



NORTHWEST ZONE CHATTER

MARCH 2003

Northwest Zone Brings New Fitness Events to USMS

The USMS Fitness Committee is offering some excellent new Fitness Events for 2003, and these new events have a distinct Northwest flair. Created under the capable leadership of USMS Fitness Committee Chair Pam Himstreet of Oregon, the new USMS Fitness Events offer creative ways for Masters swimmers to stay motivated and participate in structured events without necessarily going to a swimming competition. Complete details are available in the Fitness section of the USMS Web Site (www.usms.org/fitness).

The **Virtual Geographic Swim Series** is designed to take the monotony out of your trips back and forth across the pool. Now you can "Swim America's Waterways" and join others throughout the country and world in applying any pool lengths you actually do to virtually swimming some of the most important bodies of water in the US. Each swim was designed by a Masters swimmer who knows about the featured waterway. Some of the virtual swims are actually open water courses, and others are waters most would not dare to swim. The Virtual swims are also designed to educate you about the different places, and perhaps, lure you to visit someday. Two Northwest locations -- Crater Lake, Oregon and Lake Washington, are currently among the growing selection of swims. In fact, the Crater Lake Swim was the first swim created for the series, and was created by Oregon Fitness Co-Chairs Jani Sutherland and Sara Quan. If you are interested in designing a swim for a location in your area, please contact Pam Himstreet at fitness@usms.org.



The **30-Minute Fitness Swim Challenge** is a fitness postal event designed to motivate you to swim continuously for 30 minutes. It can help you add to your overall fitness,



allow you to measure your fitness level and may motivate you to compete in longer distance swims such as the USMS Long Distance Postal Championships. See how far you can swim. You can do the swim on your own or you can do it as a team during practice. Do the swim as many times as you wish

and send in your results by the end of 2003. This new event is being directed by Lee Carlson of the Pacific Northwest Association. For more details and entry information, check out the USMS Web Site Fitness section at www.usms.org/fitness.

Northwest Zone Open Water Championship?

This topic and others will be discussed at the next...

Northwest Zone Meeting

...to be held at 11:30am, preceding Saturday's events at the upcoming Northwest Zone Short Course Yards Championship at Hood River.

Details inside

NW Zone SCM Championship



From all accounts, the 2002 Northwest Zone Short Course Meters Championship, held December 14-15 in Oregon City, was a fun, well-organized event. Meet Director Colette Crabbe of the Oregon City Swim Team (pictured above) not only did a fabulous job running the meet, but she set a new USMS and world record in the women's 45-49 200 meter breast (2:54.05). The old world record was 2:54.97 by Ulrike Urbaniak of Germany in 1999. Colette also posted nation-leading times in the 200 IM (2:36.71) and 400 IM (5:35.51). Her 200 IM just missed the world record of 2:36.60 by Ogier in 2000, and her 400 IM approached the world record of 5:33.37 by Laura Val in 1999. Another world record was produced by the Oregon men's 240-279 medley relay (pictured below, l-r) Robert Smith (back), Allen Stark (breast), Bert Petersen (fly), and George Thayer (free). The awesome foursome clocked a 2:07.12, taking almost two full seconds of the previous USMS and world record of 2:09.05 by Florida Gold Coast in 2001. In addition to these records, Lavelle Stoinoff (pictured, next page) of the Multnomah Athletic Club lowered two world records, both previously held by Jane Asher of Great Britain, in the 400 free (5:59.10) and 800 free (12:20.68). (photos courtesy of David Radcliff, Oregon LMSC Newsletter Editor)



RESULTS

NW Zone SCM Championships
Oregon City, Oregon
December 14-15, 2002

Women 19-24

50 SC Meter Freestyle
1 Wilson, Katie 20 UNAT 31.33
100 SC Meter Freestyle
1 Wilson, Katie 20 UNAT 1:10.27
200 SC Meter Freestyle
1 Wilson, Katie 20 UNAT 2:38.88
50 SC Meter Backstroke
1 Wilson, Katie 20 UNAT 39.84

Women 25-29

200 SC Meter Freestyle
1 Gorsline, Lisa 27 OREG 2:42.12
800 SC Meter Freestyle
1 Criscione, Anicia 29 OREG 12:42.42
200 SC Meter Backstroke
1 Criscione, Anicia 29 OREG 3:15.97
50 SC Meter Breaststroke
1 Gibbs, Zan 27 OREG 43.56
100 SC Meter Breaststroke
1 Gibbs, Zan 27 OREG 1:37.24
2 Gorsline, Lisa 27 OREG 1:41.23
200 SC Meter Breaststroke
1 Gorsline, Lisa 27 OREG 3:26.77
50 SC Meter Butterfly
1 Criscione, Anicia 29 OREG 46.28
200 SC Meter Butterfly
1 Gorsline, Lisa 27 OREG 3:07.65
100 SC Meter IM
1 Criscione, Anicia 29 OREG 1:34.59
400 SC Meter IM
1 Criscione, Anicia 29 OREG 6:53.73

Women 30-34

50 SC Meter Freestyle
1 Topp, Deborah 33 OREG 31.72
2 Quan, Sara 30 OREG 31.89
3 Kramer, Laura 33 OREG 33.02
100 SC Meter Freestyle
1 Simsak, Tara 33 PNA 1:09.57
2 Topp, Deborah 33 OREG 1:12.18
3 Hennessy, Patricia 34 PNA 1:41.21
400 SC Meter Freestyle
1 Moore, Alison 32 OREG 5:49.73
2 Hennessy, Patricia 34 PNA 8:02.35
800 SC Meter Freestyle
1 Quan, Sara 30 OREG 9:45.42
100 SC Meter Backstroke
1 Kramer, Laura 33 OREG 1:26.41
200 SC Meter Backstroke
1 Quan, Sara 30 OREG 2:43.44
50 SC Meter Breaststroke
1 Moore, Alison 32 OREG 45.31
100 SC Meter Breaststroke
1 Quan, Sara 30 OREG 1:26.39
200 SC Meter Breaststroke
1 Moore, Alison 32 OREG 3:24.05
50 SC Meter Butterfly
1 Topp, Deborah 33 OREG 34.72
2 Simsak, Tara 33 PNA 34.96
3 Kramer, Laura 33 OREG 37.89
100 SC Meter Butterfly

