

Northwest Zone Chatter

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Issue 1

Jane Moore, Northwest Zone Rep 2102 N Vassault St, Tacoma, WA 98406
<http://www.northwestzone.org/> swimmoores@comcast.net 253.759.4956

Northwest Zone Short Course Meters Championships

PNA hosted 225 swimmers for the 2006 Northwest Zone Short Course Meters Championships at the Weyerhaeuser King County Aquatic Center November 18 and 19. The results were good: 28 Northwest Zone records, three USMS records, four World records, and one marriage proposal.

The world records all belong to Oregon: Dennis Baker swam 2:06.40 for the 45-49 men's 200 butterfly; Men's 240-279 200 free relay, 1:50.57 - Dennis Baker, Bert Petersen, Tom Landis, and Robert Smith; Men's 240-279 medley relay, 2:03.09 - Wes Edwards, Allen Stark, Bert Petersen, and Robert Smith; and 200-239 mixed medley relay, 2:01.94 - Karen Andrus-Hughes, Allen Stark, Arlene Delmage, Wes Edwards. National records were set by Lisa Dahl (PNA) in the 45-49 50 free 27.80 and 50 butterfly 30.18. Karen Andrus-Hughes set the 45-49 backstroke record with a 32.63.

Full results are available at www.northwestzone.org

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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

November NW Zone Meeting

A brief Northwest Zone meeting was held following events of the Northwest Short Course Meters Zone Championship meet on Saturday November 18.

The 2007 Northwest Zone Short Course Yards Championship will be held in conjunction with the Oregon Association Champs in Bend, OR April 20-22, 2007. Bend has a new aquatic center with a 20 by 50 meter pool. The 2007 Open Water Championship is open for bid and will need to be chosen soon. Inland Northwest may be interested in hosting at the Steve

Please see *Meeting* 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



PNA Get FAST Freestyle Clinics

Karlynn Pipes-Neilsen and Eric Neilsen will conduct two identical freestyle clinics February 10 & 11 at Medgar Evers Pool in central Seattle.

Cost is \$85 and space is limited to 20 swimmers per clinic.

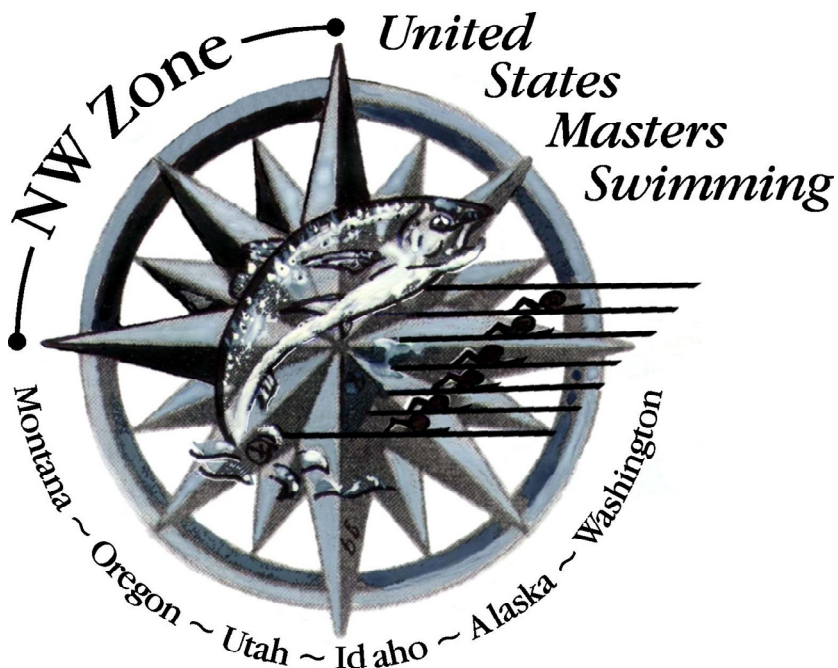
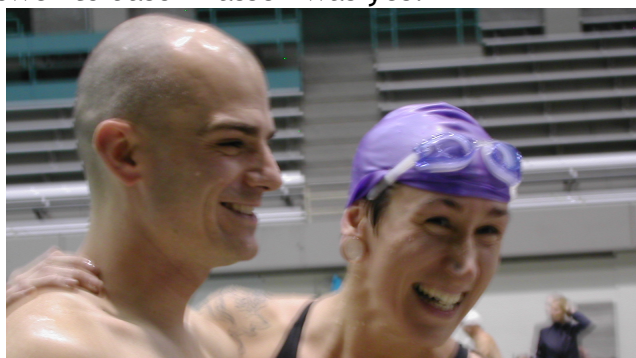
If you are interested, contact Sarah Welch at 206-723-1814 or sarahwelch@comcast.net

