

2013 MSC Hall of Excellence Inductees



Catherine Merritt, Nepean, Ontario

Cathy began swimming at age 15 in Huntsville, Ontario and continued to swim through her teens and then on to Queen's University where she was a formative competitor, especially in breaststroke events. After moving to Ottawa, she progressed to Masters swimming. She joined the Nepean Masters Swim Club in 1981 and has not missed a season since then. Cathy has broken Provincial and National records in every age group and in 1985 she was inducted into the Nepean Sports Hall of Fame. Cathy has broken a total of 12 World Records. She currently holds three FINA All-time Top 10 LCM Rankings and 7 FINA All-time Top 10 SCM Rankings. Between 2004 and 2012, years for which statistics are available, Cathy has a total of 10 Top 10 LCM Rankings and 52 FINA Top 10 SCM Rankings, as well as 6 Top 10 SCM Rankings in relays.

Cathy has set Canadian National records 138 times and in every age group. She currently has 106 swimming performances in the Canadian All-Time Top 20 and in every age group from 30-34 and above. It should be noted that some of her Canadian All-Time Top 20 times in the Women's 30-34, 35-39, and 40-44 age categories are the oldest swims in those age groups and many remain respectably in the top 10.

Cathy Merritt is an exceptional swimmer, a wonderful teammate and a model for Masters Swimming!

WORLD RECORDS ACHIEVED:

Age Group 30-34 (6 in total)

Event	Pool	Age		Club	Time	Meet
50 free	25m	30-34	CATHY MERRITT	NEP ON	29.20	84
50 breast	25m	30-34	CATHY MERRITT	NEP ON	37.22	MAR 84
100 IM	25m	30-34	CATHY MERRITT	NEP ON	1:15.30	MAR 84
100 free	25m	30-34	CATHY MERRITT	NEP ON	1:04.69	MAR 84
200 free	25m	30-34	CATHY MERRITT	NEP ON	2:22.88	WIN MAY 85
100 breast	25m	30-34	CATHY MERRITT	NEP ON	1:20.57	HFX MAY 86

Age Group 35-39 (6 in total)

Event	Pool	Age		Club	Time	Meet
100 free	25m	35-39	CATHY MERRITT	NEP ON	1:04.13	VAN MAY 88
200 free	25m	35-39	CATHY MERRITT	NEP ON	2:21.89	VAN MAY 89
100 free	25m	35-39	CATHY MERRITT	NEP ON	1:03.48	ETO APR 89
200 free	25m	35-39	CATHY MERRITT	NEP ON	2:18.89	ETO APR 89
50 breast	25m	35-39	CATHY MERRITT	NEP ON	37.29	ETO APR 89
100 breast	25m	35-39	CATHY MERRITT	NEP ON	1:21.23	ETO APR 89

NATIONAL RECORDS ACHIEVED:

Event	Pool	Age		Club	Time	Meet
100 free	50m	45-49	CATHY MERRITT	NEP ON	1:08.27	NEP FEB 97
100 free	25m	45-49	CATHY MERRITT	NEP ON	1:07.02	BRN MAY 97
200 IM	25m	45-49	CATHY MERRITT	NEP ON	2:45.50	BRN MAY 97
200 breast	25m	45-49	CATHY MERRITT	NEP ON	3:08.36	BRN MAY 97
50 free	25m	45-49	CATHY MERRITT	NEP ON	29.95	MTL JUN 97
100 free	25m	45-49	CATHY MERRITT	NEP ON	1:04.97	MTL JUN 97
200 free	25m	45-49	CATHY MERRITT	NEP ON	2:22.95	MTL JUN 97
200 breast	25m	45-49	CATHY MERRITT	NEP ON	3:07.67	MTL JUN 97
50 free	50m	45-49	CATHY MERRITT	NEP ON	31.47	NEP FEB 98
50 fly	50m	45-49	CATHY MERRITT	NEP ON	35.72	NEP FEB 98
200 IM	50m	45-49	CATHY MERRITT	NEP ON	2:53.3	NEP FEB 98
100 IM	25m	45-49	CATHY MERRITT	NEP ON	1:16.87	ETO MAR 98
50 free	50m	45-49	CATHY MERRITT	NEP ON	30.58	EDM MAY 98
100 free	50m	45-49	CATHY MERRITT	NEP ON	1:07.23	EDM MAY 98
200 breast	50m	45-49	CATHY MERRITT	NEP ON	3:16.19	EDM MAY 98
200 IM	50m	45-49	CATHY MERRITT	NEP ON	2:52.43	EDM MAY 98
400 IM	25m	45-49	CATHY MERRITT	NEP ON	6:04.41	ETO APR 99