1 Topp, Deborah 33 OREG 1:17.85
2 Simsak, Tara 33 PNA 1:21.19
3 Moore, Alison 32 OREG 1:22.67
100 SC Meter IM
1 Quan, Sara 30 OREG 1:17.91
2 Simsak, Tara 33 PNA 1:19.10
3 Topp, Deborah 33 OREG 1:24.31
4 Kramer, Laura 33 OREG 1:27.30
200 SC Meter IM
1 Simsak, Tara 33 PNA 2:57.43
2 Topp, Deborah 33 OREG 3:04.55
400 SC Meter IM
1 Simsak, Tara 33 PNA 6:16.94

Women 35-39

50 SC Meter Freestyle
1 Seresun, Karen 37 UNAT 29.26
2 Topp, Suzanne 35 OREG 31.17
3 Law, Cathy 35 OREG 34.25
4 Davis, Lisa 39 UNAT 36.70
100 SC Meter Freestyle
1 Topp, Suzanne 35 OREG 1:10.98
2 Shaw, Susan 35 OREG 1:22.62
200 SC Meter Freestyle
1 Whitney, Jamie 38 PNA 2:49.08
2 Shaw, Susan 35 OREG 2:58.20
3 Law, Cathy 35 OREG 2:58.31
4 Davis, Lisa 39 UNAT 3:04.73
400 SC Meter Freestyle
1 Topp, Suzanne 35 OREG 5:32.07
2 Whitney, Jamie 38 PNA 6:10.38
800 SC Meter Freestyle
1 Topp, Suzanne 35 OREG 11:26.80
100 SC Meter Backstroke
1 Crisp, Julie 36 OREG 1:37.71
200 SC Meter Backstroke
1 Crisp, Julie 36 OREG 3:23.06
50 SC Meter Breaststroke
1 Whitney, Jamie 38 PNA 43.99
100 SC Meter Breaststroke
1 Law, Cathy 35 OREG 1:40.55
2 Shaw, Susan 35 OREG 1:41.69
200 SC Meter Breaststroke
1 Whitney, Jamie 38 PNA 3:30.97
2 Shaw, Susan 35 OREG 3:38.64
50 SC Meter Butterfly
1 Seresun, Karen 37 UNAT 31.39
2 Topp, Suzanne 35 OREG 37.05
3 Davis, Lisa 39 UNAT 43.11
100 SC Meter IM
1 Seresun, Karen 37 UNAT 1:14.43
2 Topp, Suzanne 35 OREG 1:25.30
3 Whitney, Jamie 38 PNA 1:31.13
4 Law, Cathy 35 OREG 1:34.04
200 SC Meter IM
1 Crisp, Julie 36 OREG 3:43.62
400 SC Meter IM
1 Crisp, Julie 36 OREG 7:59.08

Women 40-44

100 SC Meter Freestyle
1 Fox, Christina 42 OREG 1:28.51
200 SC Meter Freestyle
1 Schmidt, Tracey 42 PNA 3:28.00
50 SC Meter Backstroke
1 Fox, Christina 42 OREG 42.76
100 SC Meter Backstroke
1 Fox, Christina 42 OREG 1:32.22
200 SC Meter Backstroke
1 Fox, Christina 42 OREG 3:17.25
50 SC Meter Breaststroke
1 Schmidt, Tracey 42 PNA 47.81
100 SC Meter Breaststroke
1 Schmidt, Tracey 42 PNA 1:42.50
2 Fox, Christina 42 OREG 1:43.81
200 SC Meter Breaststroke
1 Schmidt, Tracey 42 PNA 3:43.31
200 SC Meter IM
1 Fox, Christina 42 OREG 3:30.18

Women 45-49

100 SC Meter Freestyle
1 Andrus-Hughes, K. 45 OREG 1:04.61

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200 SC Meter Freestyle
 1 Andrus-Hughes, K. 45 OREG 2:23.21
 400 SC Meter Freestyle
 1 Andrus-Hughes, K. 45 OREG 5:09.45
 800 SC Meter Freestyle
 1 Hendryx, Teri 49 MACO 12:31.51
 50 SC Meter Backstroke
 1 Andrus-Hughes, K. 45 OREG 33.30
 100 SC Meter Backstroke
 1 Andrus-Hughes, K. 45 OREG 1:13.53
 200 SC Meter Backstroke
 1 Andrus-Hughes, K. 45 OREG 2:40.37
 100 SC Meter Breaststroke
 1 Crabbe, Colette 46 OREG 1:21.36
 200 SC Meter Breaststroke
 1 Crabbe, Colette 46 OREG 2:54.05
 200 SC Meter IM
 1 Crabbe, Colette 46 OREG 2:36.71
 400 SC Meter IM
 1 Crabbe, Colette 46 OREG 5:35.51

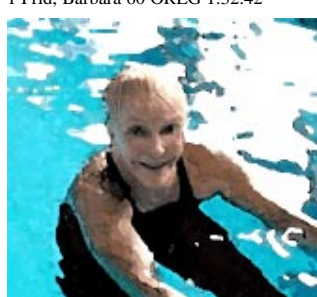
Women 50-54

50 SC Meter Freestyle
 1 Johnson, Kathy 52 OREG 36.03
 200 SC Meter Freestyle
 1 Milner, Nancy 51 OREG 3:18.39
 400 SC Meter Freestyle
 1 Staley, Darlene 52 OREG 6:11.86
 2 Wright, Jill 51 SR 6:55.08
 800 SC Meter Freestyle
 1 Staley, Darlene 52 OREG 12:50.64
 2 Milner, Nancy 51 OREG 13:50.39
 50 SC Meter Backstroke
 1 Johnson, Kathy 52 OREG 43.32
 200 SC Meter Backstroke
 1 Staley, Darlene 52 OREG 3:27.62
 50 SC Meter Breaststroke
 1 Johnson, Kathy 52 OREG 46.70
 50 SC Meter Butterfly
 1 Milner, Nancy 51 OREG 44.83
 200 SC Meter Butterfly
 1 Staley, Darlene 52 OREG 3:27.99
 100 SC Meter IM
 1 Staley, Darlene 52 OREG 1:37.33
 2 Milner, Nancy 51 OREG 1:45.37
 200 SC Meter IM
 1 Wright, Jill 51 SR 3:44.31

