

Northwest Zone Chatter

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Issue 4

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Northwest Zone Short Course Meters Championships

November 18-19, 2006

Weyerhaeuser King county Aquatic Center
Federal Way, WA

Remember to get your entry postmarked by November 4th!

Don't miss this great opportunity to swim short course meters meet in the best pool in the Pacific Northwest.

Preview the pool and the efforts of the organizing committee for 2007 USMS National Short Course Championships.

PNA and the 2007 USMS National Short Course Championships Organizing Committee look forward to seeing you in November.

Please see *Zone Events* on page 2

2006 FINA Worlds – Addendum

Congratulations to another first place finisher at Worlds: Valerie Jenkins from Oregon in the 50 back, women's 40-44. Sorry we missed you last month.

2006 USMS ANNUAL MEETING

The 2006 USMS Annual Meeting was held in Dearborn, Michigan September 13-17. The Northwest Zone was well-represented with delegates from all but one of our LMSCs.

Mt. Hood Community College won the bid to host the 2008 Long Course Nationals. Dennis Baker will be the meet director and is looking for volunteers to assist him in hosting this meet. Anyone interested in helping out is encouraged to contact Dennis at bakeswim@yahoo.com.

Please see *USMS* 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



Oregon Masters Mentor Clinic

A USMS Mentor Clinic will be held in Hood River, Oregon on Sunday, November 12th. Oregon Masters Swimming is underwriting much of the cost for this clinic to bring in Kerry O'Brien, Head Coach of Walnut Creek Masters in California. This is an opportunity for OMS to give something back to our swimmers.

It will be a great learning opportunity for coaches and swimmers! Hope you can join us.

If other LMSCs are interested in hosting a Mentor Clinic, information is available at www.usms.org. Click on the training tab, then Mentor Clinics.

Brute Squad Postal

Try a new event - swim the 1650 free, the 400 yard IM and the 200 yard butterfly all in one day. Events can be swim in any order with as much rest as desired, but within one 24 hour day. <http://www.wsumastersswimming.org/BruteSquad/06-BruteSquad.pdf>

Zone Events from page 1

The next Zone Championship event will be the Short Course Yards event next spring. The 2007 host is Oregon.

Northwest Zone Meeting

The next Northwest Zone meeting will be held at the Weyerhaeuser King County Aquatic Center on Saturday, November 18, at the conclusion of the day's events at the Short Course Meters Zone Championship. We will be choosing a location for the 2007 NW Zone Open Water Championships; 2007 is a year when bids from areas other than PNA & Oregon are given priority for this event. Minutes from the last meeting held at the USMS convention and an agenda for the upcoming meeting may be found at the end of this newsletter.

