

Northwest Zone Chatter

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Northwest Zone Short Course Yards Championships

LMSC'S

ALASKA
INLAND NORTHWEST
MONTANA
OREGON
PACIFIC NORTHWEST
SNAKE RIVER
UTAH

WEB PAGES

<http://www.akmswim.org/>
<http://www.inlandnwmasters.org/>
<http://www.swimoregon.org/>
<http://www.swimpna.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

The 2007 Northwest Zone Short Course Yards Championship Meet will be held in conjunction with the Oregon Association Championship Meet in Bend, OR on April 20, 21, & 22.

The entry form and information can be found on the Northwest Zone web page - www.northwestzone.org

The meet is being hosted by Central Oregon Masters Aquatics at the new Juniper Swim & Fitness Center. You can find pictures of the facility in the February Aqua Master at www.swimoregon.org.

The pool is 50 meters by 20 meters with a movable bulkhead that will be set for a 25 yard course. On the other side of the bulkhead will be eight lanes across the 20 meter width for continuous warm-up and warm-down.

Entry deadline for the meet is postmarked by March 30, 2007.

2007 USMS National Short Course Championships

May 17-20, Weyerhaeuser King County Aquatic Center

If you are interested in volunteering at Nationals, please contact volunteer coordinator Sarah Welch sarahwelch@comcast.net

April NW Zone Meeting

The next Northwest Zone meeting will be held in conjunction with the Short Course Championship meet in Bend. This meeting will be brief and held just before the Oregon Association Annual Meeting scheduled for 4 PM Saturday.



USMS Endowment Fund

The USMS Endowment Fund Board of Governors considers applications for grants throughout the year. Application forms can be downloaded from the USMS web site. The form is located in the LMSC Handbook under the Administration tab.

Don't forget to honor and/or memorialize your swimmers through charitable, tax-deductible donations to the fund.

Oregon Masters Swimming Clinics

OMS Coaches Rep Dennis Baker will be hosting 3 clinics on Sundays, 3:00 pm to 6:00 at David Douglas High School, SE 130th and Taylor Ct, Portland. Cost is \$10 at the door and you must bring your 2007 USMS Registration card.

Each clinic will be followed by an optional dinner and discussion at McMennemins at Mall 205.

March 18 - Getting "Back to Basics" - backstroke swimming

April 8 - Deciding the "Best" Breaststroke for you

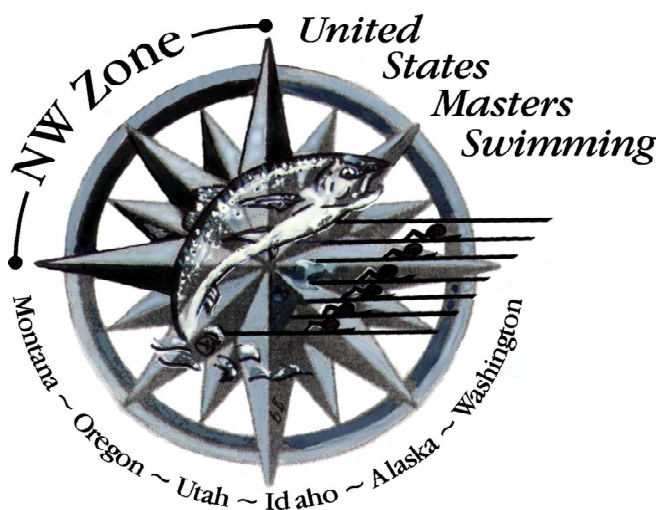
April 29 - No such thing as a "Free" lunch - freestyle technique

Contact Dennis Baker at bakeswim@yahoo.com or call 503-679-4601 to reserve a spot.

The Vancouver Open Water Swim

Association is dedicated to creating safe and enjoyable open water swim opportunities for people of all ages and abilities.

The swim schedule for 2007 has been set. All swims start in the morning. Fees will likely go up a few dollars from last year. <http://www.vovsa.bc.ca/>



Swim Event	Date	Location	Distances
Canada Day Swim	July 1	Sasamat Lake	1km, 2km, and 4km
Bay Challenge	July 22	Sandy Cove to Kits Beach	10km - solo and team
Kits Challenge	July 28	Kits Beach	1km, 3km, and 6km

USMS Board of Directors Midyear Meeting

The meeting was held in St. Louis, MO January 12-14.

Items of interest:

BOD recommends that USMS adopt a uniform registration fee to help standardize services in all LMSCs and present a uniform marketing image. Suggested fee for 2008 is \$40 with \$25 going to USMS.

