

# Northwest Zone Chatter

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Jane Moore, Northwest Zone Rep 2102 N Vassault St, Tacoma, WA 98406  
<http://www.northwestzone.org/> [swimmoore@comcast.net](mailto:swimmoore@comcast.net) 253.759.4956

## Northwest Zone Open Water Championships

Lake Padden - Bellingham, WA July 22, 2006

The 2006 Northwest Zone Open Water Championships will be held July 22 at Lake Padden in Bellingham, WA. The 2.5 K event will be conducted on a triangular course starting in the water and finishing on the beach. There is also a 5K race starting just before the 2.5 K race.

For more information see the PNA website or contact Corey Chapin, Bellingham Masters Swim Club at [happychaps@comcast.net](mailto:happychaps@comcast.net).

## Northwest Zone Short Course Meters Championships

It's not too soon to mark November 18 & 19 on your calendar for the 2006 Short Course Meters championship meet. The 2006 meet will be held at the Weyerhaeuser King County Aquatic Center in Federal Way, WA.

Please see *Zone Events* on page 2

## 2006 Northwest Zone Short Course Yards Championship Meet

2006 Short Course Championships were held at the Boise YMCA April 28, 29, & 30. Meet Director Dee Turner, Boise YMCA Swim Club, and the YMCA Sawtooth Masters did a great job. The meet was small and fast, but well organized and went smoothly. Many swimmers were able to enjoy the warm weather, sunshine, and sights of Boise on Saturday afternoon. The Saturday evening social was fun with lots of great Italian food. The social was followed by an impressive wind and thunder storm. For those who stayed at the Springhill Suites by Marriott, there was added excitement with a fire alarm at about 2 a.m. Sunday morning. Luckily, it was the result of smoke from an elevator, not an actual fire.

Please see *Short Course* 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](mailto: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.org](mailto:kelly.crandell@usms.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.org](mailto:kelly.crandell@usms.org). Nominations must be received by July

### *Zone Events from page 1*

The meet will be put on by the PNA Organizing Committee for 2007 Short Course Nationals. This is a very experienced group so the meet should be excellent.

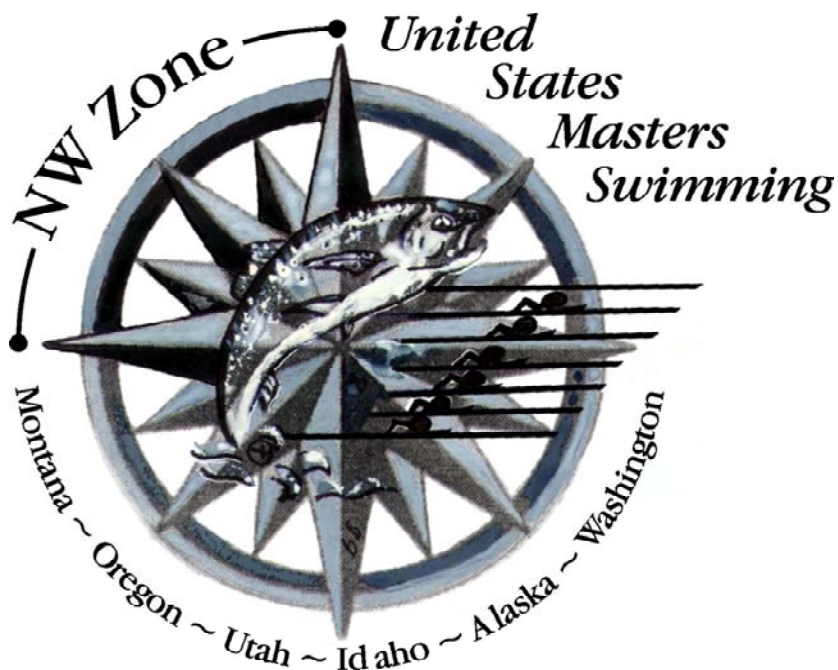
Thinking ahead to 2007, along with USMS Short Course Nationals May 17 - 20, the Inland Northwest LMSC will be hosting the 1-3 Mile Open Water National Championship on August 4 at the Long Bridge Swim in Lake Pend Oreille in Sandpoint Idaho. Sawtooth Masters will put on the 2007 USMS 3000/6000 Yard Postal Championships

### USMS CONVENTION DELEGATES:

Remember to postmark your convention registration before August 4<sup>th</sup> to get the early-bird registration fee.