Women 55-59

50 SC Meter Freestyle
 1 Quattro, Jackie 55 OREG 35.59
 2 Rousseau, Sandi 55 OREG 35.83
 3 Litt, Arni 56 PNA 41.33
 100 SC Meter Freestyle
 1 Quattro, Jackie 55 OREG 1:19.68
 2 Rousseau, Sandi 55 OREG 1:20.94
 3 Litt, Arni 56 PNA 1:34.47
 200 SC Meter Freestyle
 1 Marr, Jackie 59 SDSM 2:42.39
 2 Quattro, Jackie 55 OREG 2:56.48
 3 Rousseau, Sandi 55 OREG 2:59.82
 4 Litt, Arni 56 PNA 3:25.98
 5 Ensign, Jeanne 56 PNA 3:26.15
 400 SC Meter Freestyle
 1 Quattro, Jackie 55 OREG 6:12.43
 2 Himstreet, Pam 59 OREG 7:13.74
 3 Ensign, Jeanne 56 PNA 7:18.39
 800 SC Meter Freestyle
 1 Bieze, Patricia 59 OREG 16:20.89
 1500 SC Meter Freestyle
 1 Ensign, Jeanne 56 PNA 28:08.13
 2 Himstreet, Pam 59 OREG 28:14.65
 50 SC Meter Backstroke
 1 Quattro, Jackie 55 OREG 44.93
 2 Rousseau, Sandi 55 OREG 47.71
 100 SC Meter Backstroke
 1 Pierson, Ginger 56 MACO 1:33.82
 200 SC Meter Backstroke
 1 Marr, Jackie 59 SDSM 3:10.18
 50 SC Meter Breaststroke
 1 Pierson, Ginger 56 MACO 43.06

2 Litt, Arni 56 PNA 49.93
 3 Himstreet, Pam 59 OREG 51.36
 100 SC Meter Breaststroke
 1 Pierson, Ginger 56 MACO 1:30.88
 2 Litt, Arni 56 PNA 1:47.06
 200 SC Meter Breaststroke
 1 Pierson, Ginger 56 MACO 3:22.01
 2 Litt, Arni 56 PNA 3:53.41
 50 SC Meter Butterfly
 1 Rousseau, Sandi 55 OREG 38.77
 100 SC Meter Butterfly
 1 Rousseau, Sandi 55 OREG 1:35.46
 200 SC Meter Butterfly
 1 Pierson, Ginger 56 MACO 3:18.44
 2 Marr, Jackie 59 SDSM 3:47.79
 100 SC Meter IM
 1 Marr, Jackie 59 SDSM 1:28.18
 2 Quattro, Jackie 55 OREG 1:32.96
 200 SC Meter IM
 1 Marr, Jackie 59 SDSM 3:18.33
 400 SC Meter IM
 1 Marr, Jackie 59 SDSM 6:43.80
 2 Pierson, Ginger 56 MACO 7:00.66



Women 60-64

800 SC Meter Freestyle
 1 Frid, Barbara 60 OREG 13:15.14
 50 SC Meter Backstroke
 1 Frid, Barbara 60 OREG 42.23
 100 SC Meter Backstroke
 1 Frid, Barbara 60 OREG 1:38.35
 50 SC Meter Breaststroke
 1 Frid, Barbara 60 OREG 46.41
 50 SC Meter Butterfly
 1 Frid, Barbara 60 OREG 40.42
 100 SC Meter IM
 1 Frid, Barbara 60 OREG 1:32.42

Women 65-69
 50 SC Meter Freestyle
 1 Huntley, Jane 69 OREG 51.03
 100 SC Meter Freestyle
 1 Stoinoff, Lavelle 69 MACO 1:22.57
 200 SC Meter Freestyle
 1 Stoinoff, Lavelle 69 MACO 2:55.51
 400 SC Meter Freestyle
 1 Stoinoff, Lavelle 69 MACO 5:59.10
 800 SC Meter Freestyle
 1 Stoinoff, Lavelle 69 MACO 12:20.68

Women 70-74
 50 SC Meter Freestyle
 1 Glancy, Barbara 70 OREG 1:02.44
 1500 SC Meter Freestyle
 1 Glancy, Barbara 70 OREG 39:14.63
 100 SC Meter Backstroke
 1 Glancy, Barbara 70 OREG 2:32.96
 200 SC Meter Backstroke
 1 Glancy, Barbara 70 OREG 5:18.31
 100 SC Meter IM
 1 Glancy, Barbara 70 OREG 2:53.32

Women 75-79
 200 SC Meter Freestyle
 1 Wells, Margaret 76 OREG 4:50.62
 400 SC Meter Freestyle
 1 Wells, Margaret 76 OREG 9:33.39
 200 SC Meter Backstroke
 1 Wells, Margaret 76 OREG 5:05.23
 200 SC Meter Breaststroke
 1 Wells, Margaret 76 OREG 6:17.71

100 SC Meter IM
 1 Wells, Margaret 76 OREG 2:24.58
 200 SC Meter IM
 1 Wells, Margaret 76 OREG 5:21.90

Women 80-84
 50 SC Meter Freestyle
 1 Bernardi, Norma 83 OREG 1:06.31
 50 SC Meter Backstroke
 1 Bernardi, Norma 83 OREG 1:06.90
 100 SC Meter Backstroke
 1 Bernardi, Norma 83 OREG 2:22.09
 2 Stevenin, Elfie 81 OREG 3:20.02
 200 SC Meter Backstroke
 1 Stevenin, Elfie 81 OREG 6:43.76
 100 SC Meter IM
 1 Stevenin, Elfie 81 OREG 3:45.53
 400 SC Meter IM
 1 Stevenin, Elfie 81 OREG 17:23.53

Men 25-29

50 SC Meter Butterfly
 1 Wilson, Westley 25 UNAT 30.66
 100 SC Meter Butterfly
 1 Wilson, Westley 25 UNAT 1:11.26
 100 SC Meter IM
 1 Wilson, Westley 25 UNAT 1:11.32
 200 SC Meter IM
 1 Wilson, Westley 25 UNAT 2:36.05