Approved a pilot program for club development. See “USMS Club in a Box” page 6).

Executive Director Search Committee is continuing to operate.

Recommend that USMS members be appointed to only one national committee.

USMS Planning Committee will be reviewing LMSC structure.

USMS Logos

The USMS logo is available in a number of formats for use in publications or web sites. Visit www.DougGarciaDesign.com/USMS/Logos to find USMS logo artwork for PC or Mac platforms. Instructions for specific file formats are included.

USMS History & Archives Committee

The USMS History & Archives Committee is trying to reconstruct the pre-1986 registration database. They are looking for registration files for 1972-1980 when we were AAU Masters, for 1981 when we were USMS but registration was still through AAU, and for 1982 -1985. All registration data will remain confidential with restricted access. If you have any information or records, please contact History & Archives Committee Chair Barbara Dunbar - archives AT usms DOT org.

The committee is also looking for LMSC club lists from 1972 - 1985.

Rules Corner

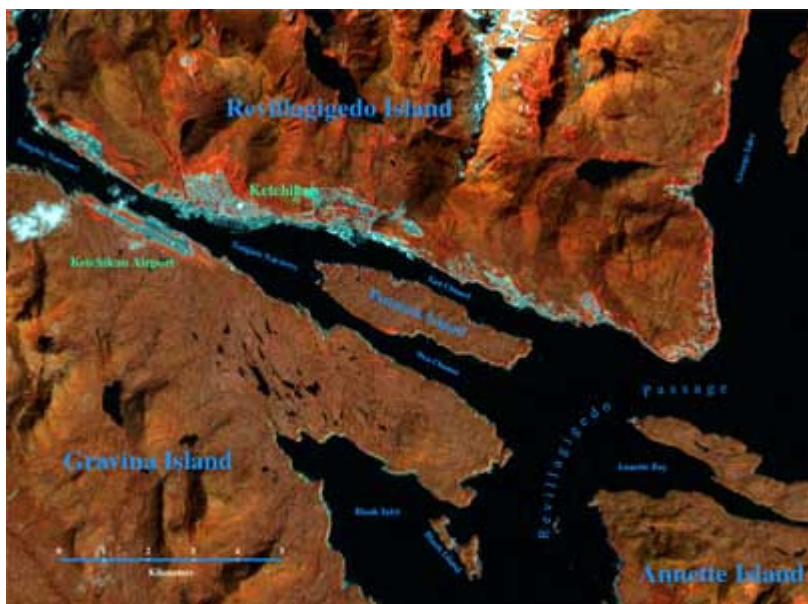
By Kathy Casey, USMS Rules Chair

The minimum number of officials required at a meet is: one referee, one starter, two stroke and turn judges, and two timers per lane if automatic timing is not being used (one timer per lane if automatic timing is used). (103.1, page 15)

Your times will not count for Top 10, Records, or any official purpose unless the pool has been measured and it's long enough (103.13.4, page 25 and 105.1.5, .6, and.7, page 37). If a pool with a moveable bulkhead already has a pool length certification form on file with USMS or USA Swimming, then measurement of the two outside lanes and a middle lane must be confirmed at the end of each session of the meet (105.1.7C, page 37).

The Pennock Island Challenge

The **Pennock Island Challenge** will take place on August 12 in Ketchikan, AK. There are slots for 30 individuals and 20 relays. The entry fee is \$100.00 per individual swimmer and \$90.00 per relay swimmer. Swimmers are encouraged to fundraise for their entry fees. Information including rules/regulations and entry forms can be found on the [Pennock Island Challenge website at www.alaskateamada.com](http://www.alaskateamada.com). The swim has been sanctioned by US Masters Swimming (sanction number #567-OW001).



Ketchikan Masters will be putting on a 1K swim on August 11 that will also be sanctioned; the entry fee will be \$20.00 per swimmer and includes at-shirt and cap.