Event	Pool	Age		Club	Time	Meet
100 back	25m	50-54	CATHY MERRITT	NEP ON	1:24.49	BCK JAN 02
50 free	50m	50-54	CATHY MERRITT	NEP ON	31.09	NEP FEB 02
200 IM	50m	50-54	CATHY MERRITT	NEP ON	2:58.50	NEP FEB 02
50 free	25m	50-54	CATHY MERRITT	NEP ON	31.13	ETO APR 02
100 free	25m	50-54	CATHY MERRITT	NEP ON	1:07.13	ETO APR 02
100 back	25m	50-54	CATHY MERRITT	NEP ON	1:22.44	ETO APR 02
100 IM	25m	50-54	CATHY MERRITT	NEP ON	1:17.80	ETO APR 02
200 IM	25m	50-54	CATHY MERRITT	NEP ON	2:52.99	ETO APR 02
100 free	25m	50-54	CATHY MERRITT	NEP ON	1:06.52	MTL MAY 03
200 back	25m	50-54	CATHY MERRITT	NEP ON	2:57.72	MTL MAY 03
100 breast	25m	50-54	CATHY MERRITT	NEP ON	1:28.18	MTL MAY 03
200 breast	25m	50-54	CATHY MERRITT	NEP ON	3:11.29	KNG NOV 03
400 IM	25m	50-54	CATHY MERRITT	NEP ON	6:16.17	ETO MAR 04
200 IM	50m	50-54	CATHY MERRITT	NEP ON	2:58.45	NEP FEB 05

Event	Pool	Age		Club	Time	Meet
100 free	50m	55-59	CATHY MERRITT	NEP ON	1:10.44	NEP FEB 07
200 free	50m	55-59	CATHY MERRITT	NEP ON	2:37.20	NEP FEB 07
50 fly	50m	55-59	CATHY MERRITT	NEP ON	37.05	NEP FEB 07
50 free	25m	55-59	CATHY MERRITT	NEP ON	31.80	SUD MAR 07
100 free	25m	55-59	CATHY MERRITT	NEP ON	1:09.07	SUD MAR 07
200 free	25m	55-59	CATHY MERRITT	NEP ON	2:34.97	SUD MAR 07
100 IM	25m	55-59	CATHY MERRITT	NEP ON	1:20.23	SUD MAR 07
200 IM	25m	55-59	CATHY MERRITT	NEP ON	2:56.34	SUD MAR 07
50 free	25m	55-59	CATHY MERRITT	NEP ON	31.29	WIN MAY 07
100 free	25m	55-59	CATHY MERRITT	NEP ON	1:08.32	WIN MAY 07
200 free	25m	55-59	CATHY MERRITT	NEP ON	2:33.14	WIN MAY 07
100 back	25m	55-59	CATHY MERRITT	NEP ON	1:21.52	WIN MAY 07
100 IM	25m	55-59	CATHY MERRITT	NEP ON	1:19.41	WIN MAY 07
200 IM	25m	55-59	CATHY MERRITT	NEP ON	2:54.70	WIN MAY 07