Men 30-34

50 SC Meter Freestyle
 1 Taylor, Curtis 31 OREG 24.71
 2 Ness, Kerry 33 PNA 33.55
 3 Price, Kennedy 30 OREG 35.19
 100 SC Meter Freestyle
 1 Taylor, Curtis 31 OREG 54.64
 2 Price, Kennedy 30 OREG 1:12.25
 3 Ness, Kerry 33 PNA 1:19.75
 200 SC Meter Freestyle
 1 Taylor, Curtis 31 OREG 2:05.33
 2 Price, Kennedy 30 OREG 2:42.02
 400 SC Meter Freestyle
 1 Price, Kennedy 30 OREG 5:39.30
 50 SC Meter Backstroke
 1 Price, Kennedy 30 OREG 40.01
 100 SC Meter Backstroke
 1 Price, Kennedy 30 OREG 1:26.60
 50 SC Meter Breaststroke
 1 Ness, Kerry 33 PNA 42.01
 100 SC Meter Breaststroke
 1 Ness, Kerry 33 PNA 1:33.88
 200 SC Meter Breaststroke
 1 Ness, Kerry 33 PNA 3:33.92
 100 SC Meter IM
 1 Taylor, Curtis 31 OREG 1:04.14
 2 Ness, Kerry 33 PNA 1:33.25

Men 35-39

50 SC Meter Freestyle
 1 Parmentier, Steve 37 OREG 27.22
 2 Butcher, Gano 38 OREG 28.10
 3 Edic, Chyle 35 OREG 31.84
 4 Kramer, Ken 35 OREG 40.14
 100 SC Meter Freestyle
 1 Cooper, Greg 35 MACO 59.31
 2 Edic, Chyle 35 OREG 1:12.55
 200 SC Meter Freestyle
 1 Stewart, Douglas 38 OREG 2:07.60
 2 Wannamaker, Brian 39 MACO 2:22.33
 800 SC Meter Freestyle
 1 Stewart, Douglas 38 OREG 9:24.63
 50 SC Meter Backstroke
 1 Parmentier, Steve 37 OREG 30.96
 2 Edic, Chyle 35 OREG 43.88
 100 SC Meter Backstroke
 1 King, Phillip 36 MACO 1:07.35
 2 Parmentier, Steve 37 OREG 1:11.92
 3 Butcher, Gano 38 OREG 1:13.14
 4 Wannamaker, Brian 39 MACO 1:13.55
 200 SC Meter Backstroke
 1 King, Phillip 36 MACO 2:23.55
 50 SC Meter Breaststroke
 1 Hudson, John 36 OREG 32.17

2 Parmentier, Steve 37 OREG 35.50
 3 Butcher, Gano 38 OREG 36.03
 4 Edic, Chyle 35 OREG 40.22
 100 SC Meter Breaststroke
 1 Hudson, John 36 OREG 1:09.30
 2 Edic, Chyle 35 OREG 1:28.91
 3 Kramer, Ken 35 OREG 1:41.09
 200 SC Meter Breaststroke
 1 Hudson, John 36 OREG 2:39.08
 50 SC Meter Butterfly
 1 Parmentier, Steve 37 OREG 28.96
 2 Cooper, Greg 35 MACO 29.04
 3 Wannamaker, Brian 39 MACO 30.00
 4 Butcher, Gano 38 OREG 30.29
 100 SC Meter Butterfly
 1 Cooper, Greg 35 MACO 1:05.47
 100 SC Meter IM
 1 Hudson, John 36 OREG 1:04.13
 2 Cooper, Greg 35 MACO 1:06.01
 3 Butcher, Gano 38 OREG 1:10.04
 4 Edic, Chyle 35 OREG 1:25.80
 200 SC Meter IM
 1 Hudson, John 36 OREG 2:21.80
 400 SC Meter IM
 1 Stewart, Douglas 38 OREG 5:05.56
 2 Hudson, John 36 OREG 5:16.39
 3 King, Phillip 36 MACO 5:18.45

Men 40-44

50 SC Meter Freestyle
 1 Uebele, Keith 41 OREG 26.88
 2 George, Steve 43 OREG 27.89
 3 Oliva, Tomas 40 MACO 28.61
 4 Garcia, Doug 41 INWM 33.71
 100 SC Meter Freestyle
 1 Oliva, Tomas 40 MACO 59.81
 2 Garcia, Doug 41 INWM 1:17.49
 3 Bragg III, Robin 42 OREG 1:35.86
 200 SC Meter Freestyle
 1 Allender, Pat 44 OREG 2:06.85
 2 Dowd, Mike 44 MACO 2:33.10
 3 Garcia, Doug 41 INWM 2:54.54
 4 Bragg III, Robin 42 OREG 3:14.80
 400 SC Meter Freestyle
 1 Garcia, Doug 41 INWM 6:33.61
 2 Bragg III, Robin 42 OREG 6:54.36
 800 SC Meter Freestyle
 1 Bragg III, Robin 42 OREG 14:16.63
 1500 SC Meter Freestyle
 1 Dowd, Mike 44 MACO 22:35.60
 2 Bragg III, Robin 42 OREG 27:35.06
 50 SC Meter Backstroke
 1 Oliva, Tomas 40 MACO 34.80
 100 SC Meter Backstroke
 1 George, Steve 43 OREG 1:08.63
 2 Uebele, Keith 41 OREG 1:09.75
 3 Otto, Douglas 43 MACO 1:11.57
 4 Oliva, Tomas 40 MACO 1:14.55
 200 SC Meter Backstroke
 1 George, Steve 43 OREG 2:29.56
 2 Otto, Douglas 43 MACO 2:33.94
 50 SC Meter Breaststroke
 1 Allender, Pat 44 OREG 33.67
 100 SC Meter Breaststroke
 1 Allender, Pat 44 OREG 1:12.13
 2 Otto, Douglas 43 MACO 1:19.22
 3 Dowd, Mike 44 MACO 1:23.29
 200 SC Meter Breaststroke
 1 Allender, Pat 44 OREG 2:39.54
 2 Dowd, Mike 44 MACO 3:00.63
 50 SC Meter Butterfly
 1 Uebele, Keith 41 OREG 30.03
 2 George, Steve 43 OREG 31.49
 3 Oliva, Tomas 40 MACO 31.82
 100 SC Meter Butterfly
 1 Uebele, Keith 41 OREG 1:05.71
 200 SC Meter Butterfly
 1 Uebele, Keith 41 OREG 2:41.16
 2 Dowd, Mike 44 MACO 2:58.40
 100 SC Meter IM
 1 George, Steve 43 OREG 1:12.38