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Megan Bussart finished her 800 at the end of the first day of the meet. When she turned to the scoreboard, she found a question instead of her time



Happily, her answer to Jason Lassen was yes!



Northwest Zone Web Site

If you haven't visited www.northwestzone.org recently, you should.

The web site has recently been updated by Hugh Moore. You can now find current Northwest Zone information and helpful links.

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Zone Meeting

Omi Swim in Lake Coeur d'Alene on the 3rd Sunday in July.

One mentor coaches' clinic is available for the Northwest Zone in 2007. If anyone is interested, an application form is available on the USMS web site: <http://www.usms.org/coach/usmsclinics.php>. For additional details, contact the Coaches Committee clinic coordinator, Doug Garcia, 509-332-1621 (before 9 pm PST) or email douggarcia@usms.org.

The next Northwest Zone meeting will be held during the Short Course Yards Championship Meet in Bend.



Announcing the new 2007 USMS Fitness Event: Go the Distance!

The objective of this event is for participants to track the distance they swim during the year 2007. When participants achieve specific distance milestones of 50 miles, 100 miles, 250 miles, 500 miles, 750 miles and 1000 miles - they will be recognized on the USMS website and awards will be available for purchase (for a minimal fee).

There is no cost to enter this event. Participants are requested to email (or use snail mail) to submit the total distance they swim each month. A list of miles per month and cumulative mileage will be tabulated for each swimmer. Once a distance milestone is achieved awards will be available for purchase. They will include swim caps, certificates, patches and t-shirts with the event logo and the distance of the milestone achieved. Details on these awards and how to purchase them will be available soon.

Each month the results will be updated on the USMS website in the Fitness Section.

There will be lists to recognize all those that have achieved each distance milestone.

Participants will also be able to look up their current total as well as view their progress toward the next distance milestone. In addition there will be graphs illustrating the participation for each zone, LMSC, age group etc..

This event was designed to encourage folks to track the distance they swim in order to review their progress and to be recognized for their achievements. There is no time limit for the distance milestones (except that it must be in 2007) so speed does not count - just the effort to attain the next goal. We wish to recognize participation and achievement of goals with this event.

There will be an entry form, monthly results, award request form and a "distance tracking log" available on the USMS website (fitness section) soon. The log can be used to track one's daily distance swum but is not required.

The Canadian Masters have a Million Metre Challenge that is quite successful. This event is similar in design but will be implemented a bit differently in the beginning. And of course, our goals will be in miles instead of meters!

If you need any more information please contact Mary Sweat at gothedistance@swimoregon.org

Wishing you lots of fun swimming in 2007!

Mary Sweat

for the USMS Fitness Committee

Dear USMS Friends,

Remember the phrase “Don’t waste your base”? We invite you to encourage your swimmers to use their base from the Postal One Hour Swim and participate in the first annual **Jon Steiner Memorial Mile**, the postal 1650 organized by Tamalpais Aquatic Masters. The Mile can be swum in the comfort of your own pool at any time in January or February of 2007. Swimmers may also use their 1650 split from their Postal One Hour Swim, an especially satisfying reprieve for those swimmers who went out too fast!

Awards will be sent to the top “3” in each age group and to the winners of the relays. The distinctive T-Shirts are designed by TAM swimmer John Cooper and have been a big hit the past few years. Swimmers can easily register by going to the TAM web site at: www.tammasters.org and clicking on the graphic that says “Pool Mile”, or by going directly to: <http://www.tammasters.org/poolmile.html>

The swim has been renamed in honor of Jon Steiner, who succumbed to lung cancer on Saturday, September 30th. He took great pride in his swimming, his team, and gave back to our sport in many ways including creating the **TAM 1650 Pool Mile - Don't waste your base** swim!

