

NORTHWEST ZONE

USMS Northwest Zone Newsletter

CHATTER



Volume 14, Number 4

Fall 2001

Swimming - A Life's Passion

(USMS Motto for 2001)

Dan "Frosty" Frost New Zone Rep Sally Dillon New USMS Secretary



Louisville, KY: Oak Harbor, WA will be well represented on the new USMS Board of Directors. Dan "Frosty" Frost was elected as the new Northwest Zone Rep. Sally Dillon was elected as the new USMS Secretary. Frosty has been involved in many aspects of Masters Swimming. He has been the Meet Director for numerous Oak Harbor meets and he was the editor of the Wet Set. He is currently the Sanction Chair for PNA. When he is not involved in swimming, Frosty is a Navy Pilot.

Sally has chaired the Long Distance Committee for USMS for eight years and is the current Long Distance rep on the PNA Board. Both Dan and Sally bring a wealth of talent and experience to the Northwest and USMS. Congratulations!

Major changes from 2001 Convention

The House of Delegates meeting at the USMS convention in Louisville approved or announced several significant changes. These changes are listed below.


1. The FINA Bureau has accepted our request for a variation to the butterfly rule to allow Masters swimmers to use a breaststroke kick for the period 20 September (when the Fukuoka amendment came into force) until 23 May (when the Masters Congress amendment will come into effect).

This exception means that we return to the rules prior to September 20, which allowed the breaststroke kick to be used in the butterfly for all events. Records set during the intervening time will be acceptable with either kick as long as they otherwise qualify.

2. USMS has changed its minimum age of membership to 18 effective November 18, 2001. Registrars may begin to accept members immediately. They must, however, insure

that the registration form is dated on or after the potential member's 18th birthday. We cannot accept forms signed while the person is 17.

Members can compete in USMS meets when they meet the requirements for being considered 19 for a given meet. For short course yard meets, a member can compete as long as their 19th birthday occurs on or prior to the last day of the meet. For both short course and long course meter meets, an 18 year-old member may compete in the year in which his/her 19th birthday occurs. In all cases, they will be competing as 19 year-olds for the purpose of individual and relay age group determination. Registrars currently using the USMS registration software will receive a new version shortly. They can currently register 18 year-old members but the cards will print with a "Not Valid Until" statement on the card.



2001 USMS National Convention
Northwest Zone Meeting

Committee Chair: Dave Radcliff, Northwest Zone representative

Recorder: Jody Welborn

Action Items:

1. Delegate from Alaska for the 2002 Convention
2. Number of delegates from Small LMSCs to receive Zone assistance in 2002.
3. Two Zone meets are not scheduled at this time for 2002.

Members present: Bob Bruce – Oregon, Lee Carlson – PNA, Jan Kavada – PNA, Jeanette Vallandigham – PNA, Pam Himstreet – Oregon, Sandy McNeel – PNA, Doug Garcia – Inland NW, June Mather – Oregon, Suzanne Rague – Oregon, Elin Zander – Inland NW, Ginger Pierson – Oregon, Steve Peterson – PNA, Dan Gray – Oregon, Jeanne Ensign – PNA, Ann Gilbert – Montana, Hugh Moore – PNA, Kathy Casey – PNA, Robert Smith – Oregon, Sandi Rousseau – Oregon, Roy Lambert – Oregon, Sally Dillon – PNA, Jody Welborn – Oregon, Jill Wright – Snake River.

Approval of minutes from LCM zone meet: MSP

Treasurer's report: Jeanne Ensign. There is no change from previous report with the exception of additional income from SCM Zone meet. Approval of treasurers report: MSP.

Finances for 2002: A motion was made to recommend that we give strong recommendation to finance a delegate spot next year from Alaska if they choose to send one. They must submit their request in a timely manner. MSP.

Discussion: How many small LMSC delegates can we help? Discussion was held regarding the number of delegates to fund for next year's convention. Discussion will be tabled on this subject until we have the expense data for delegates from this year's convention. A decision regarding the number of delegates to fund will be made at the next Zone meeting (Action item for 2002).

2001 Action items:

1. The website was developed and is currently being maintained by Dave Radcliff.
2. A logo has been designed for the Northwest Zone and is shown. See handout and webpage.
3. The goal to increase participation of smaller LMSC's at the National convention has been addressed. This year we have representatives from 3 of our smaller LMSC's and if the convention had been held in September as originally scheduled we would have had more small LMSC representatives.
4. Our national event hostings were very successful. We have multiple events scheduled for next year.

LMSC Report:

1. Alaska: No report.

2. Inland Northwest: Registration has increased over last year's number. Things are going very well and there are more people involved in the LMSC and Elin is no longer all of the officers. Relay organization is loose and the LMSC does not pay for national relays.