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2 Dybdahl, Eric 42 PNA 1:17.33
3 Garcia, Doug 41 INWM 1:30.96
200 SC Meter IM
1 Allender, Pat 44 OREG 2:24.35
2 Dybdahl, Eric 42 PNA 2:53.47
400 SC Meter IM
1 Allender, Pat 44 OREG 5:13.46
2 Dybdahl, Eric 42 PNA 6:15.59
3 Dowd, Mike 44 MACO 6:26.32
Men 45-49
50 SC Meter Freestyle
1 Bowen, Marc 49 MACO 30.00
2 Koch, Steve 45 OREG 31.55
3 Friedman, Keith 46 OREG 39.68
100 SC Meter Freestyle
1 Burleson, David 45 MACO 1:02.02
2 Kevan, Stephen 48 OREG 1:02.27
3 Bowen, Marc 49 MACO 1:08.00
4 Wallis, Gary 49 OREG 1:08.18
5 Koch, Steve 45 OREG 1:11.38
200 SC Meter Freestyle
1 Kevan, Stephen 48 OREG 2:18.19
2 Munro, Stuart 45 MACO 2:30.68
3 Wallis, Gary 49 OREG 2:33.48
4 Cecil, Patrick 48 OREG 2:55.14
5 Friedman, Keith 46 OREG 3:56.88
400 SC Meter Freestyle
1 Burleson, David 45 MACO 4:45.61
2 Kevan, Stephen 48 OREG 4:51.33
3 Ramsey, Ed 46 OREG 5:09.62
800 SC Meter Freestyle
1 Ramsey, Ed 46 OREG 10:43.57
2 Cecil, Patrick 48 OREG 12:47.71
3 Friedman, Keith 46 OREG 16:42.75
1500 SC Meter Freestyle
1 Burleson, David 45 MACO 19:17.25
2 Ward, Cliff 46 OREG 22:03.35
50 SC Meter Backstroke
1 Burleson, David 45 MACO 31.84
2 Darnell, Stephen 48 OREG 41.54
100 SC Meter Backstroke
1 Burleson, David 45 MACO 1:06.74
2 Ward, Cliff 46 OREG 1:15.93
200 SC Meter Backstroke
1 Burleson, David 45 MACO 2:24.54
50 SC Meter Breaststroke
1 Koch, Steve 45 OREG 43.64
2 Darnell, Stephen 48 OREG 45.33
100 SC Meter Breaststroke
1 Wallis, Gary 49 OREG 1:24.52
2 Munro, Stuart 45 MACO 1:26.50
3 Darnell, Stephen 48 OREG 1:43.37
200 SC Meter Breaststroke
1 Wallis, Gary 49 OREG 3:09.20
2 Munro, Stuart 45 MACO 3:12.43
50 SC Meter Butterfly
1 Russell, Brian 45 PNA 29.94
2 Ward, Cliff 46 OREG 32.17
3 Yensen, Kermit 49 OREG 32.54
4 Darnell, Stephen 48 OREG 41.01
5 Cecil, Patrick 48 OREG 43.50
6 Friedman, Keith 46 OREG 51.07
100 SC Meter Butterfly
1 Yensen, Kermit 49 OREG 1:16.92
2 Ramsey, Ed 46 OREG 1:17.72
200 SC Meter Butterfly
1 Munro, Stuart 45 MACO 2:59.36
2 Yensen, Kermit 49 OREG 3:11.41
100 SC Meter IM
1 Russell, Brian 45 PNA 1:10.38
2 Ward, Cliff 46 OREG 1:13.56
3 Yensen, Kermit 49 OREG 1:17.64
4 Wallis, Gary 49 OREG 1:18.58
5 Koch, Steve 45 OREG 1:27.86
6 Darnell, Stephen 48 OREG 1:29.56
7 Cecil, Patrick 48 OREG 1:33.04
8 Friedman, Keith 46 OREG 1:57.26
200 SC Meter IM
1 Ward, Cliff 46 OREG 2:44.02

2 Yensen, Kermit 49 OREG 2:52.79
3 Wallis, Gary 49 OREG 2:54.79
4 Munro, Stuart 45 MACO 3:05.59
5 Darnell, Stephen 48 OREG 3:31.22
400 SC Meter IM
1 Ward, Cliff 46 OREG 6:04.59
2 Yensen, Kermit 49 OREG 6:26.52
3 Munro, Stuart 45 MACO 6:32.06
Men 50-54
50 SC Meter Freestyle
1 Cronin, Jed 54 OREG 29.48
2 Wikander, Carroll 51 OREG 30.78
800 SC Meter Freestyle
1 Bruce, Bob 54 OREG 11:38.02
50 SC Meter Breaststroke
1 Stark, Allen 53 OREG 34.23
2 Wikander, Carroll 51 OREG 38.31
100 SC Meter Breaststroke
1 Stark, Allen 53 OREG 1:16.48
50 SC Meter Butterfly
1 Stark, Allen 53 OREG 31.45
2 Cronin, Jed 54 OREG 32.10
Men 55-59
50 SC Meter Freestyle
1 Smith, Robert 59 OREG 27.67
2 Silvey, Michael 57 OREG 30.83
100 SC Meter Freestyle
1 Smith, Robert 59 OREG 1:03.07
2 Silvey, Michael 57 OREG 1:09.86
3 Carriker, Buz 55 OREG 1:12.26
800 SC Meter Freestyle
1 Carriker, Buz 55 OREG 12:13.36
100 SC Meter Backstroke
1 Smith, Robert 59 OREG 1:13.06
200 SC Meter Backstroke
1 Juhala, Richard 59 OREG 3:49.27
200 SC Meter Breaststroke
1 Carriker, Buz 55 OREG 3:30.46
2 Juhala, Richard 59 OREG 3:45.43
50 SC Meter Butterfly
1 Silvey, Michael 57 OREG 34.77
200 SC Meter Butterfly
1 Juhala, Richard 59 OREG 4:14.11
100 SC Meter IM
1 Smith, Robert 59 OREG 1:13.49
2 Carriker, Buz 55 OREG 1:30.69
400 SC Meter IM
1 Juhala, Richard 59 OREG 8:11.29
Men 60-64
50 SC Meter Freestyle
1 Petersen, Bert 64 OREG 30.90
2 Mellow, Bill 61 OREG 35.02
200 SC Meter Freestyle
1 Mellow, Bill 61 OREG 3:09.81
400 SC Meter Freestyle
1 Lake, Brent 64 OREG 6:07.66
2 Petersen, Bert 64 OREG 7:23.52
1500 SC Meter Freestyle
1 Landis, Tom 60 OREG 20:52.66
2 Lake, Brent 64 OREG 23:54.18
3 Mellow, Bill 61 OREG 27:33.90
50 SC Meter Backstroke
1 Chase, Gary 62 PNA 34.40
2 Lake, Brent 64 OREG 39.44
100 SC Meter Backstroke
1 Chase, Gary 62 PNA 1:13.58
2 Lake, Brent 64 OREG 1:28.88
200 SC Meter Backstroke
1 Chase, Gary 62 PNA 2:44.66
2 Landis, Tom 60 OREG 3:06.74
3 Lake, Brent 64 OREG 3:12.56
50 SC Meter Breaststroke
1 Chase, Gary 62 PNA 38.12
2 Mellow, Bill 61 OREG 42.68
100 SC Meter Breaststroke
1 Mellow, Bill 61 OREG 1:37.36
200 SC Meter Breaststroke
1 Mellow, Bill 61 OREG 3:37.12
50 SC Meter Butterfly
1 Petersen, Bert 64 OREG 31.07
100 SC Meter Butterfly

