

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



WELCOME TO ANOTHER SEASON!

Hi Folks, it's John here. I accepted the position of President at our AGM this past spring. I would like to give a big thank you to Lauren Westmacott for her service as our President for the last two years, and to the directors who stepped down this year. I would like to welcome our new board members as well. We'll be updating their bios soon, so you can get to know our new group. We'll provide a link in an upcoming news bulletin.

I hope everyone is enjoying summer and the open water season. The 2025-26 indoor season will start soon. **Swimming Canada will be opening swimmer registration in REMS next month.** Swimming Canada has promised an improved system over the last year and will continue to identify and address issues. Hopefully, we can register for meets through the system this season. Speaking of which, a list of scheduled meets is already available on our website (and on page 5). Meet packages will be posted online as soon as they receive sanctioning. Additionally, your board is currently working to finalize the 2026 Provincial location and dates, so stay tuned for more information in early September.

Swim BC, with whom we are associated, has had a few staff changes over the summer. Ken Radford has stepped down as Executive Director, and Elmar Heger has taken over the role. We are looking forward to working with Swim BC for registration of clubs, members, swim meets, and the posting of records. Swim BC is holding its Swim Congress in Richmond this year (see page 5). The MSABC board will be attending, as there is a wealth of knowledge to be gained. The one-day event (October 4) for Officials and Club Directors is free and well worth your time.

Your board is always looking for folks to help out with our committees. This is a much less intense time commitment than joining the MSABC board, but it gives you insight into how we work, as well as providing us with more diverse outlooks on issues we are facing. There are committees for Open Water, Society Policies, and Awards & Incentives. I would also like to resurrect the Officials Committee that has been dormant for a few years (see page 6 for more information).

I look forward to seeing you all on the deck this winter, and in the meantime, enjoy your summer!

~John Holmwood, MSABC President



MSABC BOARD 2025-2026

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2025-26 REGISTRATION

Fees for 2025-26 will go up slightly. The new fee for club swimmers will be \$77, and for Dogwood swimmers, \$87. Swim club registration will remain \$200/club.

The fee breakdown:

Swimming Canada	15.50
Swim BC	50.00 Club
	or 60.00 Dogwood
MSABC	11.50
TOTAL FEES	\$77/\$87



Club Swimmers: You should register with your club following the instructions provided by your team registrar. Your registration questions should be directed to your team.

Dogwood Swimmers (those swimmers not affiliated with a specific club): You need to register at bit.ly/SwimDogwood. Dogwood swimmers with questions should contact Swim BC (jamie.dahlman@swimbc.ca).

AFTER YOU SIGN UP (VIA YOUR CLUB OR DOGWOOD)

REMS (Registration and Event Management System) will be active on about September 2. Dogwood members will receive an email with further instructions after registering.

For Club members, if your club is properly registered with Swim BC, you will receive an email directing you to:

- update/verify your contact information; and
- complete all Swimming Canada online documents and check-offs

MEET REGISTRATION REMINDERS

Before you can register for any sanctioned swim event, you must be properly registered. For October meets, please be sure you complete all registration requirements in early September. Watch for the MSABC News Bulletins—we'll post updated meet information as it becomes available.

- You must be signed up as described above;
- Your fees must be paid in full;
- You must verify your contact information & sign the online waivers through REMS (look for emails from Sportlomo REMS). Check your junk mail to ensure that you are not missing a Sportlomo email.
- AFTER completing the above steps, sign up for the event as instructed in the meet package and pay the fees. **Use your name exactly as it appears in REMS and use your Swimming Canada ID.**

THE MSABC FUN MONTHLY CHALLENGE

2024-25 LEADER BOARD

The following teams sent in or tagged us in photos following the monthly themes for 2024-25. Two teams even sent in a bonus photo in June! To qualify for a special cap, teams had to submit photos for at least 3 of the 9 months.

Special shout-out to Westshore Masters for the most creative photos!