50 fly	25m	55-59	CATHY MERRITT	NEP ON	36.86	KNG NOV 07
50 free	50m	55-59	CATHY MERRITT	NEP ON	32.29	NEP FEB 08
100 free	25m	55-59	CATHY MERRITT	NEP ON	1:07.90	SFY MAY 08
200 free	25m	55-59	CATHY MERRITT	NEP ON	2:30.41	SFY MAY 08
50 fly	25m	55-59	CATHY MERRITT	NEP ON	35.71	SFY MAY 08
100 fly	25m	55-59	CATHY MERRITT	NEP ON	1:24.85	SFY MAY 08
800 free mixed	25m	240+	B. WILLIES, B. ZIRGER, C. COLPITTS, C. MERRITT	NEP ON	11:40.76	ETO MAR 08
400 free	25m	55-59	CATHY MERRITT	NEP ON	5:27.26	OTT MAR 09
200 IM	25m	55-59	CATHY MERRITT	NEP ON	2:52.30	OTT MAR 09
100 fly	25m	55-59	CATHY MERRITT	NEP ON	1:24.79	COR MAY 09
100 free	25m	55-59	CATHY MERRITT	NEP ON	1:07.09	ETO MAY 09
200 free	25m	55-59	CATHY MERRITT	NEP ON	2:29.72	ETO MAY 09
100 IM	25m	55-59	CATHY MERRITT	NEP ON	1:18.25	ETO MAY 09
400 medley mixed	25m	240+	C. MERRITT, C. COLPITTS, E. THOMSON, B. ZIRGER	NEP ON	5:40.93	ETO MAY 09
800 free mixed	25m	240+	B. ZIRGER, J. BURROWS, C. COLPITTS, C. MERRITT	NEP ON	11:05.29	OTT MAR 09
50 free	50m	55-59	CATHY MERRITT	NEP ON	32.17	NEP FEB 10
100 free	50m	55-59	CATHY MERRITT	NEP ON	1:10.13	NEP FEB 10
200 free	50m	55-59	CATHY MERRITT	NEP ON	2:36.76	NEP FEB 10
50 free	50m	55-59	CATHY MERRITT	NEP ON	32.05	NAN MAY 10
100 free	50m	55-59	CATHY MERRITT	NEP ON	1:09.45	NAN MAY 10
200 free	50m	55-59	CATHY MERRITT	NEP ON	2:32.91	NAN MAY 10
50 fly	50m	55-59	CATHY MERRITT	NEP ON	35.96	NAN MAY 10
400 free mixed	25m	200+	D. KHODKO, N. BÉLANGER, B. DOUCETTE, C. MERRITT	NEP ON	4:13.48	MTL MAY 11

Event	Pool	Age	Club	Time	Meet
100 free	50m	60-64	CATHY MERRITT	1:11.45	NEP FEB 12
200 free	50m	60-64	CATHY MERRITT	2:41.55	NEP FEB 12
50 fly	50m	60-64	CATHY MERRITT	37.04	NEP FEB 12
100 fly	50m	60-64	CATHY MERRITT	1:29.78	NEP FEB 12
50 free	25m	60-64	CATHY MERRITT	31.54	ETO MAR 12
100 free	25m	60-64	CATHY MERRITT	1:09.18	ETO MAR 12
50 fly	25m	60-64	CATHY MERRITT	37.32	ETO MAR 12
100 fly	25m	60-64	CATHY MERRITT	1:26.29	ETO MAR 12
100 IM	25m	60-64	CATHY MERRITT	1:20.80	ETO MAR 12
200 free	25m	60-64	CATHY MERRITT	2:32.35	GAT APR 12
400 free	25m	60-64	CATHY MERRITT	5:31.01	GAT APR 12
800 free	25m	60-64	CATHY MERRITT	11:24.51	GAT APR 12
50 fly	25m	60-64	CATHY MERRITT	36.49	GAT APR 12
50 free	25m	60-64	CATHY MERRITT	30.97	KEL MAY 12
100 free	25m	60-64	CATHY MERRITT	1:08.43	KEL MAY 12
50 fly	25m	60-64	CATHY MERRITT	35.67	KEL MAY 12

Jeff Welechuk, Edmonton, Alberta



Jeff has held a total of 54 Canadian Masters Records; he still held 21 of them in 2013!

