

Northwest Zone Chatter

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2006 Northwest Zone Short Course Yards Championships

April 28 - 30, 2006

The YMCA Sawtooth Masters welcome you to beautiful Boise, ID. It sits at the base of the foothills of the Boise Mountains. Enjoy your stay and plan to see the many attractions that Boise offers. There is a string of parks along the Boise River, featuring playgrounds, nature walks, gardens, a zoo, an art museum, a black history museum, and the Ann Frank Memorial. There is also the twenty-seven mile River to Ridge paved off-road path used for biking, running, roller-blading and strolling. Boise also has a charming downtown area with multiple outdoor cafes and small shops. The average temperature in April is in the mid sixties during the day, but nights are cool, dipping into the forties.

Please see *Zone Champs* on page 2

2006 XI FINA WORLD MASTERS CHAMPIONSHIPS

By Michael Moore

The XI FINA World Masters Championships is less than six months away. The Local Organizing Committee is continuing its work to make the championships the best for the athletes and the best remembered Masters Championship event.

The meet book is available online <http://www.2006FINAMasters.org>. We hope that all swimmers will look at the book and consider competing at the championships.

The Organizing Committee wants to encourage athletes to enter the meet and for the first 1,000 competitors who enter the meet, the Organizing Committee will have a nylon bag with the meet logo on it. Swimmers will be able pick up the bag when they register at the meet in August.

Please see *World Champs* on page 3

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



**DOROTHY
DONNELLY**
USMS SERVICE
AWARD

Each year, USMS honors up to 15 of its many talented volunteers with the coveted Dorothy Donnelly USMS Service Award. The awards will be presented in the House of Delegates at this year's convention. If you know of a person whose service is outstanding in its scope, its impact on the program, and in the number of members who have benefited from this individual's efforts on the local, regional or national level, consider nominating that person for the award.

For more information, contact Kelly Crandell at (253) 267-1367 or [kelly.crandell@usms dot org](mailto:kelly.crandell@usmsdot.org). To submit a nomination, write a one-page letter detailing why the candidate is deserving of the award and send it to Kelly Crandell, Recognition & Awards Chair, 1642 S Winnifred St, Tacoma, WA 98465, or submit it electronically to [kelly.crandell@usms dot org](mailto:kelly.crandell@usmsdot.org). Nominations must be received by July 30, 2005.

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Hosted By: YMCA Sawtooth Masters

Location: West Family YMCA and Boise City Aquatic Center; 5959 N. Discovery Place, Boise, ID 83713;

25-yard x 50-meter indoor pool with depth not less than six feet nor more than 13 feet; 8 eight-foot lanes; paragon-style blocks; 6" anti-wave lane lines; spectator seating for 800 people. 4 additional lanes will be available for warm-up and cool down throughout the meet.

Meet Director: Dee Turner
2279 UA Ave
Emmett, ID 83617
Tel: 208-365-1166
E-mail: dee@bigskytel.com

Schedule: Friday, April 27 Warm-up: 4:00pm - 4:45pm
Officials Meeting - 4:15pm
Start: 5:00pm

Sat & Sun Warm-up: 7:45am - 8:45am
April 28 & 29 Officials Meeting: 7:30am
Start: 9:00am

Complete meet information and entry form are attached and will be available on the Northwest Zone website.

--- Lane 9 News ---

Roper, Relay Set Masters World Records in Oregon -- November 25, 2005

PORTLAND, Oregon, Nov. 25. TWO Masters world records were broken at the Northwest Zone Short Course Meters Masters Championships, held November 19-20, at David Douglas High School in Portland, Oregon.

Gail Roper, 76, of Arizona Masters slashed more than two seconds off her own world record for 200 meters freestyle in the women's 75-79 age group. Roper clocked 3:07.56, well under the mark of 3:09.71 she established last year.

The Oregon Masters women's 200+ 200-meter medley relay team accounted for the other mark. The team of Valerie Jenkins (backstroke), Colette Crabbe (breaststroke), Joy Ward (butterfly) and Karen Andrus-Hughes (freestyle) touched in 2:16.23, erasing the three year-old standard of 2:16.56 set by Great Britain.

--Phillip Whitten From Swimming World Magazine on line

World Champs from page 1

The Organizing committee is trying to encourage camaraderie by having the relays on one day. The relays will take place in the Belardi pool (an all deep-water pool). Teams will have to submit their entries along with a time by the meet deadline - June 3. However, the final names for the swimmers do not have to be submitted until 1 pm the day before the meet.

The organizing committee wants coaches to be recognized, so for any team that has 20 swimmers entered, the coach will get a XI FINA World Championships coaches shirt. This Speedo polo shirt will only be available to coaches whose teams send 20 or more members.

Also, for teams that have 50 or more swimmers entered by April 15th, the coach will get a Speedo swim bag. Swimmers are able to enter, yet change their times until the meet entry deadline date.

The LOC blocked over 26,000 room nights in hotels on the San Francisco peninsula for the meet. The rooms in the Palo Alto hotels have been pretty much booked, but there are great deals on hotel rooms in Santa Clara and San Mateo. We are sure that you will always be able to find rooms for the meet, but if you want rooms that are close to the meet venue, now is the time to book if you have not booked. Now is the time to do it. When booking a single room, your Visa or MasterCard will not be charged until July.

If you are booking ten or more rooms, contact Shannon Sullivan shannon@2006FinaMasters.org. Shannon has a lot of experience of working with teams.

For traveling and car rental, there are discounts available for some airline and auto rental firms. Information is in the meet booklet. When making the reservation you must use the discount code that is in the meet book. The airlines are expecting a good summer this year, so seating may be tight. If you think that the price of gasoline will be going up, make your reservations now.