TEAM	# of Months
Westshore Masters	9
White Rock Wave	9
Coast Swim Team	8
Ravensong	7
Nanaimo Ebbtides	5
Royal Masters	5
Vernon Masters	4
Victoria Masters	4
Chilliwack Masters	3
North Shore Masters	3
Salmon Arm Masters	3
Spirit Orcas	3



All swimmers participating in 3 of 9 challenges received a swim cap with our new logo!



Maggie MacNeil and Royal Masters promoting friendship and swimming excellence!

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

ALL MSABC TEAMS CAN PARTICIPATE

Participate in the monthly challenge, and you will 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.

For each month, any team member or coach can send in photos or tag us. It can be group or individual photos, reels, or stories on social media—when you tag us, we will share your contributions through our MSABC communication outlets.

SEND US PHOTOS WITH THE NEW CAP!

Bonus points: Send in photos of your team wearing the MSABC cap with our new logo.



Hyack takes home the High Point banner!



Nanaimo picks up some hardware



Gold x 7: Carlos from WRWave

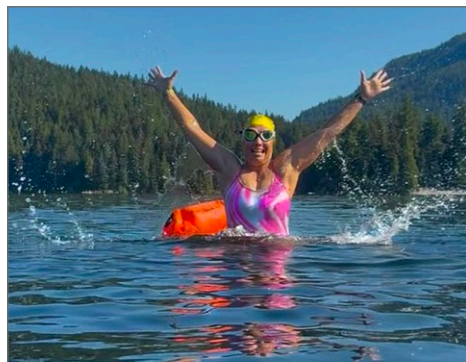
**JUNE
JULY
2025**



Coast at National Championships in Saskatoon



Royal Masters and Maggie MacNeil



Sasamat (watch out for bears!)



Westshore Masters social kicking



Trans Tahoe Relay fancy finish



Ravensong takes to the sea



Buntzen Burners

MEET CALENDAR

The following dates have been submitted to our Competition Director (competition@msabc.ca). They do not become official until the meet package has been sanctioned by Swim BC. Keep your eye on our website and social media for updated information.

TENTATIVE CALENDAR

North Shore Masters
October 18, 2025

Ottermania LC
November 1, 2025

Nanaimo Ebbsides
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

Chilliwack March Madness
March 7, 2026

BC Provincials
April 2026

Canada Nationals
May 2026

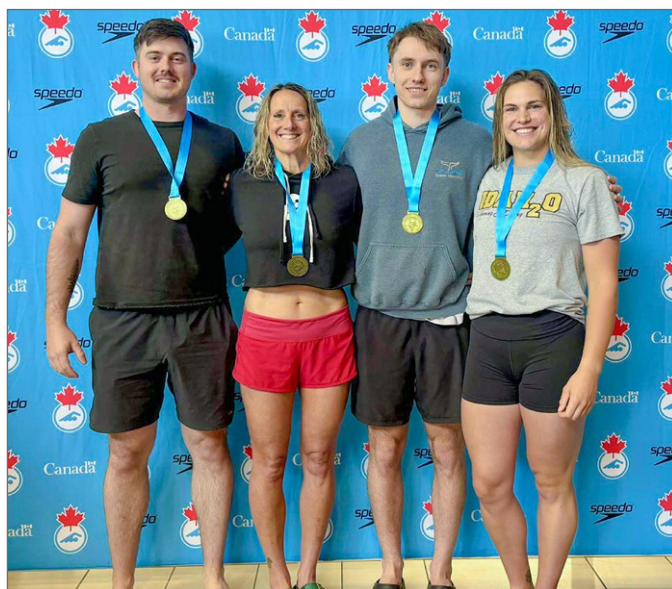


SWIM BC COACHES CONFERENCE

Scheduled for October 2 – 5 in Richmond, BC, the conference features keynote speakers Brent Arckey, Abi Liu, Wayne Goldsmith, and Brian Metcalf.