AKMS Annual Short Course Meters (SCM) Meet

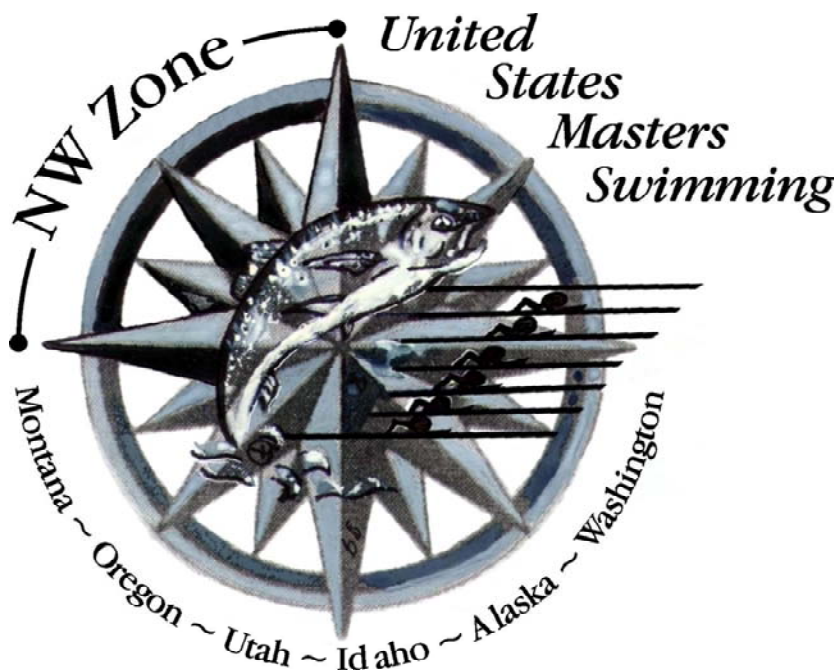
Saturday, December 9, 20056

Bartlett High School Pool, Anchorage, Alaska

Warm-ups: 10-11 a.m. Event 1: 11:15 a.m.

Sanction # 566-004

http://www.akmswim.org/pdfs/2006_SCM_Meet_Entry.pdf



USMS from page 1

USMS Awards

Sally Dillon from PNA received the **Ransom J Arthur award**, USMS's highest honor. This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters swimming program in the United States. The award is given annually to the person who has done the most to further the objectives of Masters swimming. Sally received her Ransom Arthur pin from Recognition and Awards Committee Chair Kelly Crandell at the committee meeting and was recognized at the United States Aquatic Sports banquet.

Charlotte Davis, also from PNA, received the David Yorzyk Award for the best 400 IM. Charlotte also received United States Synchronized Swimming's highest honor, the Lillian McKellar Distinguished Service Award.



Kelly pinning Sally



Sally & husband Glen



Charlotte & Sally



The **Dorothy Donnelly Service Award** is presented annually to USMS members for outstanding service. As a volunteer-driven organization, USMS is forever grateful to the hundreds of talented volunteers who give their time, talent, and expertise to help all phases of our programs. Among those volunteers there are some whose service stands out in its scope, its impact on the program, and the numbers of USMS members who have benefited from their efforts on the local, regional, and national level.

Dorothy Donnelly Service Awards for 2006 went to Northwest Zone members Kathy Casey, Hugh Moore, and Walt Reid. These awards were presented by Kelly at one of the USMS House of Delegates meetings at convention.

Bill Volckening, 40, of the Multnomah Athletic Club Masters swim team won the United States Masters Swimming (USMS) **Rule Book Cover design contest**. His winning design will be featured as the front cover of the 2007 USMS Rule Book. The 2007 USMS Rule Book will be available in January through United States Masters Swimming. For more details, visit the "Articles & Publications" section of the USMS web site at: www.usms.org

Significant action items from the House of Delegates meetings included approving a \$5 membership dues increase that will take effect for 2008 annual memberships.

Championship meets, open water championships, and fitness events were awarded. A list of events for 2008 is on page 4.

Minutes from all USMS Convention meetings can be found at <http://www.usms.org/admin/conv06/>

The 13th Annual Long Bridge Swim

Saturday, August 4, 2007

The Northwest's Premier Open Water Swimming Event Sandpoint, Idaho

A 1.76-mile swim in 65-70 degree water (usually the temperature is between 68-70 degrees) from the south end of the Long Bridge to the north.

2.5 hour time limit for swim.

<http://www.sandpoint.org/longbridgeswim/>

**The Sandpoint Long Bridge Swim will be the host of the
2007 USMS 1-3 Mile Open Water Championship**

It's not too late: through November 15, you can still swim and enter the USMS 3000/6000 yard postal championship.

Entry forms for both events and further information are available at www.usms.org

2008 USMS Pool & Open Water Championships

2008 Pool Championships Awarded To:

- Short Course Yards: University of Texas, Austin, TX, April 24-27, 2008 (tentative).
- Long Course Meters: Mt. Hood Community College, Mt. Hood, OR, August 14-17, 2008.