1 Petersen, Bert 64 OREG 1:14.49
100 SC Meter IM
1 Chase, Gary 62 PNA 1:15.83
2 Landis, Tom 60 OREG 1:18.52
200 SC Meter IM
1 Chase, Gary 62 PNA 2:50.14
2 Landis, Tom 60 OREG 2:55.66
400 SC Meter IM
1 Landis, Tom 60 OREG 6:21.73
Men 65-69
100 SC Meter Freestyle
1 King, Bill 69 RMM 1:16.13
2 Thayer, George 66 OREG 1:16.32
200 SC Meter Freestyle
1 Radcliff, David 68 OREG 2:37.46
2 King, Bill 69 RMM 2:54.93
800 SC Meter Freestyle
1 King, Bill 69 RMM 13:19.02
1500 SC Meter Freestyle
1 Radcliff, David 68 OREG 22:32.01
100 SC Meter Backstroke
1 Thayer, George 66 OREG 1:33.91
200 SC Meter Backstroke
1 Thayer, George 66 OREG 3:22.38
100 SC Meter Breaststroke
1 Slawson, Dick 66 OREG 1:40.63
200 SC Meter Breaststroke
1 Slawson, Dick 66 OREG 3:40.63
100 SC Meter IM
1 Radcliff, David 68 OREG 1:27.87
200 SC Meter IM
1 Slawson, Dick 66 OREG 3:17.79
400 SC Meter IM
1 Slawson, Dick 66 OREG 7:09.36
Men 70-74
200 SC Meter Freestyle
1 Welch, Arthur 70 OREG 3:23.06
800 SC Meter Freestyle
1 Welch, Arthur 70 OREG 14:46.92
100 SC Meter Backstroke
1 Welch, Arthur 70 OREG 1:50.98
200 SC Meter Backstroke
1 Welch, Arthur 70 OREG 3:54.68
50 SC Meter Breaststroke
1 Marks, Milton 72 OREG 43.57
100 SC Meter Breaststroke
1 Marks, Milton 72 OREG 1:42.48
200 SC Meter Breaststroke
1 Marks, Milton 72 OREG 3:54.41
100 SC Meter IM
1 Welch, Arthur 70 OREG 1:51.98
Men 75-79
100 SC Meter Backstroke
1 Miesen, Lee 75 MACO 1:57.93
100 SC Meter Breaststroke
1 Miesen, Lee 75 MACO 1:53.01
200 SC Meter Breaststroke
1 Miesen, Lee 75 MACO 4:18.14
Men 80-84
50 SC Meter Freestyle
1 Holden, Andrew 83 OREG 38.29
2 Fixott, Rupert 81 OREG 52.04
3 Bushey, Charles 81 UNAT 54.70
100 SC Meter Freestyle
1 Young, Gilbert 80 OREG 1:30.41
2 Holden, Andrew 83 OREG 1:34.29
3 Bushey, Charles 81 UNAT 2:12.80
200 SC Meter Freestyle
1 Young, Gilbert 80 OREG 3:26.92
2 Bushey, Charles 81 UNAT 4:53.32
3 Mallon, Joseph 81 OREG 5:06.55
400 SC Meter Freestyle
1 Young, Gilbert 80 OREG 7:18.94
2 Bushey, Charles 81 UNAT 10:06.92
3 Mallon, Joseph 81 OREG 10:35.69
800 SC Meter Freestyle
1 Young, Gilbert 80 OREG 15:10.22
2 Mallon, Joseph 81 OREG 21:32.38
50 SC Meter Backstroke
1 Holden, Andrew 83 OREG 48.93
100 SC Meter Backstroke