The Club Development stream (provided at no cost) is intended for Club Presidents and members of the Board of Directors from across the province of BC, who play a key role in shaping the direction and impact of their clubs. For more information about the 2025 Congress, go to Swim BC's website: swimbc.ca/coaches-conference.

FAMILY SWIM



Cindy Mabee and family.

At the Swimming Canada Masters Nationals this year, my three kids and I raced in the 4 x 50M Mixed Free Relay (120-159 age group). We all live in different parts of Canada, so we had to commit ourselves to training with home clubs, and we did not swim together until we met in Saskatoon. It was such an exciting race! Tanner (32) led us out with a big lead at 24.9. I went second, and we fell to third place (split 28.8). Keith (24) went third and we were in the lead again (24.9), and Sarah (28) sped into the wall with a 26.2 split. We broke the Provincial Record (a record I already had with three other swimmers 10 years ago!) And we were the fastest team in the meet. Swimming for life and a lifetime of swimming! ~ C.M.

SWIM RECORDS

British Columbia records can be found on our website at msabc.ca/records. National and International records from the summer have not yet been updated to our online documents. We are awaiting the updates from Swim BC. 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).

SINGAPORE

Bravo to the MSABC team members who travelled to Singapore for the World Aquatics Masters swimming Championships! We shared their stories on Instagram. You can still have a look by viewing our IG Highlights. Here's a collage of some of those moments.



NEWS BITS

SUBSCRIBE TO STAY INFORMED

Please share our Newsletters and Bulletins with your newest team members and friends interested in swimming (there's a button to subscribe on our website, msabc.ca, in the top right-hand corner).

MSABC COMMITTEES

As mentioned in John's opening address, we welcome participation on MSABC committees by our members. Please join us! If you have any questions, just connect with the Committee Chairs listed below.

Policy: president@msabc.ca

Awards and Incentives: communications@msabc.ca

Open Water: openwater@msabc.ca

Officials: president@msabc.ca

MSABC PROVINCIALS 2026

The MSABC Board is currently finalizing plans for the 2026 Provincials. We will send out an announcement with more details in our September News Bulletin.

MSABC PROVINCIALS 2027

It's not too early to start thinking about putting a bid in to host Provincials 2027. Check out our Hosting Expectations Policy on our website: msabc.ca/policies. The earlier you get started, the more grants you can obtain to support the event. Contact MSABC (communications@msabc.ca) for more information about grant opportunities and budget planning.

BANNERS

Several teams have won banners for Divisional and Provincial titles in recent years. We will be in contact with those teams in early fall. The Awards & Incentives Committee is working on securing a vendor for the new banners, which will feature our new MSABC logo.

FOR MSABC MEET MANAGERS

Please connect with Khosro (competition@msabc.ca) and Linda (communications@msabc.ca) regarding your meet planning and updates. Linda will post your meet updates on social media. We'll also work together to get your results verified in a timely fashion. ~L.S.W.

WORLD MASTERS GAMES

Did you know there are two veins of Masters Worlds (one the games and one the championships) that you can participate in? Have you ever considered it?

Let me share what we discovered in our recent adventure into the International Masters Games Association (IMGA) Taipei, Taiwan—our first exploration of any World Masters competitions. First, a distinction: IMGA is NOT the competitive World Aquatics World Masters meet. (This year, that meet was held in Singapore in August.) Singapore hosted five water disciplines (pool and open water swimming, diving, water polo, and artistic swimming) with about 6,000 athletes.

IMGA is 25,000 athletes in 35 sports (including the above), but also things like dragon boat, beach volleyball, ultimate freebee, surf-lifeguarding, and dozens more.

In pool swimming, we were seeded by time—regardless of age or gender, and we were allowed to sign up for seven events. As novices, we didn't realize you could cross disciplines! One of our German friends had canoe racing on the 3rd day of pool racing. (We saw him return on day 4 very sunburned.) Another friend had SUP racing between the end of pool races and the beginning of open water. Another Taiwanese swimmer I chatted with was on the water polo team as well. The crossover was out of this world!

