way to get into shape. Over the years, John has swum with the U of T Masters, the Calgary Masters, and now the Vernon Masters. He went to the Canadian Masters Championship for the first time in 1982. His best result came at the 1992 Canadian Masters Championship, where he won his first and only Gold. It was for the 200 Fly.

John typically swims the 200 Breast, 200 and 400 IM, and has eased back to the 100 Fly as the 200 has gotten harder to finish. His philosophy is "pick the events no one else wants to swim." This seems to be working, as he won 5 golds, a silver, and a bronze at last year's Provincials, despite coming last in every race. While he has entered several open water swims over the years and swims in the lake most summers, they are not his favourite events. He usually swims them breaststroke.

John has been on the Board of Directors since 2018 and has held several roles over the years. This is John's second stint as President, as he previously held the role from 2020 to 2022.



John Holmwood

LAUREN WESTMACOTT, PAST PRESIDENT

pastpresident@msabc.ca

I am a self-confessed lifelong water addict. It started early; my parents signed me up for the Nanaimo White Rapids at age 6. They were worried we kids would drown in the backyard pool they put in, and the swim team was cheap in the 80s. Unfortunately for them, this safety precaution turned into twice daily practices (plus water polo), suits, caps, goggles, and travel up and down the island as well as around the province. Eventually, I turned swimming into a job as a coach, and I continued playing water polo through 2 university degrees. When I finished grad school and returned to Victoria for my first "real job," I was lucky enough to find the Victoria Masters Swim Club and was welcomed into the fold in 2007. I now count my teammates as my "swim family" and love the friendships and support I get every time I hop in the pool with them.

Swimming wasn't enough for me, though, and I felt a need to give back. I joined the BOD of Vic Masters in

2012 and served for 5 years before taking a break. A few years later, I joined the BOD of MSABC as Secretary, Registrar, President, and now Past President. During that time, I also served as President and Past President of Vic Masters. I've enjoyed my board work as it's allowed me to meet so many new



Lauren Westmacott

people and members of MSABC and to have worked with some really incredible people. As Past President, I hope to contribute to some behind-the-scenes work to support the governance model and ongoing success of MSABC.

DALE ROBINSON, VICE PRESIDENT

vicepresident@msabc.ca

I am always happiest when I am swimming. I stumbled somewhat accidentally onto the sport at the age of 14 when I was convinced by some of my swimmer friends in high school to try out for my school team. "It will be fun," they said. Well, they were they right! Not long after, I joined the local age-group club--Port Hope Aquatic Club in Ontario (now Northumberland Aquatic Club)--then moved on to the London (Ontario) YMCA Masters while I was attending and later worked at Western University (sadly, varsity was just never in cards for me during school). I've been a Masters swimmer ever since, joining the UBC Masters Swim Club after moving to Vancouver to study and work at UBC, and now with the Victoria Masters Swim Club since 2015. Altogether, I've been swimming for more than 35 years and the goal is certainly to continue for at least another 35 to come.

*Dale Robinson*

Pool swimming is great and opens the door to the many Masters meets around BC, Canada, and the world by keeping me swimming fit throughout the year. My real passion though, my true happy place, is open water--mostly lakes for me, occasionally the ocean. Once the warmer weather arrives in the spring and summer, I'll opt for a lake swim over a pool swim any day.

I've also spent 10 years, give or take, on deck as a swim coach for a variety of both age-group and Masters clubs. Some of my most rewarding experiences in the sport of swimming were as a coach. I've now retired from coaching to give me more time to be just a swimmer, and to provide more time to give back to the sport in other ways. I'm currently sitting as president on the board of directors for the Victoria

Masters Swim Club, and of course, I joined the board at MSABC in 2017, first serving as a Director-at-large, then Treasurer, then Registrar, and now as Vice President. I'm also serving as the chair of the MSABC Open Water Committee.

HEIKE BEER, SECRETARY

secretary@msabc.ca

Heike has always enjoyed the water and grew up around swimming pools and the Atlantic Algarve coast in Portugal. For most of her childhood,

*Heike Beer*

adolescence, and young adulthood, she simply played in the water and swam for fun, without any serious training, stroke improvement, or competition. In fact, she was into competitive artistic gymnastics for over 20 years. It wasn't until a colleague at work pointed out her strong upper body that she started swimming in a Masters group in 1999. Over the past 3 decades, she has swum with the Pacific Seawolves, Semiahmoo Masters, and now the White Rock Wave.