USMS MENTOR COACH AND SWIMMER CLINICS and OPEN WATER CLINICS

These clinics consist of a minimum 2-hour coach's clinic led by a USMS mentor coach, who will provide ideas and information on how to further develop your Masters program. In addition, there is a 4-hour swimmers clinic, again led by the mentor coach and assisted by the local coaches. This program is a great way to give any LMSC or club a shot of adrenaline. There is still grant money available for 2007! More information and an application to host a clinic can be found at <http://www.usms.org/coach/usmsclinics.php>

If open water swimming is popular in your area, you may want to consider hosting a USMS Open Water Clinic. Now is the time to start planning for your summer season. These clinics are similar to the Mentor Clinics with grant money available and approved USMS clinicians who travel to you! For more information, please see <http://www.usms.org/coach/owclinics.php>

2007 Northwest Zone Event Schedule

March	10	Victoria Masters Meet	LCM	Victoria, BC	BC Masters - Canada
March	18	Tualatin Hills Pentathlon	SCY	Beaverton, OR	Oregon
March 31-	April 1	Montana Masters SCY Championships	SCY	Helena, MT	Montana
March 31-	April 1	Inland Northwest Championship	SCY	Pullman, WA	Inland Northwest
April	13-14	Utah State Championship - Fairmont Park	SCY	Salt Lake City, Utah	Utah
April	14-15	PNA Champs	SCY	Federal Way, WA	PNA
April	20-22	Oregon Association/Northwest Zone Champs	SCY	Bend, OR	Oregon
April	20-22	BC Provincial Championships	SCM	Surrey, BC	BC Masters - Canada
May	17-20	USMS National SC Championships	SCY	Federal Way, WA	PNA
June	3	BOZE AquaRoc 5000 (5K Endurance Swim)	LCM	Bozeman, MT	Montana
June	10	Tualatin Hills Long Course Meet	LCM	Beaverton, OR	Oregon
June	16	Utah - Kearns	LCM	Salt Lake City, Utah	Utah
June	17	Hagg Lake	Open Water	Gaston, OR	Oregon
July	1	Canada Day Swim - 1km, 2km & 4km	Open Water	Sasamat Lake, Port Moody	BC Masters - Canada
July	7-8	OR State Games Mt Hood Community College	LCM	Gresham, OR	Oregon
July	14	Fat Salmon	Open Water	Seattle, WA	PNA
July	14-15	Applegate Lake	Open Water	Jacksonville, OR	Oregon
July	15	Steve Omi Memorial Swim	Open Water	Coeur d'Alene, ID	Inland Northwest
July	21	Lake Padden	Open Water	Bellingham, WA	PNA
July	22	Bay Challenge - 10km solo or relay	Open Water	West Vancouver	BC Masters - Canada
July	27-29	Elk Lake	Open Water	Bend, OR	Oregon
July	28	Kits Challenge - 1km, 3km, 6km solo or relay	Open Water	West Vancouver	BC Masters - Canada
August	4	USMS 1-3 mile Open Water Championship Sandpoint Long Bridge Swim	Open Water	Sandpoint, ID	Inland Northwest
August	19	Dorena Lake	Open Water	Cottage Grove, OR	Oregon
September	8-9	Orcas Island Swims	Open Water	Orcas Island, WA	PNA
September	12-15	BC Senior Games	SCM	Nanaimo, BC	BC Masters - Canada
September	23	North Whidbey Pentathlon	SCM	Oak Harbor, WA	PNA
Jan 1	- Dec 31	USMS Check-Off Challenge	any	Local Pools	Federal Way Masters
Jan 1	- Dec 31	USMS 30 Minute Swim	any	Local Pools	PNA
May 15	- Sep 15	USMS Postal: 5 K & 10 K	LCM	Local Pools	Masters of South Texas
Sep 15	- Nov 15	USMS Postal: 3000 yd & 6000 yd events	SCY	Local Pools	Sawtooth Masters

USMS Club in a Box

USMS has made Club/LMSC development and membership a priority and will be funding a program to help in the development of adult aquatic fitness programs. A USMS expert will visit and provide workshops on building and growing a program. A questionnaire to assess your needs and begin the application process for the program is available from the USMS National Office.

USMS Reminders

March 15: Nominations for Ransom Arthur award due to USMS Recognition & Awards Chair Kelly Crandell - awards AT usms DOT org.

April 12: Deadline for entries for SC Nationals. Postmark deadline is April 5.

April 30: LMSC minutes of 2006 annual meeting and 2006 financial statement due to USMS National Office.

Check to see if your favorite pools are properly listed in the USMS Places to Swim at www.usms.org/placswim. Each listing has a link for modifications. To add a new place to swim, visit www.usms.org/placswim/placswimadd.php

LMSC NEWSLETTER CHAIRS:

Please be sure that I am on the distribution list to receive your newsletter either electronically or by postal mail.

LMSC MEETS/SANCTIONS CHAIRS:

Please submit your events to the USMS Calendar. This can be done by going to: <http://www.usms.org/comp/eventform.php>

If you would also send me your event schedule, I will include the events on the Zone calendar. I also need to submit events for the USMS Swimmer calendar every other month. The next deadline is April 8.

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