

Northwest Zone Chatter

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Issue 4

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September Northwest Zone Meeting

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

As usual, the Northwest Zone will hold a meeting at the USMS Annual Meeting during the US Aquatic Sports Convention. This year, convention is in Anaheim with the Disney-inspired theme "USMS - Made for You and Me" The zone meetings will be held Saturday, September 29 from 10:30 to 11:45 am in the Madrid Room of the Anaheim Hyatt Hotel. Anyone from the Zone who is at the USAS Convention is encouraged to attend. The agenda follows.

1. Introductions
2. Approval of minutes from November 2006 meeting
3. Financial Report – Sarah Welch, NW Zone Treasurer
4. Zone Rep report
5. Old Business
 - a. Zone Event Reports
 - i. 2006 SCM Champs – Federal Way/PNA
 - ii. 2006 SCY Champs – Bend/Oregon
 - iii. 2007 USMS 1-3 Mile Open Water National Championship – August 4; Sandpoint, ID/Inland Northwest
 - b. Upcoming Events
 - i. 2007 USMS 3000/6000 Yard Postal Championship – Sawtooth Masters
 - c. Other
6. New Business
 - a. Zone Events
 - i. 2007 SCM Champs – scheduled for other than PNA/Oregon
 - ii. 2008 Short Course Yards Champs – scheduled for PNA
 - iii. 2008 Long Course Champs or Open Water Champs
 1. Long Course Champs, if held, would be scheduled for other than PNA/Oregon
 2. Open Water Champs, if held, would be scheduled for Oregon
 - b. Convention issues
 - c. Election of Zone Representative
 - d. Other



Continued on page 2

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.

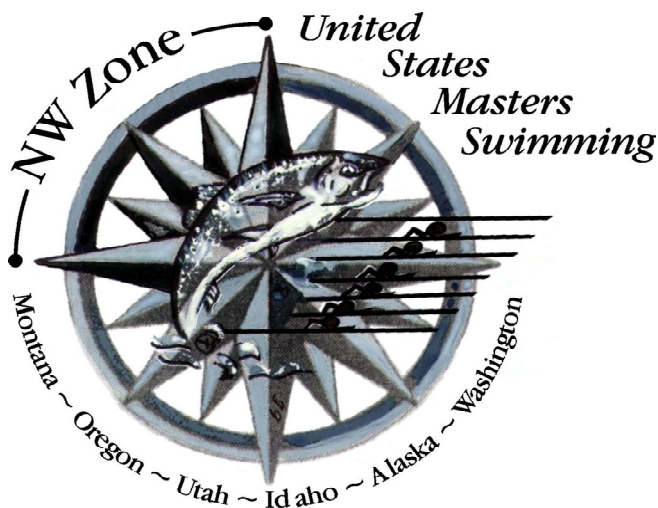
Problems with Pool Etiquette?

Lap Swimming Etiquette 101 - Overview (aka, "Don't Be a Fool at the Pool")

© 2002-2006 by Art Hutchinson

<http://www.cartegic.com/pooletiquette.htm>

"This collection of pages outlines a set of standard, well-accepted principles distilled from years of competitive and recreational lap swimming by myself and many others at dozens of pools around the world. It is informed by having swum at some **highly efficient pools** where as many as six people in a 25-yard lane were able to get a relatively pleasant and uninterrupted workout, as well as some **downright dangerous pools** where even a single swimmer alone in a lane was at risk from the actions of impolite, uninformed, erratic, and even, (in one case), **drunk (!)** swimmers competing for space."



Zone Meeting

(continued from page 1)

7. LMSC Reports
 - a. Alaska
 - b. Inland Northwest
 - c. Montana
 - d. Oregon
 - e. Pacific Northwest
 - f. Snake River
 - g. Utah
8. Adjourn

UPCOMING MEETS IN THE NORTHWEST ZONE

October 27 - Bainbridge Island, WA - 6th Annual BAMFest SCY Meets

http://www.swimpna.org/pdf/entry_form/2007/20071027_BAMFEST.pdf

The first annual South Davis Recreation Swim Meet will be held November 9&10. This is a brand new swimming pool (beautiful) in Bountiful, UT, about 20 minutes north of downtown Salt Lake City and maybe 30 minutes from the airport.

USMS Reminders

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

September 30: end of Long Course season

October 20: LMSC LCM Top Ten reports due to Records & Tabulation (TopTen at usms dot org)

October 31: end of 2007 registration year. Remember, the USMS registration fee will be increased for 2008.

Current Top Times and Individual Results on the USMS web site, located under the Competition tab, access a database of individual results that is a consolidation of all meet results files submitted via e-mail to meetresults at usms dot org. These times are not tied in any way to the USMS Top Ten but provide a guideline or yardstick swimmers can use to gauge progress compared to other competitors of the same age group. Top Ten Recorders are requested to e-mail all meet results promptly to meetresults at usms dot org. Results must be formatted as SDIF, Hy-Tek Exported meet results, format .CL2, or Hy-Tek Backup.

