



## Northwest Zone Chatter

June 2018

**Northwest Zone Website:** <http://www.northwestzone.org/w>

**Chair** – Sally Dillon (PN): [salswmr@comcast.net](mailto:salswmr@comcast.net)

**Treasurer** – Ken Winterberger (AK): [kwinterberger@gmail.com](mailto:kwinterberger@gmail.com)

**Webmaster** – Hugh Moore (PN): [swimmoore@comcast.net](mailto:swimmoore@comcast.net)

**Zone Records** – Stephen Darnell: [financialwizard2@comcast.net](mailto:financialwizard2@comcast.net)

**USMS At-Large Director representing Northwest Zone** - Sarah Welch: [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)

**Newsletter** – Sally Dillon, as above

### **LMSC websites in the NW Zone**

ALASKA [www.akmswim.org](http://www.akmswim.org)

INLAND NW [www.inlandnwmasters.org](http://www.inlandnwmasters.org)

MONTANA <http://swimmontana.org/>

OREGON [www.swimoregon.org](http://www.swimoregon.org)

PACIFIC NW [www.swimpna.org](http://www.swimpna.org)

SNAKE RIVER

UTAH [www.utahmasters.org](http://www.utahmasters.org)

**Report from the Chair:** Since our last newsletter, results of the LMSC Standards Survey have been released. NW Zone LMSCs fared very well, with three LMSCs receiving perfect scores (Inland NW, Oregon, and Pacific NW). Five of our LMSCs improved over their 2017 results.

Hugh Moore will be running for the USMS At-Large Director position, representing the NW Zone. Thanks to Hugh for stepping up to take on this position. I'd like to thank Sarah Welch as well, for her service over the past 3+ years as our At-Large Director. She has been an outstanding representative and I especially appreciate her efforts to keep our zone informed about USMS Board activities.

A reminder to all who will be attending the USAS Convention in September – **RESERVE YOUR ROOMS ASAP**. There is a 1-night non-refundable fee, presumably to prevent people from reserving extra rooms and holding them until it's too late for others to reserve.

**Current membership numbers (7/1/18):**

**Alaska:** 286 members, 1 club, 12 workout groups

**Inland Northwest:** 317 members, 14 clubs, 0 workout groups

**Montana:** 229 members, 4 clubs, 0 workout groups

**Oregon:** 1126 members, 4 clubs, 32 registered workout groups

**Pacific Northwest:** 1593 members, 7 clubs, 29 registered workout groups

**Snake River:** 136 members, 4 clubs

**Utah:** 336 members, 17 clubs

**LMSC REPORTS**

**ALASKA:** AK LMSC has lost members in the last couple of years and MANY in the last year. There were several active triathletes that were also USMS members. The Alaska Triathlon Club, <http://www.alaskatriathlon.org>, is also seeing reduced numbers. The economy here is not doing as well as it has in the past, but currently holding steady ([www.bis.gov/eag/eag.ak.htm](http://www.bis.gov/eag/eag.ak.htm)).

We held the 2018 AKMS SCY Champs on February 24/25 in North Pole, Alaska (just east of Fairbanks). It had much smaller participation than we have had, but it was thoroughly enjoyed by those who did participate. Details can be found on our website - <http://www.akmswim.org>.

A fairly large AKMS contingent swam at SCY Nationals in Indiana, 7 women and 4 men. We had 4 top 8 swimmers with Rick Abbot taking 1st in his age group (60-4) in the 50 free and the 100 back. Rick swam 5 individual events and placed no lower than 3rd.

We awarded our AKMS Memorial Scholarship to Reid Blackstone.

AKMS is indeed struggling, with several of our workout groups losing several swimmers due to the economy with several swimmers leaving AK. Hopefully these folks will join USMS clubs where they are moving.

**INLAND NORTHWEST:** The Moscow Chinooks Masters won the Tier 1 (large club) participation competition for the 2018 30-minute Fitness Swim. Their reward included a Colorado Timing Systems pace clock (\$1200 value). Matt Bronson said: "Sign up your clubs for the Summer Fitness Challenge and promote it to your swimmers."

**Recent meets:** USS LCM Summer Solstice Meet– June 22-24, 2018, Spokane Washington (dual sanctioned)

USS LCM Sweet Onion Meet– June 23-24, 2018 Walla Walla, Washington (dual sanctioned)

**Upcoming meet:** USS LCM Meet (Velocity Swimming)- July 6-8, 2018 Wenatchee Washington (dual sanctioned)

**Other news:** Mike Hamm - 60-64 SC Nationals 100/200 Breaststroke Champion (Kroc Masters, LMSC Vice Chair)

**MONTANA:** We currently have 229 members registered for 2018. The total registered in 2017 was 261. Year-to-date registration is just one shy of the number registered last year on this date. We have 4 clubs, of which Big Sky Montana Masters is a regional club, and three that are local. The three local clubs are Bozeman Masters Swim Club (BOZE), Flathead Lake Open Water Swimmers (FLOW) and Kalispell Masters (KATS).

