

Northwest Zone Chatter

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Issue 2

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LMSC'S

ALASKA
INLAND NORTHWEST
MONTANA
OREGON
PACIFIC NORTHWEST
SNAKE RIVER
UTAH

WEB PAGES

<http://www.akmswim.org/>
<http://www.inlandnwmasters.org/>
<http://ultimatemontana.com/montanamasters/index.html>
<http://www.swimoregon.org/>
<http://www.swimpna.org/>
<http://www.ymcasawtoothmasters.org/>
<http://www.utahmasters.org/>

COMMUNICATIONS

Watch for future issues of the Northwest Zone Chatter. Send any news you would like to have included.
Northwest@USMS.org

2008 USMS National Long Course Championships

August 14-17, 2008

Mount Hood Community College, Gresham, Oregon

www.lcnationals2008.net

<http://www.usms.org/comp/lcnats08/>

Don't miss this chance to swim Nationals in our own backyard! The Mount Hood Community College pool has been recently updated. Reports are that it is a great pool. Enter now to enjoy great swims and two great socials. July 11 is the deadline for entries.

The USMS Sports Medicine & Science Committee is planning several presentations on topics of interest to swimmers. Watch for more information when you get to the meet.

UPCOMING NORTHWEST ZONE MEETS

According to the Northwest Zone policy, Zone Championship meets rotate through the LMSCs in the zone, Oregon, PNA, and other (Alaska, Inland Northwest, Montana, Snake River, and Utah).

The 2008 Northwest Zone Short Course Meters Championship meet will be held in Oregon.

The 2009 Short Course Yards Championship is scheduled to be held in other; Long Course (if held) in Oregon; and Open Water (if held) in PNA.

Bids for the 2009 Short Course Yards meet are due to the Northwest Zone rep by August 25, 2008. If no bids are received from other LMSCs, bids from Oregon or PNA would be considered. Bid forms are located on the Northwest Zone web site. The meet will be awarded at the Northwest Zone meeting at the USMS Annual Meeting in September.

**United States
Masters
Swimming**
Swimming...
A Life's Passion



2008 USAS Convention

This year's USMS Annual Meeting will take place at the Hyatt Regency, Atlanta in Atlanta Georgia. USMS meetings will begin Wednesday, September 24th and end with the convention wrap up Sunday morning the 28th.

For more information, see the USMS website convention section. The deadline for registration and inclusion in the directory is August 1.

The Northwest Zone generally offers financial help to swimmers from the smaller LMSCs in the zone so that each LMSC is represented at convention.

This year that support will go to Donn Livoni, Montana; Jill Wright, Snake River; and Paige Buehler, Inland Northwest.

13th ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Featuring the [USMS 5000m Open Water National Championship & Oregon 1500m Open Water Championship](#)

Elk Lake, Oregon August 1-3, 2008 500, 1000, 1500, 3000, & 5000-meter swims 5 Swims in 3 Days!

Hosted by Central Oregon Masters Aquatics and Bend Metro Park & Recreation District
Sanctioned by Oregon Masters Swimming Inc. for United States Masters Swimming #378-OW3 and USA-Swimming Sanction TBA.
Operating under Special Permit from the United States Forest Service

LOCATION: Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 32 miles from Bend. Water temperature has varied from 68-72 degrees Fahrenheit and will be posted on race days.

RACES: The Cascade Lakes Swim Series features five open water swims over three days! Adult participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim on a triangular course. Saturday's swims are an individual **500-meter** time trial on an out-and-back continuous floating line course and a **1500-meter** swim around a triangular course. Sunday's swims will include a **5000-meter** swim consisting of three loops of a diamond & triangular course and a **1000-meter** swim on an irregular course following the shoreline.

SERIES: The Cascade Lakes Swim Series includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for Series awards. For series awards, points will be based on finish order in each race, with points deducted for wearing wetsuits. Swimmers who complete all FIVE swims will be eligible for special **Survivor** awards.

FESTIVAL: Elk Lake is a great place to bring your family for an outdoors experience and extravaganza. We plan fun events for children on Saturday morning between the two swims.