Limitless was a resounding theme to the games. "Sport beyond Age, Life without Limits" – the slogan on our commemorative towel. Both the opening and closing ceremonies were theatrical celebrations, bringing all athletes together. "Joy of friendship and connection" was another theme that tightly bound the event and was part of the IMGA keynote address in the opening ceremonies.

Taipei (as a location to visit) was never on our list, and now we can't imagine why not. This safe, clean city was filled with kind, friendly people and culinary adventures. We can't wait to go back.



My eyes were opened wider to the concept of "privilege" when we were warming up on the practice day before the swimming events began. We watched, surprised, as some very tentative, very hesitant swimmers took to the blocks and executed what can only be described as very inexperienced dives.

Later, we heard the stories of different swimmers who also participated—some who travelled for hours to get to a pool or body of water to practice. Many train alone without a coach or teammates; some have only trained in rivers. Compare that to your training for one moment. Access to pools, with walls to practice turns

on, and blocks to practice dives from, and exceptional peers (and often larger peer groups) to swim with. It wasn't until that moment that I realized how different some of these swimmers' experiences had been leading up to these games. To understand what an achievement it is, and how brave and determined they are to explore this dream, regardless of those limitations, humbles me.

Were there former Olympians, too? Yes. Some athletes chose to use Taipei as a warm-up for the Singapore Worlds. Some of these Olympians were in their late 20s, others in their 70s and 80s. I talked to a world record holder for Ice Swimming, but missed a chance to chat with Mike Reed (33-time English Channel crossing swimmer). The people you meet here are the true gems of these games.

There was representation from 107 countries in the pool. There were 5 Canadians in total—four of us from the Okanagan in BC, the other from Calgary. We now have new friends with swimmers in India, France, Russia, Britain, French Guyana, Taiwan, Japan, Australia, Germany, and can't wait to see them again in Kansai, Japan, 2027 (for the games rescheduled from COVID). Will we see you there? I'll leave you with a final quote from the President of IMGA from the opening ceremonies. "Sport knows no age and dreams have no expiry date." Thank you, Sergii, for creating this platform for us to dream together and explore our sport. ~R.O. and K.O.

OPEN WATER THINKING

Open water, and where the mind wanders. This morning, while coaching, I was asked... "In the longer open water swims... What do you think about?"

We had been doing a set, mocking the distances and stop points that most of our swimmers use for the more popular lake route that we swim in the summer.

"All I can think about is when am I gonna be there already?" laughed the swimmer. It's an excellent question... I think the answer is different for everybody.

One thing that can be consistent, though, is that we can choose the intention and the headspace that we want to have for the swim.

Sometimes there's a misconception that meditation is stillness. A mental void. An absence. When, in fact, for many people, particularly those who have athletic endeavours, movement of the body is a big piece of how we hone that focus and quiet the mind.

The water provides a cool temperature that I enjoy. It soothes some of the aches and soreness that I can feel in my body. It brings comfort.

I can focus on an aspect of technique, like maintaining high hips, or the width of my hand placement, without the constant interruption of a wall or another swimmer in the lane.

Gratitude is a big one for me. The feeling of the sun on my skin, having access to this body of water to swim in, and enjoying it with other awesome people.