1 Fixott, Rupert 81 OREG 2:33.94
100 SC Meter Breaststroke
1 Fixott, Rupert 81 OREG 2:27.68
Relays
Women 200-239 400 SC Meter Free Relay
1 OREG 5:12.82
1) Rousseau, S. 55 2) Frid, B. 60
3) Quattro, J. 55 4) Crabbe, C. 46
Women 200-239 400 SC Meter Medley Relay
1 OREG 5:28.12
1) Andrus-Hughes, K. 452) Crabbe, C. 46
3) Rousseau, S. 55 4) Quattro, J. 55
Men 120-159 200 SC Meter Free Relay
1 MACO 1:52.12
1) Cooper, G. 35 2) King, P. 36
3) Wannamaker, B. 39 4) Otto, D. 43
2 OREG 1:56.51
1) Uebele, K. 41 2) Price, K. 30
3) Edic, C. 35 4) Taylor, C. 31
Men 120-159 200 SC Meter Medley Relay
1 OREG 2:08.52
1) Uebele, K. 41 2) Edic, C. 35
3) Yensen, K. 49 4) Taylor, C. 31
Men 160-199 200 SC Meter Free Relay
1 MACO 2:01.42
1) Burleson, D. 45 2) Dowd, M. 44
3) Munro, S. 45 4) Bowen, M. 49
Men 160-199 200 SC Meter Medley Relay
1 MACO 2:12.59
1) Burleson, D. 45 2) Dowd, M. 44
3) Munro, S. 45 4) Oliva, T. 40
Men 200-239 200 SC Meter Free Relay
1 OREG 2:02.72
1) Cronin, J. 54 2) Cecil, P. 48
3) Wallis, G. 49 4) Yensen, K. 49
Men 240-279 800 SC Meter Free Relay
1 OREG 10:57.78
1) Thayer, G. 66 2) Landis, T. 60
3) Lake, B. 64 4) Bruce, B. 54
Men 240-279 200 SC Meter Medley Relay
1 OREG 2:07.12
1) Smith, R. 59 2) Stark, A. 53
3) Petersen, B. 64 4) Thayer, G. 66
Men 280-319 800 SC Meter Free Relay
1 OREG 12:36.13
1) Holden, A. 83 2) Young, G. 80
3) Petersen, B. 64 4) Smith, R. 59
Mixed 120-159 200 SC Meter Medley Relay
1 OREG 2:31.04
1) Kramer, L. 33 2) Kramer, K. 35
3) George, S. 43 4) Law, C. 35
Mixed 160-199 200 SC Meter Free Relay
1 OREG 2:02.23
1) Uebele, K. 41 2) Frid, B. 60
3) Moore, A. 32 4) Taylor, C. 31
Mixed 160-199 200 SC Meter Medley Relay
1 PNA 2:22.58
1) Chase, G. 62 2) Whitney, J. 38
3) Russell, B. 45 4) Simsak, T. 33
Mixed 320-359 200 SC Meter Free Relay
1 OREG 3:16.43
1) Young, G. 80 2) Bernardi, N. 83
3) Wells, M. 76 4) Holden, A. 83
Mixed 320-359 200 SC Meter Medley Relay
1 OREG 3:52.27
1) Bernardi, N. 83 2) Wells, M. 76
3) Holden, A. 83 4) Young, G. 80



Northwest Zone Short Course Yards Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-04

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 2003 registration form and fee with this form.

Hosted by: Columbia Gorge Masters &
Hood River Valley Swim Team
Hood River Aquatic Center
1601 May Street
Hood River, Oregon
8-10 lanes competition-electronic timing
Continuous warm-up/down area

Date: Saturday & Sunday, April 26 & 27, 2003

Saturday Warm-ups: 1pm - Meet Starts: 2pm
Sunday Warm-ups: 8am - Meet Starts: 9am

Meet Director: Shelly Rawling - Phone: 509-493-4679 - e-mail hrvst_coach@hotmail.com

Directions to the pool: Eastbound: Take I-84 to Exit#62 (first Hood River Exit), turn right onto Cascade and go toward town for 1.2 miles to the first stoplight. Turn right on 13th, go up the hill and turn right on May St (just past the hospital on the left). Pool will be on your left just past the park. Westbound: Take I-84 to Exit #63 (second Hood River Exit), turn left and go into town. Go through the blinking red light and go one block to State Street. Turn right and go .6 mile to 13th Street. Turn left, proceed up the hill and turn right on May Street (just past hospital). Pool will be on your left just past the park.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT SANDI ROUSSEAU 541-354-2580 OR E-MAIL: SWIM@GORGE.NET

ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, April 11, 2003

FILL IN LOWER PORTION COMPLETELY **RETURN LOWER PORTION** FILL IN LOWER PORTION COMPLETELY

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2003 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC.) _____
IS THIS YOUR FIRST MASTERS MEET? YES NO

AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 8 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE 200Y, 400Y & 800Y DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEDED IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 500, 1000 AND 1650 FREESTYLES & 400 IM WILL BE DECK SEDED. **CHECK-IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK-IN FOR THE 1650 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS. SHOULD IT BE NECESSARY, TWO PER LANE MAY BE REQUIRED FOR THE 1000 & 1650 FREESTYLES DEPENDENT ON THE MEET SIZE AND TIME LINE.** ALL EVENTS WILL BE SEDED SLOW TO FAST.

Saturday, April 26, 2003

100 BACK (1) _____:_____._____
50 BREAST (2) _____:_____._____
200 FREE (3) _____:_____._____
400 IM (4) _____:_____._____

break

FREE RELAYS (5-10)

100 BREAST (11) _____:_____._____
200 FLY (12) _____:_____._____
50 FREE (13) _____:_____._____

break

MIXED MEDLEY RELAYS (14-15)

1000 FREE (16) _____:_____._____

Sunday, April 27, 2003

500 FREE (17) _____:_____._____

Sunday (con't)

20 min. warm-up in competition pool. Event 18 will not start before 10AM

100 IM (18) _____:_____._____
50 FLY (19) _____:_____._____
200 BACK (20) _____:_____._____
100 FREE (21) _____:_____._____

break

MEDLEY RELAYS (22-25)

200 IM (26) _____:_____._____
100 FLY (27) _____:_____._____
200 BREAST (28) _____:_____._____
50 BACK (29) _____:_____._____

MIXED FREE RELAYS (30-32)

break

1650 FREE (33) _____:_____._____

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Meet Entry \$18.00
Each Extra Event (7th &/or 8th) \$3 ea. _____
Total Enclosed _____

SIGNATURE _____

DATE _____

MEET ENTRY FEE: \$18.00 - MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND, OR 97220

Northwest Zone Short Course Yards Championship

April 26-27, 2003

Supplemental Information

Accommodations: To book the special rates below you must call Sue Collins at Cascade Travel 800-426-4981 or e-mail sue@cascadetvl.com. Have your name, address, e-mail and credit card ready. Once your reservation is confirmed you will be sent a confirmation and information packet. Please feel free to call with any questions you may have about the meet, the hotels, or the area!

Best Western Hood River Inn (All prices plus 8% room tax.)

Standard Room (parking lot view) 1 Queen, \$78.00; Standard Room (parking lot view) 2 Queens \$90.00; Riverview Room 1 Queen, \$101.00; Riverview 2 Queens, \$112.00. Rates based on 2 people per room, additional adult \$12 each with a max of 4 per room. Hotel is located off I-84 along the Columbia River and has its own restaurant plus an adjacent restaurant, McDonalds, and Taco Time. Pool is a 5 min drive; downtown Hood River is a 3 min drive or 10 min walk on a paved pathway.

Hood River Hotel (All prices plus 8% room tax.)