Officers are: Jeanne Ensign (Chair), Dick Weber (VP), Keegan Witt (Treasurer), Edie Van Buskirk (Secretary) and Donn Livoni (Immediate Past President). Other voting board members are Glenn DeHekker, BSMT rep; Mark Johnston, FLOWS rep; and Audrey Wooding, Bozeman rep. The KATS rep position is vacant.

Check out the new Montana LMSC website at [www.SwimMontana.org](http://www.SwimMontana.org).

Big Sky Montana Masters hosted the 2018 Northwest Zone and Montana Masters SCY Championships in Missoula April 6-8 at the University of Montana Grizzly Pool. 93 swimmers participated in the 3-day meet. Kudos to BSMT for a well-run meet! The 2018 LMSC annual meeting was held Saturday night during the social.

Two Montana swimmers participated in USMS Spring Nationals in Indianapolis: Phillip Luebke (BOZE) and Holly Apple (BSMT).

The 2018 USMS Postal Swimtathlon League takes place throughout all of 2018. The event takes the Check-Off Challenge format to the next level with times, awards and standings. Hosted by FLOWS.

**MT Recent event:** Open Water June 17 - Big Sky State Games (1-mile, 400 meters, June 17<sup>th</sup>)

**MT Upcoming event:** Open Water July 20-22 - Flathead Lake Swim Series (1-mile, ½ mile, 5k, 10k).

Neither is USMS sanctioned.

**OREGON: Elected Officers:** Chair Tim Waud, Vice Chair Robbert van Andel, Secretary Michelle Jacobs-Brown, Treasurer Kermit Yensen

**Events held in 2018:**

Oregon City Spring Ahead Dual Sanction SCM	March 10-11	Oregon City, Oregon
OMS Association Championship SCY	April 20-22	Corvallis, Oregon
Bend LCM	May 19	Bend, Oregon
Beautiful Lake Juniper OW	May 20	Bend, Oregon

**Upcoming Events:**

USMS Ultra marathon (10.7mile) OW National Champ	July 8	Portland, Oregon
USMS 2-mile OW National Championship	July 12	Sweet Home, Oregon
USMS Marathon (10K) OW National Championship	July 14-15	Jacksonville, Oregon
Gil Young Memorial/NW Zone/OMS Champ LCM	July 20-22	Gresham, Oregon
Cascade Lakes Swim Series & Festival OW	July 27-29	Elk Lake, Oregon
Eel Lake OW	August 11	Reedsport, Oregon
Hood River SCM	November 10	Hood River, Oregon
COMA All-Around Challenge: Brute Squad Pent. SCM	December 8	Bend, Oregon
Canby Animal Meet SCY	TBD	Canby, Oregon

**2018 USAS Convention**

**Oregon Delegates:**

MJ Caswell - Records and Tabulation Committee  
Barry Fasbender - Championship Committee, Recognition and Awards Committee  
Sandi Rousseau - Championship Committee

**Automatic Delegates**

Bob Bruce - Open Water Committee Chair (Automatic)  
Christina Fox - Rules Committee (Automatic)  
Michelle Jacobs-Brown - Legislation Committee (Automatic)  
Matt Miller - Long Distance Committee (Automatic)  
Susie Young - Finance Committee (Automatic)

**Delegates-at-Large** (unconfirmed at this time)

Ginger Pierson-Recognition and Awards Committee  
Nancy Vincent

**PACIFIC NORTHWEST:** Walt Reid volunteered some months ago to become PNA's Historian. He jumped into the position with gusto and has already scanned and posted all results from PNA's meets . . . dating back to 1972! Go to <https://www.swimpna.org/PNA/results/> for a walk down "memory lane" if you competed in PNA in the past.

For the first time in over 20 years, PNA held its Annual Meeting in association with a social and awards presentation on the Saturday of its SCY championship meet. A group of ~60 people enjoyed fellowship and a pizza feed and all but a few stuck around for the presentation of PNA awards and the meeting. The organizing committee is looking forward to improving on this year's event next year.

PNA has submitted a bid to host the 2020 USMS SCY National meet at the King County Aquatic Center (KCAC) in Federal Way. It's been 11 years since we last hosted; we are way overdue!

40 Puget Sound Masters and 1 Blue Wave Aquatics swimmer traveled to Indianapolis for the National Championship Meet in May. Swimming with a full beard, Rick Colella (65-69) set national records in the 400 IM (4:30.64) and the 50 breaststroke (28.88).