She enjoys racing, mostly freestyle, but often adds in a few fly and backstroke events to keep racing more interesting. She ran Semiahmoo Masters for several years until there were too few club members to sustain it feasibly, and dissolved the club in 2021 to join the White Rock Wave. As a member of the Wave board, she helps swimmers register for meets. She joined the MSABC board in 2022 as a Director-at-large and then took on the job of Secretary. She also looks after the engraving of our league trophies and award plaques. Heike very much enjoys the camaraderie and many swim meets of the masters swimming world in BC, and also participated in the 2014 FINA Masters World Championships in Montreal. She hopes to keep swimming into her old age (Be like Betty!) and would like to continue to contribute to masters swimming in BC in a positive way.

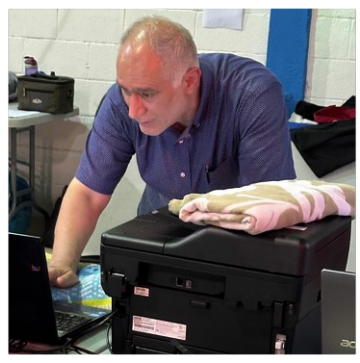
KHOSRO MANSURI, COMPETITION DIRECTOR

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Inspired by the Montreal Olympics, young Khosro began swimming at about age 13. He was most fond of the breaststroke back then, but he now really enjoys backstroke. He now swims in pools, but he also enjoyed lake swimming when he first started swimming.

Most people in MSABC know

Khosro as a coach and electronics and timing guru—you'll find him behind the console at numerous MSABC and age-group meets each season. He began his coaching career many moons ago—before he came to Canada. He moved to Canada in 1990, after spending a short time in Greece. Khosro has been coaching the North Shore Masters for 30 years, and in 2024, he took



Khosro Mansuri

on the Canadian Dolphin Swim Club's masters team.

He was welcomed to the MSABC board as Competition Director and has worked tirelessly to publicize the MSABC Meet Calendar well in advance of the season so that swimmers across the province can better plan their swim schedule. He works

At the recent NS meet

closely with Meet Managers to ensure the success of their meet. He is always willing to lend a helping hand, which has led to him being twice presented with the MSABC Stan Powell award.



LINDA STANLEY WILSON, COMMUNICATIONS DIRECTOR

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Linda grew up frolicking in the California surf, and it's still one of her favourite places to swim.

Linda learned to formally swim in a mandatory Red Cross swim class in high school, which led her to join the swim, synchro, and water polo teams by the time she finished college, where she also obtained her coaching certifications and teaching credential.

In San Francisco, she swims with the San Francisco Dolphin Swimming & Boating Club near Ghirardelli Square. Her favourite swims are Alcatraz to SF, the Golden Gate Bridge swim, the Maui Channel Relay, and the Trans Tahoe Relay.



Linda Stanley Wilson

Linda came to BC to teach at UBC, and when they weren't teaching, she enjoyed swimming year-round in the old UBC outdoor pool with Jack Kelso. Jack and Ivan Szasz introduced Linda to masters swimming in BC and cajoled her into doing a few butterfly races for their relay teams.

Depending on the season, you can find Linda swimming long, long, long course backstroke in Buntzen Lake and Kits pool or at Grandview in South Surrey. She wears many hats with White Rock Wave and especially loves working with swimmers who are new to competition and open water swimming. She is an ASCA Level 5 coach and is proud of the junior coach mentoring program she developed for White Rock Wave, as well as navigating all of the required paperwork involved in getting Betty Brussel's name on all those World Records!

Linda works closely with Khosro to get the word out about MSABC meets and last year initiated the MSABC Monthly Challenge. This year, she is keen to develop an open water recognition program.

KYLIE TUCKER, TREASURER

treasurer@msabc.ca

Kylie's swimming journey began with a simple moment in Grade 3: coming home from a school swim lesson, her mom asked how her hair was dry after swimming all afternoon. Kylie replied, "Because I didn't put my face in the water."

Determined that her daughter wouldn't grow up afraid of the water, Kylie was enrolled in swimming lessons that summer, and by age 9, she was swimming competitively in her local summer swim club.