WEBSITE FOR COMPLETE INFO: www.comaswim.org

MEET DIRECTOR:

Bob Bruce coachbob@bendbroadband.com 541-317-4851

For information on meets in Canada, check the BC Masters website:
www.mastersswimming.bc.ca

Good-Bye & Good Luck

We say good-bye to long-time Inland Northwest swimmer, coach, and leader Doug Garcia who is moving to Fort Collins, Colorado in July.

Doug is the immediate past Northwest Zone representative, the current chair of Inland Northwest LMSC, coach of Washington State University Masters, and Inland Northwest newsletter editor.

The Northwest Zone will miss Doug, his enthusiasm and hard work.

We wish him a great move and the best of luck in his new location.



Pennock Island challenge

Sunday, August 10, 2008, 10:30 AM

Tongass Narrows Pacific Ocean Ketchikan, AK 99901

Brief Description:

The Pennock Island Challenge is an 8.2 mile ocean race around Pennock Island Alaska. The race was started in 2004 as a fundraiser for the American Diabetes association. Race course is circular and you can expect a small current assist. Water temperature at this time of year in southern southeast Alaska is expected to be between 55 - 60 degrees F.

Additional Information

Event is open to masters registered swimmers. Swimmers may enter as Male and Female Solo Swimmers. A total of 30 solo swimmers will be allowed. Relays may enter in 2,3 or 4 person in the following categories Male/Female/Mixed. A total of 20 relays will be allowed to enter. Wetsuits are allowed but will have their own division. If one person in a relay wears a wetsuit then the entire relay is in the wetsuit category. We can supply a minimum number of escort boats and kayakers free of charge on a first come basis. When we run out of volunteer escorts we will assist swimmers in finding the lowest cost escort. Contact us to check on the availability of volunteer escorts through the Pennock website.

<http://www.akmswim.org/>

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PNA Open Water Swims

July 19 - 2008 Fat Salmon Open Water Swim - 1.2 or 3.2 mile events

www.fatsalmon.org - Seattle, Lake Washington

August 2 - 8th Annual Lake Padden Open Water Swim - 2.5 or 4 K

www.swimpna.org Bellingham

Non-sanctioned events

August 16 - Emerald City Open Water Swim - Seattle, Lake Washington

September 6 - Jewel on the Lake - Kirkland, Lake Washington



This is a "Rules Year". Proposed amendments to the USMS rules can be passed by a majority vote of the House of Delegates if the amendments are recommended by the Rules Committee and the Open Water Long Distance Committee. Information about submitting proposed amendments to Part 1: Swimming Rules, the Glossary, and Part 3: Open Water Long Distance Swimming Rules can be found in Article 601, pages 93 – 96 of the 2008 USMS Rule Book. More detailed information, including examples and a template for your use can be found in the LMSC Handbook, "Convention" section, pages 2 – 6, at www.usms.org/admin/lmschb/. LMSCs wishing to submit proposals must do so in writing (email, fax, or mail) by July 10 to:

Kathy Casey (for Part 1 or the Glossary), rules@usms.org, or (253)589-8321 (fax), or 11114 – 111th St. SW, Tacoma, WA, 98498 or to Marcia Cleveland (for Part 3 or the Glossary), longdistance@usms.org, or 915 Pine Tree Lane, Winnetka, IL 60093

July 30 is the deadline for USMS Dorothy Donnelly Service Award nominations. Nominations should be sent to Recognition and Awards Chair (Kelly Crandell—Awards at [usms dot org](http://usms.org))

August 1 is the deadline for submitting bids for fitness events to Fitness Committee Chair (Marcia Anziano—Fitness at [usms dot org](http://usms.org)). The fitness event is the check-off challenge . More information is available in the fitness section of the USMS website.

August 1 is also the deadline to submit bids for 2010 Long Course, Short Course and Open Water/ Long Distance National Championships. Bids are due to committee chairs (Championship: Mark Moore—Championship at [usms dot org](http://usms.org), Open Water/Long Distance: Marcia Cleveland—LongDistance at [usms dot org](http://usms.org)). More information can be found in the Championship and Long Distance sections of the USMS website.