**Recent meets:** Six pool meets have been held in western Washington this year and participation number are up!

January 21 – Bellevue Club Masters Mile (SCM) in Bellevue  
February 4 – Thunderbird Masters Meet (SCM) in Anacortes  
February 18 – Lake Washington Masters Invitational (SCY) in Kirkland  
March 11 – Port Angeles Masters Meet (SCY) in Port Angeles  
March 18 – Lake Stevens Pentathlon (SCY) in Lake Stevens  
April 14/15 – PNA Championships (SCY) in Federal Way

**Upcoming meet:** The 99<sup>th</sup> Annual Senior Seattle Open (LCM - dual sanctioned with USA-S & USMS) will be held July 12-14 at the historic Colman Pool in West Seattle. Due to the salt content in the water (some of which comes from the Puget Sound), times at the meet will not count for top ten or records. But, it is a spectacular location and

a lot of fun for those who participate! Sadly, PNA does not host any other LCM meets. The moveable bulkhead at the Port Orchard LCM pool is permanently broken, making KCAC the only LCM pool suitable for competition in our LMSC and it is difficult to reserve during the summer months.

**Open water season is under way!** PNA is sanctioning five open water events this summer. The events are:  
June 9 – Whidbey Island Adventure Swims (1.2 and 2.4 miles) in Sarasota Passage, Langley, WA – completed  
July 14 – Fat Salmon OW Swim (3.2 mi) at Madison Park in Lake Washington, Seattle  
August 5 – Swim Defiance (3K and 5K) at Point Defiance Park in Commencement Bay (salt water), Tacoma  
August 25 – Aly Fell Memorial Swim (5K, 10K, 2.5K, 800-mtrs) in Lake Padden, Bellingham  
September 15 – Last Gasp of Summer (1 and 2 miles) in Angle Lake, SeaTac

**Convention:** PNA has 10 delegates attending convention. Those elected to represent PNA are Linda Chapman, Hugh Moore, and Walt Reid. A search is underway for a 4<sup>th</sup> delegate to represent the LMSC. Those attending with automatic delegate status are:

Kathy Casey – Rules, Jim Davidson – Long Distance, Sally Dillon – Zone Chair, Jane Moore – Legislation, Steve Peterson – Legislation, Sarah Welch – At Large Director, Teri White – Officials Chair

**SNAKE RIVER:** Snake River hosted the Zone 1-Mile Open Water Championship event in Caldwell, ID Saturday, the 2<sup>nd</sup> of June. There were 23 total entries: 22 advance registrations, 1 race-day entry. Four of the registrants were one--event USMS registrations. 22 of the participants were Snake River locals, the other a friend from Virginia who is a USMS member visiting one SR member. The weather was low 80's, water temp at 70\* and bright sunny skies.

**Annual meeting:** After the event, the Snake River LMSC held its annual meeting. Discussed at length was the recent LMSC minimum standards survey results. It was agreed that Secretary Suzy Cavanagh and Chair Jim Clemmons would immediately undertake a modification of the existing By-Laws in order to bring the LMSC into compliance with the USMS minimum standards. The stated goal is to forward a draft for review to the LMSC committee by the end of June, with a completion goal to be prior to Convention in September.

**Registration issues:** At Spring Nationals in Indianapolis, the SR LMSC Chair had an opportunity to discuss the USMS/YMCA situation with Bill Brenner. The YMCA requirement regarding membership affects the USMS membership numbers for swimmers in the Snake River LMSC and the chair wants to confirm that USMS insurance requirements are not being overlooked. Currently there is no requirement for swimmers who train with the Masters group and don't participate in USMS events to have dual memberships. Only if they plan to enter or participate in a USMS event would they have to join USMS. Bill agreed to contact the leadership at the Treasure Valley Y and discuss any options that may be beneficial to both parties without burdening an athlete unfairly.

**Meets:** The Masters team had the opportunity to participate in one dual sanctioned Long Course meet with the Boise Y age group team May 18-20 with a second one is coming up the weekend of July 7-8. There are two open water swims scheduled at Quinn's Pond, off the Boise River, on June 16.

**Convention:** Jill Wright and Jim Clemmons will be attending USAS Convention in Jacksonville in September.

**UTAH:** Membership is down from 2017.

**Board of Directors:**

Chair - Aaron Norton  
Vice Chair - Karen Oliver  
Secretary - Michael Flitton  
Treasurer - Joe Linford  
Registrar - Katy Kissinger

**Events held in Q2-2018:**

Utah Master State Meet – 4/7/18

**Upcoming Events:**

Utah Open Water Triple Crown events (not sanctioned by USMS). We are working with the organizers to sanction one event next year