Throughout high school, Kylie continued to race every summer, building not only skill but a deep-rooted love for the sport. Later, while living in Ottawa, she joined two masters swim clubs before life took her on a 20-year break from competition. It wasn't until a casual swim in Whistler, surrounded by the mountain air and clear water, that Kylie realized just how much she missed the rhythm and challenge of swimming. When she returned home, she joined Vernon Masters—and hasn't looked back.

Kylie's passion for swimming is matched by her incredible determination. As a kid, Kylie swam her first 25m butterfly race just minutes after having a toenail surgically removed. Most would have taken that as a reason to scratch—but not Kylie. She swam through the pain, set a personal best, and discovered something unexpected: she could do hard things. That mindset became the foundation of her swimming philosophy.

Decades later, when her coach challenged her to swim 200M butterfly, Kylie leaned in, trained with purpose, and was rewarded with a silver medal at the 2023 Canadian Masters Nationals. And her love of the sport didn't stop at the pool's edge. When the Vernon pool closed for maintenance, Kylie faced one of her



Kylie Tucker

biggest fears: open water. Despite a strong dislike of fish, seaweed, and all things lurking beneath the surface, she joined fellow swimmers in Kalamalka Lake and discovered an entirely new dimension of swimming. What started as a workaround became a new passion (obsession). She completed Kelowna's Across the Lake Swim, followed by increasingly longer distances, culminating in the 36km "Big Effort" swim—which, true to form, she finished with a stretch of butterfly. In 2026, to celebrate her 50th birthday,

Kylie will take on one of the most iconic swims in the world: a solo crossing of the English Channel.

Kylie brings to the board a unique blend of experience, a fearless can-do attitude, and a deep understanding of what it means to challenge oneself, grow, and build community through sport. She's committed to fostering a welcoming, inclusive, and empowering swim community—where swimmers of all levels can discover, like she did, that they're capable of more than they ever imagined.

SYDNEY MCARTHUR, DIRECTOR AT LARGE

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I have been swimming pretty much all my life, a

natural-born water baby. I was always the girl who loved her swim lessons. I joined my local swim club at the age of 10, but I didn't start competing until the age of 16. I also taught swim lessons and lifeguarding courses. I swam with a few masters teams in



Sydney McArthur

college and university.

I just recently started working on my credentials for being an official for swim meets. In the process of working on these credentials, I received encouragement to join the MSABC board.

SHARON WYATT, DIRECTOR AT LARGE

director2@msabc.ca

Sharon recently started swimming after breaking her arm in a snowboarding mishap. She thought it was either swimming or ukulele to help her rehab—she chose swimming.

*Sharon Wyatt*

She joined the Royal Masters without really having any formal training. That was in 2022. Now she can dive off the blocks, streamline, and perform flip turns well enough to compete in MSABC meets. Her first meet was in 2023; so far, her favourite strokes are freestyle and backstroke.

Sharon's favourite place to swim is in Hawaii with the turtles. Swimming with a friend in the clear Hawaiian sea, where the water is warm, clear, and inviting, may lead to future open-water training . . .

Sharon's favourite thing about swimming is meeting other swimmers, supporting teammates, and socializing after swimming. She is keen to learn more about MSABC and support a community she believes in.

This is Sharon's first year on the MSABC Board of Directors. She loves volunteering at big events like the Grey Cup and Invictus (and hopefully for FIFA!) and will bring her experience and love of sports as a new Director-at-large.

STEWART SCOTT, DIRECTOR AT LARGE

director1@msabc.ca

I grew up in the Highlands of Scotland and was taught to swim by the Loch Ness monster. Unfortunately, that required too much time spent hiding underwater, so kids' lessons and eventually the local swim club taught me to breathe at the surface.

I've always loved being in the water and, from a young age, knew that swimming would be part of my adult life. Primarily a breaststroke and butterfly swimmer, I stopped competing at the age of 17 when I attended university in the city and discovered other ways to spend my time.

*Stewart Scott*

But I missed the water, so when I moved to Vancouver in 2010, I used that as an opportunity to get involved again. It began with lifeguarding and teaching kids lessons,

progressed into coaching adults, which eventually led to setting up a coaching business and founding Coast Swim Team. In 6 years, we've gone from just a handful of swimmers to taking 11 swimmers to Singapore for the World Championships.

Joining the MSABC board was the next logical step as I look to learn and give back to the swimming community.

Ottermania 2025