2008 Long Distance Championships Awarded To:

- One Hour Postal: YMCA Indy SwimFit
- 3000/6000 Y Postal: Swim Louisville
- 5K/10K Postal: COMA
- 2 Mile Cable: Virginia Masters
- 1 Mile Open Water: Connecticut Masters
- 1-3 Mile Open Water: Wisconsin Masters
- 3-6 Mile Open Water: COMA
- 6+ Mile Open Water: Clemson

NORTHWEST ZONE EVENT SCHEDULE

Year	Month	Date	Event	Course	Location	LMSC/Host
2006	November	9	Utah - Fairmont Park Aquatic Center	SCY	Salt Lake City, Utah	Utah
2006	November	18-19	Zone Championships	SCM	Federal Way, WA	PNA
2006	November	19	University of British Columbia	SCM	Vancouver, BC	BC Masters - Canada
2006	December	2	Ebbtides Meet	SCM	Nanaimo, BC	BC Masters - Canada
2006	December	3	MAC Short Course Meters Meet	SCM	Portland, OR	Oregon
2006	December	9	AKMS Annual Short Course Meters Meet	SCM	Anchorage, AK	Alaska
2007	January	20	Matt Walters Charity - Steiner West	SCY	Salt Lake City, Utah	Utah
2007	January	20	Anacortes	SCY	Anacortes, WA	PNA
2007	January	28	Cowichan Aquannis Masters Meet	SCM	Duncan, BC	BC Masters - Canada
2007	February	17	QUAC Ski & Swim Meet	SCY	Salt Lake City, Utah	Utah
2007	February	17	Bellevue Club	SCM	Bellevue, WA	PNA
2007	February	18	English Bay SC Meet - UBC	SCM	Vancouver, BC	BC Masters - Canada
2007	March	10	Victoria Masters Meet	LCM	Victoria, BC	BC Masters - Canada
2007	April	13-14	Utah State Championship - Fairmont Park	SCY	Salt Lake City, Utah	Utah
2007	April	14-15	PNA Champs	SCY	Federal Way, WA	PNA
2007	April	20-22	BC Provincial Championships	SCM	Surrey, BC	BC Masters - Canada
2007	May	17-20	USMS National SC Championships	SCY	Federal Way, WA	PNA
2007	June	16	Utah - Kearns	LCM	Salt Lake City, Utah	Utah
2007	August	4	USMS 1-3 mile Open Water Championship Sandpoint Long Bridge Swim	Open Water	Sandpoint, ID	Inland Northwest
2007	September	12-15	BC Senior Games	SCM	Nanaimo, BC	BC Masters - Canada
2006	Sep 15	- Nov 15	USMS Postal: 3000 yd & 6000 yd events	SCY	Local Pools	
2006	Nov 1	- Dec 31	Brute Squad Postal Event	SCY	Local Pools	Inland NW/WSU Masters Swimming
2007	Jan 1	- Dec 31	USMS Check-Off Challenge	any	Local Pools	PNA/Federal Way Masters
2007	Jan 1	- Dec 31	USMS 30 Minute Swim	any	Local Pools	PNA
2007	Jan 1	- Jan 31	USMS One Hour Postal	SCY	Local Pools	
2007	May 15	- Sep 15	USMS Postal: 5 K & 10 K	LCM	Local Pools	

USMS History

The USMS History & Archives Committee has an ongoing project to include stories of members who have made significant contributions to the organization - either as a competitor or a contributor. Please send any information to Sally Dillon at salswmr@verizon.net or PO Box 845 Oak Harbor, WA 98277.

USMS Virtual Swim Series

Join others throughout the country and world in applying the distance that you swim to virtually swimming some of the most important bodies of water in the US. Each swim was designed by a Masters swimmer who lives close to the featured waterway. Some of the virtual swims are actually open water courses, and others are waters most would not dare to swim in reality. These Virtual Swims are also designed to educate you about the different places, and perhaps, lure you to visit someday.

<http://www.usms.org/fitness/content/virtualswims>

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.

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