We will hold a Northwest Zone meeting on Thursday, September 14, 10:30-11:45 AM. The meeting will be followed by a zone lunch/social.

If you have items for the meeting agenda, please send them to me.



Short Course from page 1



Picture above:

Treasure Valley Y pool and finish of 100 Fly last heat. Travis Everett (lane 2), Oliver Cleaver (3), Cameron Rose (4) -- all SAWS; Bernie Kingsley (5) -- INWM

Picture below:

Shannon Singer/INWM (lane 1) and PNA's Sarah Welch (2) and Jennifer Bowman (6) starting their heat of the 200 Free



Thanks to Steve Peterson, PNA for the photos.

## NORTHWEST ZONE EVENT SCHEDULE

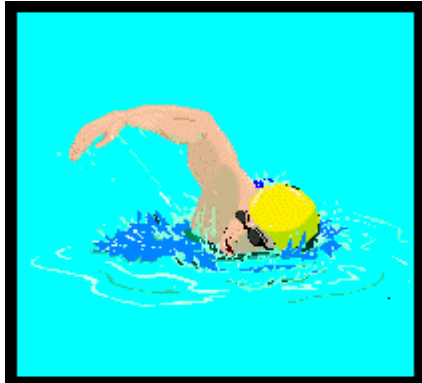
Year	Month	Date	Event	Course	Location	LMSC
	July	15	USMS 2 Mile Cable Championships	Open Water	Chris Greene Lake, Charlottesville, VA	LMSC
2006	July	15	Fat Salmon	Open Water	Lake Washington, Seattle, WA	PNA
2006	July	15	OMS Open Water Swim	Open Water	Applegate Lake, OR	Oregon
2006	July	17	Steve Omi Memorial Swim	Open Water	Lake Coeur d'Alene, ID	Inland NW
2006	July	22	Lake Padden 2.5K Zone Champs & 5K	Open Water	Lake Padden, Bellingham, WA	PNA
2006	July	28-30	Cascade Lakes Festival & OMS State Championships	Open Water	Elk Lake, Bend, OR	Oregon
2006	July	29	USMS 1 Mile Open Water Championships	Open Water	Lake Erie, Cleveland, OH	
2006	July	30	Puget Sound Senior Games	SCY	Olympia, WA	PNA
2006	August	4-10	FINA Masters World Champs	LCM	Stanford, CA	
2006	August	6	Sandpoint Long Bridge Swim	Open Water	Sandpoint, Idaho	Inland NW
2006	August	11	FINA Masters World Champs	Open Water	Stanford, CA	
2006	August	12	USMS 6+ Mile Open Water Championships (10K Swim)	Open Water	Horsetooth Reservoir, Fort Collins, CO	
2006	August	19	Emerald City Open Water Swim	Open Water	Lake Washington, Seattle, WA	
2006	August	20	OMS Open Water Swim	Open Water	Dorena Lake, Cottage Grove, OR	Oregon
2006	August	27	Whitefish Lake 1-Mile	Open Water	Whitefish, MT	Montana
2006	September	9	USMS 3-6 Mile Open Water Championships (5 miles)	Open Water	Lake Michigan, Chicago, IL	
2006	September	9-10	Orcas Open Water Challenge	Open Water	Cascade Lake, Orcas Island, WA	PNA
2006	September	10	OMS Pentathlon	SCM	Camas, WA	Oregon
2006	September	24	Oak Harbor Pentathlon	SCM	Oak Harbor, WA	PNA
2006	October	14	Bainbridge High School Format Meet	SCY	Bainbridge Island, WA	PNA
2006		- Sep 15-May	USMS Postal: 5 K & 10 K	LCM	Local Pools	
2006		- Nov 15-Sep	USMS Postal: 3000 yd & 6000 yd events	SCY	Local Pools	

**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 be sure that you send me your event schedule as soon as possible so I can include the events on the calendar.



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](mailto:swimmoore@comcast.net)