Courtyard View Rooms 1 Queen Bed, \$79.00; Town View Rooms, 1 Queen Bed, \$99.00; Riverview Rooms 1 Queen Bed, \$119.00; Suites with kitchen facilities \$129 and \$139 per night and can accommodate 4 people. Hotel is located in downtown Hood River, has its own restaurant, and is within walking distance to many more. The hotel was built around 1900 and has been fully restored. Pool is a 3 minute drive.

Comfort Inn Suites (All prices plus 8% room tax.)

Standard Room 1 Queen Bed, \$85.00; Standard Room 2 Queen Beds, \$96.00; Hotel is located at the west end of town. Rooms are suites with bed configuration stated above, plus a hide-a-bed, sitting area, small fridge, microwave, and coffee maker. Includes Continental breakfast. There is a Safeway, Taco Bell, Dairy Queen, and Walmart within walking distance. The pool is a 3 minute drive.

Hood River Bed & Breakfast: For a unique Hood River experience at a B&B owned by a Masters swimmer, contact Jane Nichols at jane@hoodriverbnb.com or 541-387-2997. Located 3 blocks from downtown and less than 5 minutes from the pool, this B&B has great breakfasts and munchies, river views from all rooms, deck, gazebo, hammock, web access and fax services. Queen beds, private baths, \$85-95 per night with discounts for extended stays.

HOST (House Our Swimmers Tonight / Camping Info: Contact Sandi Rousseau at swim@gorge.net or 541-354-2580 if you would like to stay with a local swimmer and meet some new friends or prefer camping. **Social:**

Plan to attend an informal NW Zone Social at Hood River's Full Sail Brewery Tasting Room, Saturday, April 26 from 6-8 PM. Menu includes veggie burgers, nachos, quesadillas, veggie chili, bratwurst, salad, pizza and soup of the day, and Full Sail brews of your choice. Price range is \$5-\$7. **Free brewery tour planned at 7:00 PM. Sign up at pool on Saturday. Sample free microbrews and get a free Full Sail beer glass after the tour.**

Meet Apparel: Shirts and other items with meet logo will be available for sale without preorder.

Northwest Zone Meeting: Doug Garcia, NW Zone Chair, is planning a Zone meeting on Saturday, April 26th at 11:30 AM prior to the start of the Masters events. Location is at the pool in the upstairs offices. Please plan to attend to represent your LMSC.

Two per Lane Seeding: Distance events will be seeded in ten lanes. Should it be necessary, two per lane may be required for the 1650 and 1000 free dependent on meet size and timeline.

Northwest Zone Contacts



Doug Garcia, Zone Representative



Jeanne Ensign, Zone Treasurer -- David Radcliff, Zone Webmaster

Alaska LMSC

CHAIRMAN	DAWN ALLEN-HERRON, 3886 SOUTH TONGASS, KETCHIKAN, AK, 99901	907-225-3296	AlaskaChair@usms.org
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Inland Northwest LMSC

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Montana LMSC

CHAIRMAN	ELLEN MILLS PARCHEN, 1409 SHERWOOD, MISSOULA, MT, 59802	406-543-1575	MontanaChair@usms.org
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Oregon LMSC

CHAIRMAN	JEANNE TEISHER, 7305 SW HYLAND CT, BEAVERTON, OR, 97008	503-574-4557	OregChair@usms.org
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FITNESS	JANI SUTHERLAND, 2211 NW MONTEREY PINES, BEND, OR, 97701	541-389-7718	OregFitness@usms.org
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(CONTINUED...NEXT PAGE)

Northwest Zone Contacts (continued)

Pacific Northwest LMSC

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Snake River LMSC

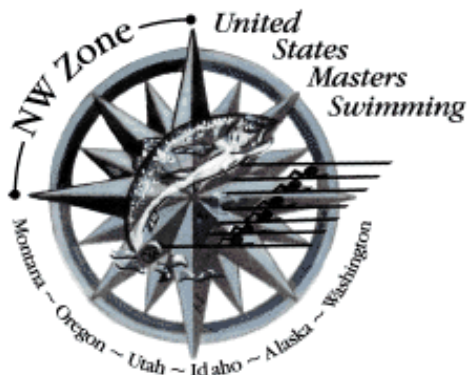
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Utah LMSC

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WEBMASTER	GEORGE NORR, 579 CONNIE DR, MIDVALE, UT, 84047	801-352-8004	UtahWebmaster@usms.org
ZONE LIAISON	TRUMAN SANDS, PO BOX 581132, SALT LAKE CITY, UT, 84158	801-466-3185	UtahZoneLiaison@usms.org

CONTACT UPDATES: Attention LMSC Officers - If you would like to update your contact information, or if your LMSC has any officer changes, all updates must be reported to the USMS National Office. Call 1-800-550-SWIM, or e-mail USMS@usms.org.

Northwest Zone Web Site



For the latest up-to-date information about what's happening in the Northwest Zone, visit our web site at: www.northwestzone.org

You will find links to LMSC web sites, Zone meet results, and an archive of newsletters.

Upcoming Events in the NW Zone:

Postal

1/1/2003-12/31/2003

1/1/2003-12/31/2003

9/1/2003-10/31/2003

30-Minute Fitness Swim Challenge (www.usms.org/fitness)

Virtual Geographic Swim Series (www.usms.org/fitness)

2003 USMS 3000/6000 Yard Postal Championship (www.usms.org/longdistance)

Pool

3/14-16

3/16/2003

3/29-30/2003

4/12-13/2003

4/26-27/2003

Oregon Association Championships - Portland, OR, SCY, Bob Kabacy,
(503) 245-8122, rkabacy@kelrun.com

SC Meet - Mercer Island, WA, SCY; Lee Carlson, (425) 427-8430,
leedee@cablespeed.com

INWM Championships - Pullman, WA, SCY; Doug Garcia,
(509)-332-1621(h), douggarcia@usms.org

PNA Championships - Federal Way, WA, SCY, Hank Kirkland, (253) 941-3585,
fwmastersmd@juno.com

NW Zone SC Champs - Hood River, OR, SCY; Sandi Rousseau, swim@gorge.net

Open Water

7/20/2003

7/27/20032003

Steve Omi Memorial 1- Mi Swim - Coeur d'Alene, ID, OW;
Margaret Hair, (208) 667-3721(h), ramgolf@gocougs.wsu.edu

USMS 5K Open Water Championship - Elk Lake, Bend, OR
(www.usms.org/longdistance)

Event Directors: Please remember to list your event in the USMS Web Site Calendar of Events at www.usms.org