The meet will have many social activities so that swimmers can gather and meet. Americans will be hosting the meet, so it will be time to extend American hospitality to visitors from foreign lands. While the success of the meet will depend upon 100,000 Masters Swimmers making 100,000 individual decisions about coming to Stanford for the championships, I hope that you decide to come to Northern California, to have fun, compete and enjoy the camaraderie that is Masters swimming.

The Organizing Committee looks forward to meeting you in August at Stanford.



NORTHWEST ZONE EVENT SCHEDULE

Month	Date	Event	Course	Location
February	12	English Bay	SCM	University of British Columbia
February	19	PNA Meet	SCM	Bellevue, WA
February	19	QUAC Ski & Swim Weekend	SCY	Fairmont Aquatic Center, Salt Lake
March	4	Spokane	SCY	Spokane
March	11	THB Pentathlon	SCY	Beaverton, OR
March	11	PNA Meet	SCY	Bainbridge, WA
March	11	Victoria Masters	LCM	Victoria, BC
March	25-26	Montana State Champs	SCY	Griz Pool, Missoula
April	1-2	Inland NW Champs	SCY	Pullman, WA
April	7-8	Utah State Champs	SCY	Fairmont Aquatic Center, Salt Lake
April	8-9	PNA Champs	SCY	King County Aquatic Center, Federal Way, WA
April	21-23	Oregon Association Champs	SCY	Corvallis, OR
April	21-23	Provincial Champs	SCM	Kelowna, BC
April	28-30	NW Zone Champs	SCY	Boise, ID
May	11-14	USMS National Champs	SCY	Coral Springs, FL
May	19-22	Canadian National Champs	SCM	Calgary, Alberta
June	3	Utah Meet	LCM	Kearns Oquirrh Park Fitness Center, Salt Lake City
June	4	BOZE AquaRoc 5000 (5K Endurance Swim)		Bozeman
June	17	USMS 1-3 Mile Open Water Championship (3 km)	Open Water	Hartwell Lake, Clemson, SC
June	22-24	Utah Summer Games	LCM	Cedar City, UT
June	24	OMS Open Water Swim	Open Water	Foster Lake, OR
July	8-9	Oregon State Games	LCM	Mt Hood, Gresham, OR
July	15	USMS 2 Mile Cable Championships	Open Water	Chris Greene Lake, Charlottesville, VA
July	15-16	OMS Open Water Swim	Open Water	Applegate Lake, OR
July	17	Steve Omi Memorial Swim	Open Water	Lake Coeur d'Alene, ID
July	28-30	Cascade Lakes Festival & OMS State Championships	Open Water	Elk Lake, Bend, OR
July	29	USMS 1 Mile Open Water Championships	Open Water	Lake Erie, Cleveland, OH
August	4-10	FINA Masters World Champs	LCM	Stanford, CA
August	6	Sandpoint Long Bridge Swim	Open Water	Sandpoint, Idaho
August	11	FINA Masters World Champs	Open Water	Stanford, CA
August	12	USMS 6+ Mile Open Water Championships (10K Swim)	Open Water	Horsetooth Reservoir, Fort Collins, CO
August	20	OMS Open Water Swim	Open Water	Dorena Lake, Cottage Grove, OR
August	27	Whitefish Lake 1-Mile	Open Water	Whitefish, MT
September	9	USMS 3-6 Mile Open Water Championships (5 miles)	Open Water	Lake Michigan, Chicago, IL
September	10	OMS Pentathlon	SCM	Camas, WA

--- Lane 9 News ---

Dennis Baker, 44, Flies Through 500 -- November 22, 2005 from Swimming World Magazine on line

By Robin Parisi

PORTLAND, Oregon, November 22. DENNIS Baker, whose achievements at the USMS Long Course Nationals in August were celebrated in the October issue of *Swimming World Magazine*, continued his streak of amazing performances at a recent meet in Oregon.

Competing in a tri-meet hosted by the Multnomah Athletic Club on the same day that Roger Clemens, 43, opened the World Series for the Houston Astros, Baker, 44, swam the 500 free in 5:12.07, good for fourth place overall. Not bad for a guy who swam the race *butterfly!* Baker's splits: 59:39, 1:02.11, 1:03.80, 1:04.06, 1:02.61.

RANSOM ARTHUR AWARD NOMINATIONS

The Ransom Arthur Award is USMS's most prestigious award. It is presented annually to the person who is deemed by the committee to have done the most to further the objectives of Masters swimming programs.

GOALS AND OBJECTIVES

- A. To encourage and promote improved physical fitness and health in adults.
- B. To offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program.
- C. To encourage organizations and communities to establish and sponsor Masters swimming programs.
- D. To enhance fellowship and camaraderie among Masters Swimmers.
- E. To stimulate research in the sociology, psychology and physiology of Masters swimming.

Any member of USMS may nominate a worthy person for this award. Each nomination:

1. MUST be endorsed by an LMSC.
2. MUST be limited to a one-page-only (8 ½" x 11") application form (attached).
3. Should include a single, one-page-only letter of endorsement.

The one-page application form may be produced on computer or submitted on the attached application form. Computer-generated application forms must be one page only and must follow the exact format and order of information as shown on the attached application form. Application forms longer than one page or using a different format will be returned. ONE, one-page letter of endorsement may be submitted. Any additional material will not be considered. Electronic submissions will be accepted.

Nomination deadline is March 20, 2006. All completed nomination forms must be in the hands of Kelly Crandell, Recognition and Awards Chair, on or before that date. They will then be circulated to Recognition and Awards Committee members who will give careful consideration to all nominations and make the final selection. The award recipient will be announced at the 2006 Short Course Nationals in Coral Springs, Florida, in May.

**United States Masters Swimming
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