3. Montana: All swimmers were required to belong to USMS to compete in their state meet for the first time. The LMSC is attempting to stimulate interest in Masters by encouraging more small meets and communicating with the Masters coaches. Additional ways to foster increased participation were discussed.

4. Oregon: Membership has topped 800 swimmers. Pool meets are scheduled about once a month and open water events occur about 3-4 times over the summer. The LMSC funds relays at National meets and the appointed Nationals Coach sets up the relays. This also applies to National Postal events.

Information: The SCM meet at the Tualatin Hills Park and Recreation Department 50 meters pool may have not been 25 meters long as there as several measurement variances and there is a "bowing out" of tiling at one end of the pool.

5. PNA: They are over the 1000 mark in membership and they have put on 3 national championships all of which were very successful. Their newsletter and website are going well and continue to be among the best masters sites. They are going to concentrate on clinics in the next year including a fitness clinic and an open water clinic. Discussion occurred about referring people to websites to obtain entry forms.

6. Snake River: They have also increased membership to 37. They have had an increased number of events this year, including pool and open water events. They will be sponsoring the 5K/10K National Postal swim this year.

7. Utah: No report.

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Minutes continued from page 2

Clinics in 2001 and 2002

Mentor clinics: There were 4/6 clinics this year and there may be one additional clinic in December. Next year the budget will fund 6 events. There are no events scheduled at this time for 2002.

Open Water Clinics:

There are 4 USMS Open Water Clinics budgeted for the year 2002. There were 4 budgeted for next year and only 1 was used. There have been a number of inquiries.

Dan points out that the Open Water manual is located on the USMS website.

2002 - Zone Meets:

SCY April 13-14; PNA/ Federal Way

LCM: Open and no bids to date. Bid sheets are in packet.

SCM: Oregon and no bids to date.

National Events:

February Fitness Challenge (not USMS sponsored): THB

Open Water 1 mile: Eugene, Oregon August 11.

5K/10K Snake River LMSC.

Election of Northwest Zone Representative:

Dan Frost was nominated at the last Zone meeting and there is a letter from Dan Frost in the packet. There were no nominations from the floor.

Dan Frost was elected as the Northwest Zone representative by acclamation.

Meeting was adjourned at 1:25 pm.

Northwest SCM Zone Meet Times

As many of you already know and as was announced at the NW Zone meeting at convention, the Tualatin Hills Aquatic Center SCM course was measured during the second day of the meet after the pool had just had a facelift with new tiling. Unfortunately the steel tape measure found the pool to be a bit short of 25 meters. After having electronic measuring devices and lasers measure the course, there is no doubt that the SCM course was about .84 of an inch short of 25 meters. Our meet fell victim to the tiling of the pool surfaces.

A world record, several national records, and many Zone, LMSC, and Top Ten times were achieved at this meet. World records require pool measurements; national and top ten times do not require pool measurements. However, when one knows the pool is short, it puts us in a dilemma.

After several consultations with the USMS Top Ten Chair and FINA representative, the Oregon LMSC has voted to submit all times from this meet to the USMS Top Ten Chair along with an explanatory letter of the situation and the pool measurements and let the decision be made at the USMS level.

The Tualatin Hills Barracudas, host for the meet, apologizes for this unexpected problem and will await the decision from USMS.

If you have questions please feel free to contact me at swim@gorge.net or 503-642-3679.

Sandi Rousseau, Meet Director

One Hour Postal Swim and February Fitness Challenge

These two Great Fitness swims are coming soon. In January there is the One Hour Postal Swim and in February we have the February Fitness Challenge. The beauty of both of these events is that you do them in your own home pool. This is especially nice in the Northwest during the winter when travel can be challenging or impossible. I urge you to participate in both of them.

Information on the One Hour Postal Swim is on the Schedule page and the Entry Blank for the February Fitness Challenge is in this Chatter. Please support these two fitness events. The February Fitness Challenge is sponsored by the Tualatin Hills Barracudas in Beaverton, Oregon. In the Northwest it is always our tradition to really get behind the National Postal events that are sponsored by our local teams and LMSCs. This is one of those events. So use that entry blank, put it in your newsletter, talk it up among your team mates and most important, as we say in NIKE Land, "just do it". A pdf file of the entry blank has been sent to your LMSC WebMaster. After all this swimming and our cold, wet winters you will be ready for a trip to Hawaii and the SCY Nationals.