Jeff swims in Alberta with the Calgary Masters Swim Club and has earned medals at various Canadian Masters National Championships.

NATIONAL RECORDS ACHIEVED:

50 Back	25-29 25m	27.08	Let Apr 96
50 Back	25-29 25m	28.14	Win May 96
100 Back	25-29 25m	57.28	LB Dec 96
100 Back	25-29 50m	1:00.49	Win May 96
100 Back	25-29 50m	1:00.45	MIN Aug 99
200 Back	25-29 25m	2:07.05	LB Dec 96
200 Back	25-29 50m	2:15.53	Win May 96
200 Back	25-29 50m	2:14.93	EDM May 98
200 Back	25-29 50m	2:12.58	MIN Aug 99
50 Back	30-34 25m	57.63	MTL May 03
200 IM	30-34 25m	2:12.64	CGY May 01
50 Free	35-39 50m	24.93	EDM Jul 05
50 Free	35-39 50m	24.90	EDM Jul 05
100 Free	35-39 25m	52.76	SFY May 08
100 Free	35-39 25m	52.74	Eto May 09
100 Free	35-39 50m	54.96	EDM Jul 05
200 Free	35-39 25m	1:57.11	SFY May 08
200 Free	35-39 50m	2:02.53	EDM Jul 05
50 Back	35-39 25m	27.41	Eto May 05
50 Back	35-39 25m	27.20	LB Dec 08
50 Back	35-39 25m	27.12	LB Dec 08
50 Back	35-39 25m	26.72	Eto May 09
50 Back	35-39 50m	28.49	EDM Jul 05
100 Back	35-39 25m	58.63	Eto May 05
100 Back	35-39 25m	58.51	Win May 07
100 Back	35-39 25m	58.22	LB Dec 08
100 Back	35-39 25m	56.42	Eto May 09
100 Back	35-39 50m	1:03.46	EDM Mar 05
100 Back	35-39 50m	1:02.35	EDM Jul 05
200 Back	35-39 25m	2:09.04	Eto May 05
200 Back	35-39 25m	2:07.89	Win May 07
200 Back	35-39 25m	2:07.30	SFY May 08
200 Back	35-39 25m	2:06.73	LB Dec 08
200 Back	35-39 25m	2:04.96	Eto May 09
200 Back	35-39 50m	2:16.54	EDM Jul 05

100 IM	35-39 25m	1:00.70	Eto May 05
100 IM	35-39 25m	1:00.51	SFY May 08
200 IM	35-39 25m	2:12.22	AZ Nov 09
400 IM	35-39 25m	4:49.44	Win May 07
400 IM	35-39 25m	4:44.51	Eto May 09
200 Free	40-44 50m	2:03.50	MVN AUG 12
50 Back	40-44 25m	27.17	LB Dec 10
50 Back	40-44 25m	27.05	Mtl May 11
50 Back	40-44 50m	29.04	MVN Aug 11
100 Back	40-44 25m	1:00.28	OKO Apr 10
100 Back	40-44 25m	58.69	LB Dec 10
100 Back	40-44 25m	57.80	Mtl May 11
200 Back	40-44 25m	2:08.81	LB Dec 10
200 Back	40-44 25m	2:07.78	Mtl May 11
100 IM	40-44 25m	59.93	Mtl May 11
100 IM	40-44 25m	59.90	KEL MAY 12
200 IM	40-44 25m	2:11.64	Mtl May 11
400 IM	40-44 25m	4:45.78	KEL MAY 12
400 IM	40-44 50m	5:01.64	MVN AUG 12