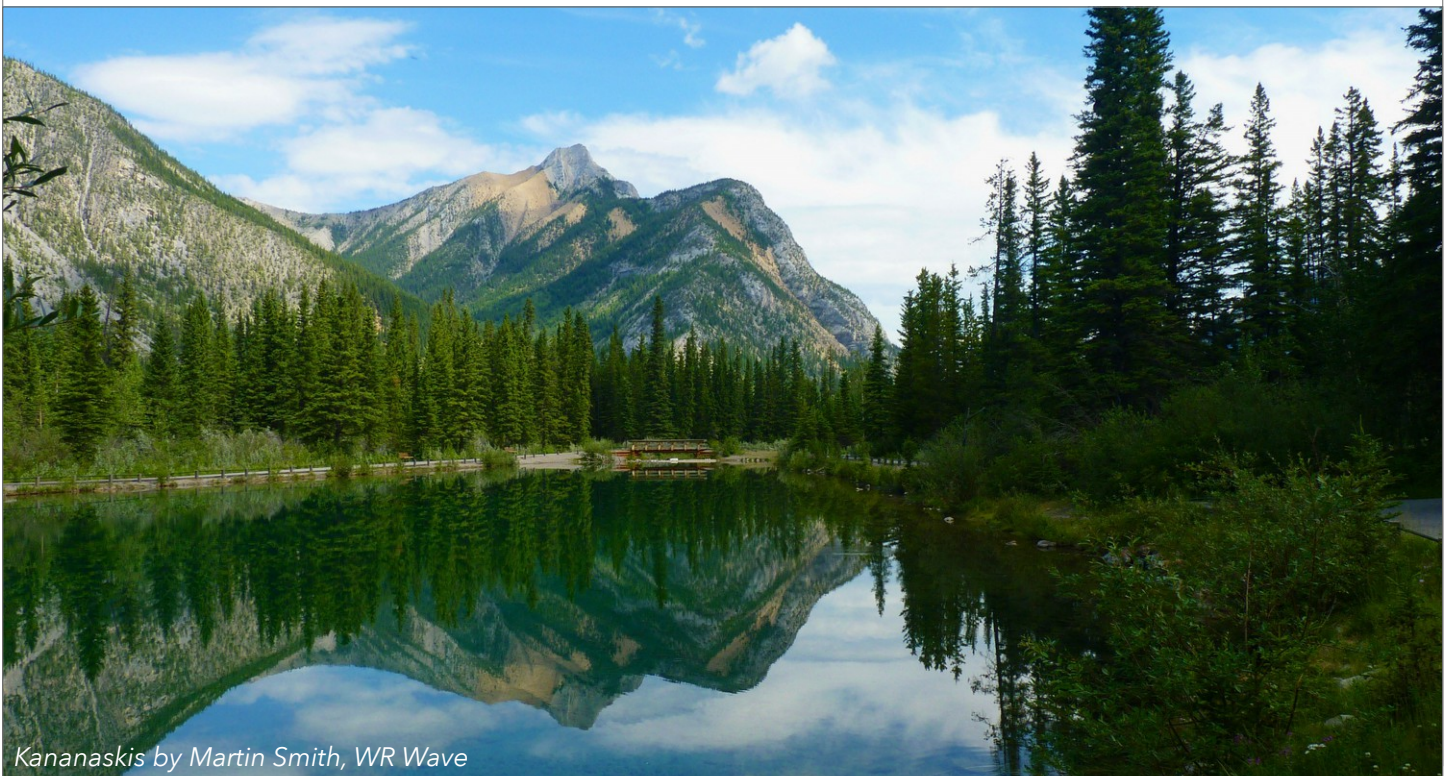
Deciding to take the moment as a positive, relaxing time just for me is a choice. No one chooses my experience except for me.

I've decided it was amazing. I hope you all get to enjoy some amazing open water swims this summer, and that you capture those moments with intention. ~R.O.

OPEN WATER RESOURCES

For information about open water swimming, check out these resources.

- Our webpage: msabc.ca/openwater
- Previous article in *Greater Lengths* (Summer 2024, page 6) msabc.ca/newsletters
- MSABC Open Water Comm. (openwater@msabc.ca)
- *Guidelines for Safe Open Water Swimming* by MSABC Director Stewart Scott (bit.ly/SafeOWS)



Kananaskis by Martin Smith, WR Wave