NORTHWEST ZONE EVENT SCHEDULE

2001/2002 Calendar and Meet Schedule

Pool Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>	<u>E-Mail</u>
Jan. 26	SCY	Eugene, Oregon	Lynda Christiansen	ericandynda@netzero.net
Feb. 15-16	SCY	State Championships- Anchorage Alaska	Ginney Wright	ginnyw@alaska.net
Feb. 23	SCY	North Bend, Oregon	Guy Marchione	guy.marchione@worldnet.att.net
March 9 or 10	SCY	Penthalon - Beaverton, OR	Sandi Rousseau Dave Radcliff	tsrousse@ix.netcom.com therads@home.com
March 10	SCY	Sprint Meet Mercer Island, WA	Lee Carlson	leedee@cablespeed.com
March TBA	SCY	Montana State Champs	Ellen Parchen	reparchen@in-tch.com
April 5-7	SCY	Association Championships Corvallis, Oregon	Mark Worden	marklauraworden@home.com
April 13-14	SCY Zone	Federal Way	TBA	
May 4	SCM	Freestyle Pentathlon Bend, Oregon	Pam Himstreet	himstreet@bendcable.com
June 2	LCM	Albany, Oregon	Gary Arne Jr.	Arne_1@juno.com
June	Open Water	Silver Lake- Bosie, ID	Richard Cooke	richcooke@aol.com
July 6-7	LCM	Oregon State Games Mt. Hood C. C. - Gresham	Kristi Gustafson	kristigus@aol.com
July 20	LCM	Eugene, Oregon	Arden Adams	AAadamsswim@aol.com
July 20	Open Water	8.5 Snake River Swim	Richard Cooke	richcooke@aol.com
Sept 28	SCM	Oak Harbor, WA	Sally Dillon	salswmr@earthlink.net

Postal Championships

January 1 - 31	Postal 1 Hour	Margie Hutinger,	phut@usms.org
February 1 - 28	Feb. Fitness Challenge	Kristine Lewis	FebFitness@swimoregon.org
May 15 - Sept. 30	5K / 10K Postal	Jill Wright ,	swimjmw@aol.com

National Championships 2002

Aug. 11	1 Mile	Lake Dorena, Cottage Grove, Oregon	stevej@nsdssurvey.org
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ALASKA

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Doug Quist, Editor
Ken Winterberger, Web Master
Peggy Brannon-Guthrie, Retail
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Barbara Jackson,
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Bob Bruce, Long Distance
Dave Radcliff, Editor/Northwest Zone Rep
Earl Walter, Records/Zone LCM Records
Sandi Rousseau, Safety -
Jeanne Thimm, Membership
Barb Harris, Top Ten
Ginger Pierson, Social/Host/USMS ISHOF Chair
Robert Smith, Sprint
Roy Lambert - Convention delegate
Dan Gray - Convention delegate

Northwest Zone Address List (May 2001)

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PACIFIC NORTHWEST

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Carolyn Belse, Fitness
Hugh Moore,
Dan Frost, Meet Chair / Sanctions and
Northwest Zone Rep

Steve Peterson, Secretary
Sarah Welch, Treasurer
Cindy Martin, Registrar
Walt Reid, Top10/Zone SCY Records
Sandy McNeel, Editor
Kathrine Casey, Safety
Jane Moore, Bylaws
Sally Dillon, Long Distance/Awards and
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Carol Morgan, Outreach
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Christopher Wood, Fitness
Truman Sands, Zone Liason

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Long Course Meters is the Zone Meet which is open for bid this year. Any LMSC, Club or Local Team can bid to put on this meet. Let's get our new Zone Rep off to a good start. Send in your bids for the LCM Zone Championships. Just fill out the form below and submit it to "Frosty" by April 10, 2002.

2002 NW ZONE LONG COURSE METERS CHAMPIONSHIPS BID

Proposed Dates and Daily Start Times of Meet _____

Location _____

Name of Facility _____

Description: # of lanes & width _____

Depth of pool (both ends) _____

Warmup/Cooldown availability _____

Timing System _____

Lodging: _____

Distance from pool _____

Price Range _____

HOST (House Our Swimmers Tonight) housing available? _____

Restaurants, etc: _____

Other things to do & see? _____

Anything else we should know? _____

Contact Person: _____

Phone: W: _____

Address: _____

H: _____

email: _____

Return to: Dan Frost
1993 N. Island View Rd.
Oak Harbor, WA 98277

Please Return Bids By: April 10, 2002 (voting at Zone SCY Meet)

Check out your Northwest
Visit these Web Sites



NW Zone Web Site:
www.northwestzone.org



The Great Wet North®
Alaska Web Site:
www.akmswim.org



Oregon Web Site: www.swimoregon.org



Utah Web Site:
www.utahmasters.org




PNA Web Site:
www.swimpna.org

Zone Contact Information

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Zone Treasurer: Jeanne Ensign
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