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>

2008 XII FINA Masters World Championships

The 2008 XII FINA Masters World Championship will be held April 17 - 25 in Perth, Western Australia. This is a long course meters meet.

Meet information is available from John Lynch, +61894418232 or info@2008masters.org

The championship web site is www.2008finamasters.org

2007 Northwest Zone Event Schedule

Year	Month	Date	Event	Course	Location	LMSC/Host
2007	October	13	Bainbridge Area Masters	SCY	Bainbridge, WA	PNA
2007	November	9 & 10	South Davis Recreation Swim Meet	SCY	Bountiful, UT	Utah
2007	November	18	University of British Columbia Meet	SCM	Vancouver, BC	MSABC
2007	December	1	Nanaimo Ebttides Meet	SCM	Duncan, BC	MSABC
2008	January	19	Thunderbird Aquatic Club	SCY	Anacortes, WA	PNA
2008	January	27	Cowichan Meet	SCM	Duncan, BC	MSABC
2008	February	10	EBSC Love to Swim Meet	SCM	Vancouver, BC	MSABC
2008	February	17	Bellevue Club	SCM	Bellevue, WA	PNA
2008	March	8	Orca SCY Meet	SCY	Seattle, WA	PNA
2008	March	15	Victoria Masters Meet	SCM	Victoria, BC	MSABC
2008	March	22	Briggs YMCA	SCY	Olympia, WA	PNA
2008	April	12-13	PNA Champs	SCY	Federal Way, WA	PNA
2008	April	17-25	XII FINA World Championships	LCM	Perth, Australia	FINA
2008	April	18-20	MSABC Provincial Championships	SCM	Kamloops, BC	MSABC
2008	May	1-4	USMS National Short Course Championships	SCY	Austin, TX	USMS
2008	May	23-26	Masters Swimming Canada Nationals	SCM	Quebec City, PQ	MSC
2008	August	14-17	USMS National Long Course Championships	LCM	Gresham, OR	OR/USMS
2007	Sep 15	- Nov 15	USMS Postal: 3000 yd & 6000 yd events	SCY	Local Pools	Sawtooth Masters
2007	Jan 1	- Dec 31	USMS Check-Off Challenge	any	Local Pools	Federal Way Masters
2007	Jan 1	- Dec 31	USMS 30 Minute Swim	any	Local Pools	PNA
2008	Jan 1	- Jan 31	USMS One Hour Postal Swim	any	Local Pools	Indy SwimFit

For information on meets in Canada, see www.mastersswimmingbc.ca

If each LMSC will send me their meet schedule as soon as it is approved, I will update the calendar promptly.

LMSC UPDATES

Pacific Northwest Association

New officers were installed at the June PNA Board meeting held in Edmonds, WA. Incoming President is Steve Peterson. Other officers are Lisa Dahl, vice president; Jo Moore, secretary; and Toby Coenan, treasurer.

Oregon Association

Thirteen Oregon swimmers took the long road trip to Sandpoint, Idaho, for the 13th running of the Long Bridge Swim. This has become a large event on a classic point-to-point course, with more than 500 swimmers participating in the community section of the swim. Of course, we were all among the 110 starters in the USMS section of the event, which served as a USMS Open Water National Championship. We had a great showing as a group, with all Oregon swimmers placing sixth or better. Congratulations to Arlene Delmage, Mary Sweat, and Dave Radcliff for winning in their age groups and becoming National Champions. We also had four runners-up and one third place finish.

Inland Northwest Association

The Inland Northwest Association also has new officers. Doug Garcia is chair. Vice chair is Brenda Guettler; secretary, Lincoln Djang; and treasurer Virgil Compton. Larry Krauser hosted a successful USMS Open Water Championship at the Long Bridge Swim on August 4.

Alaska

The **Pennock Island Challenge** took place on 12 August 2007 in Ketchikan, AK. Results can be found at the [Pennock Island Challenge website at www.alaskateamada.com](http://www.alaskateamada.com). The swim was sanctioned by US Masters Swimming and we are looking forward to next years Challenge.

Montana

Donn Livoni is the new Montana LMSC Chair. Bozeman Masters continues to have an active club as they launch their 5th season..

Snake River

Sawtooth Masters is hosting the 2007 USMS 3000/6000 postal championship.

Utah

The first annual South Davis Recreation Swim Meet will be held November 9&10. This is a brand new swimming pool (beautiful) in Bountiful, UT, about 20 minutes north of downtown Salt Lake City and maybe 30 minutes from the airport. This facility would be great to hold a zone meet in one day. It can be 25 yards or meters, has great deck space, and lots of seating. The Masters workout group there now has 85 members and is continually growing. The coach is Kris Edwards; she swam in Utah and ASU in college and is doing a great job.