

Northwest Zone Chatter

September 9, 2006
Volume 2006
Issue 4

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Northwest Zone Open Water Championships

Lake Padden - Bellingham, WA July 22, 2006

Sixty-five swimmers participated in the 2006 Northwest Zone Open Water Championships July 22 at Lake Padden in Bellingham, WA. Another 28 swimmers did the 5K swim. The day was beautiful, the water was great, and there was lots of good food.

Results are available on the PNA website, www.swimpna.org

Northwest Zone Short Course Meters Championships

Remember to plan a visit to Federal Way November 18 & 19 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. A Northwest Zone meeting will be held after the events on Saturday.

Please see *Zone Events* on page 2

2006 FINA World Championship Meet

The 2006 FINA World Championships held at Stanford earlier this month were attended by many swimmers from the Northwest Zone. Five of the Zone LMSC's are now home to one or more World Champions. Many other Northwest Zone swimmers finished in the top ten and even more had great swims.

From Alaska, Lynn DeGeorge won the women's 45-49 200 back. Sue Dills won the women's 60-64 800 free and Suzanne Simpson took the gold in the women's 45-49 200 fly. Both are from the Inland Northwest.

Dennis Baker, from Oregon, was outstanding, finishing first in each of his events: 200 IM, 400 IM, 200 fly, and 400 free in the men's 45-49 age group. David Radcliff, men 70-74, won the 200, 400, and 800 free. The Oregon 35+ mixed 200 medley relay of Karen Andrus-Hughes, Allen Stark, Arlene Belmage, and Mike Tennant were also victorious.

From PNA, Lisa Dahl won the women's 45-49 50 fly. Charlotte Davis,

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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



Orcas Island Open Water Challenge

The last open water event of the season for the Northwest Zone was the Orcas Island Open Water Challenge hosted by Island Athletic Events and FINS of the San Juans taking place September 9 & 10. Watch for results in the next newsletter.

Patriot Games

September 10 is also the date for the Patriot Games, a metric pentathlon, an Oregon Masters event at Camas, WA.

Zone Events from page 1

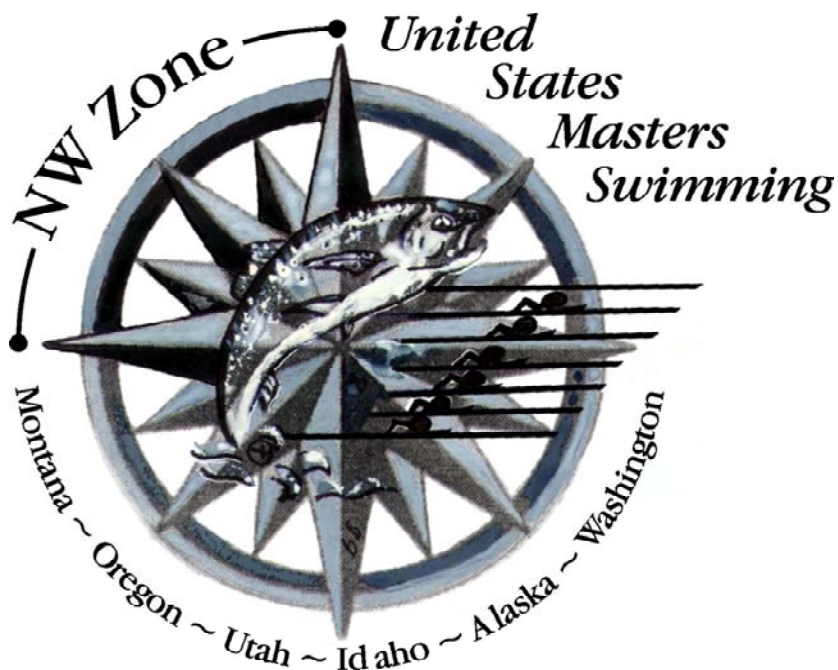
The meet will be put on by the PNA Organizing Committee for 2007 Short Course Nationals. This is a very experienced group so the meet should be excellent. The entry form is at being distributed with this newsletter and will soon be available at www.swimpna.org

USMS CONVENTION DELEGATES:

If you did not receive the August issue of Streamlines from the USMS National Office, find it at www.usms.org. It has lots of important information for convention.

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.



Worlds from page 1

55-59, was the winner of the 50 fly, 200 IM, and 400 IM. Scott Lautman took the men's 50-54 200 fly and Bob Miller won the men's 75-79 200 back. PNA also had a first place relay, women's 200 free 45+ with Lisa Dahl, Debbie Glassman, Charlotte Davis, and Mary Lippold.

Finally, Jeff Erwin from Snake River won the men's 40-44 800 free.

Northwest Zone swimmers also did well in the open water swim. Jeff Erwin was the first finisher overall so won the men's 40-44 age group. Jim McCleery of PNA won the men's 60-64 age group.

Congratulations to all of the Northwest Zone swimmers who participated in the World Championship meet. Results for Northwest Zone swimmers are later in this newsletter.

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**

You still have time to do the USMS Postal Championship 5K/10K.

It can be done until September 15.

From September 15 through November 15, don't forget to swim and enter the USMS 3000/6000 yard postal championship.

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

NORTHWEST ZONE EVENT SCHEDULE

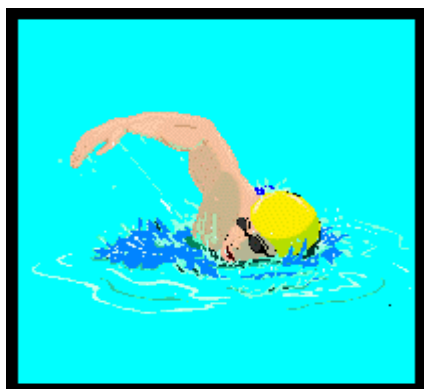
Year	Month	Date	Event	Course	Location	LMSC
2006	September	24	Oak Harbor Pentathlon	SCM	Oak Harbor, WA	PNA
2006	October	14	Bainbridge High School Format Meet	SCY	Bainbridge Island, WA	PNA
2006	November	18-19	Zone Championships	SCM	Federal Way, WA	PNA
2007	January	20	Anacortes	SCY	Anacortes, WA	PNA
2007	April	14-15	PNA Champs	SCY	Federal Way, WA	PNA
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2006		- Sep 15	USMS Postal: 5 K & 10 K	LCM	Local Pools	
2006	May 15 Sep 15	- Nov 15	USMS Postal: 3000 yd & 6000 yd events	SCY	Local Pools	
2007	Jan 1	- Jan 31	USMS One Hour Postal	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.



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