Jon was a long time member of the Tamalpais Aquatic Masters located in San Rafael, California, and was active in the Pacific LMSC and USMS. He attended many conventions and was a member of the Legislation and Legal Counselors committees. Jon also acted as Legal Counsel for the 2006 FINA Masters Local Organizing Committee. Jon’s last competitive swim was at the 2006 World Championships where he participated in a relay even though he was on oxygen and hadn’t been able to train since the end of May after being diagnosed with lung cancer. His first words after the swim were: What was my split?

This is a great opportunity to re-use the base so diligently developed for the Hour Swim and a great opportunity to remember Jon, his commitment, and his work for the sport he loved.

Thanks for your support and happy swimming!
TAM/Jon Haveman



2007 Check-Off Challenge

It’s not too late! Entry form and information for Le Tour de Pool:

<http://www.fwmasters.com/documents/EntryForms/2007checkoff.pdf>

2007 Northwest Zone Event Schedule

Month	Date	Event	Course	Location	LMSC/Host
January	20	Matt Walters Charity - Steiner West	SCY	Salt Lake City, Utah	Utah
January	20	Anacortes	SCY	Anacortes, WA	PNA
January	20	Fifth Annual Animal Masters Meet	SCY	Canby, OR	Oregon
January	20	New Year's Splash - Spokane Club	SCY	Spokane, WA	Inland Northwest
January	21	BOZE One-Hour Endurance Swim	SCY	Bozeman, MT	Montana
January	28	Cowichan Aquannis Masters Meet	SCM	Duncan, BC	BC Masters - Canada
February	4	Chehalem Super Bowl Sunday Meet	SCY	Newberg, OR	Oregon
February	16-17	Alaska Masters SCY State Championship	SCY	Anchorage, AK	Alaska
February	17	QUAC Ski & Swim Meet	SCY	Salt Lake City, Utah	Utah
February	18	Bellevue Club	SCM	Bellevue, WA	PNA
February	18	English Bay SC Meet - UBC	SCM	Vancouver, BC	BC Masters - Canada
February	24	Sweetheart Meet	SCY	Wenatchee, WA	Inland Northwest
March	10	Victoria Masters Meet	LCM	Victoria, BC	BC Masters - Canada
March	18	Tualatin Hills Pentathlon	SCY	Beaverton, OR	Oregon
March	31	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	OpenWater	Gaston, OR	Oregon
July	7-8	OR State Games Mt Hood Community College	LCM	Gresham, OR	Oregon
July	14-15	Applegate Lake	OpenWater	Jacksonville, OR	Oregon
July	15	Steve Omi Memorial Swim	OpenWater	Coeur d'Alene, ID	Inland Northwest
July	27-29	Elk Lake	OpenWater	Bend, OR	Oregon
August	4	USMS 1-3 mile Open Water Championship Sandpoint Long Bridge Swim	OpenWater	Sandpoint, ID	Inland Northwest
August	19	Dorena Lake	OpenWater	Cottage Grove, OR	Oregon
September	12-15	BC Senior Games	SCM	Nanaimo, BC	BC Masters - Canada
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
Jan 1	- Jan 31	USMS One Hour Postal	SCY	Local Pools	Florida LMSC
May 15	- Sep 15	USMS Postal: 5 K & 10 K	LCM	Local Pools	
Sep 15	- Nov 15	USMS Postal: 3000 yd & 6000 yd events	SCY	Local Pools	

USMS Registration

Remember that you must renew your registration with USMS through an LMSC each year.

The registration deadline to be on the mailing list for USMS Swimmer Magazine is January 15.

USMS Reminders

Don't forget to send the minutes from your 2006 LMSC Annual Meeting to the National Office. 2006 LMSC Financial Reports should also be submitted when they have been finalized.

LMSC SCM Top 10 reports are due to Records and Tabulation Chair Mary Beth Windrath (topten ATusms DOT org) by January 26.

If you are interested in bidding for USMS 2009 SCY & LCM National Championships or Long Distance Championships, bid packets are available from Championship AT usms DOT org or LongDistance AT usms DOT org.

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 February 8.

**United States Masters Swimming
Northwest Zone Representative
Jane Moore**

2102 N Vassault Street
Tacoma, WA 98406-2521

Phone: 253.759.4956

Fax: 253.759.5504

E-mail: swimmoore@comcast.net