



Northwest Zone Chatter

June 2025

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

Chair – Jill Wright (SR): swimjmw@msn.com

Treasurer – Ken Winterberger (AK): kwinterberger@gmail.com

Webmaster –David Cabrey (IW): dcabrey@charter.net

Zone Records – Stephen Darnell (OR): financialwizard2@comcast.net

Secretary & Awards – Sally Dillon (PN): salswmr@comcast.net

Newsletter – Christina Fox (OR): foxkohnert@peak.org

USMS At-Large Director from the Northwest Zone – Rob Heath: boatyme@hotmail.com

LMSC websites in the NW Zone

ALASKA	www.akmswim.org
INLAND NW	www.inlandnwmasters.org
MONTANA	http://swimmontana.org/
OREGON	www.swimoregon.org
PACIFIC NW	www.swimpna.org
SNAKE RIVER	www.snakerivermasters.com
UTAH	www.utahmasters.org

Report from the Chair

Hello!

It seems this last quarter has flown by and was non-stop. The zone has held 2 zone championships: SCY in Newberg, OR and LCM in Bend, OR. The OW championship will be June 14 in Boise, ID. We've received a SCM bid from Puget Sound Masters for Nov 22 and 23, 2025, so our year is complete. I was hoping to attend the zone meets this year, but I've only been to Bend and will swim in Boise.

Don't forget - USMS Summer Nationals is in Federal Way this year - Aug 6-10. Entries have been open for a couple weeks.

In Boise we've held a freestyle and turn swim clinic and a great fundraiser. Our membership has increased, and our coaching has remained steady. I've met some great new friends and am faster!!

The LMSC Standards Survey came out on May 1st to LMSC chairs, treasurers, and sanction chairs. These are to be completed by June 1st. LMSC chairs please remind your treasurer and sanctions chair to complete their survey. And, yes, I can see who has completed theirs and who hasn't.

We have 5 new LMSC chairs in the NW zone. It's great to see new people willing to volunteer.

I am not allowed to be the Zone Chair for another 2 years term. That means this position is open for 2025-2027. I'd like to encourage interested people to come forward. Let me or your LMSC chair know if you're interested.

Did everyone see in the last newsletter that Mike Hamm was awarded "Coach of the Year for 2024?"

Please be thinking about what we'd like to discuss within our zone in Sept at the annual meeting. Two years ago, most of us arrived a day early and had dinner that evening. Then on Friday morning, we had an informal meeting to get better acquainted. We're planning to do that again this year. What would be helpful for you in your LMSC or club to learn more about? Let me know. We only need 1 or 2 topics.

Jill Wright, NW Zone Chair

Zone News

- Next Zone meeting (in conjunction with the Annual Meeting via Zoom) – **TBD** – at **4 pm Alaska, 5 pm Pacific and 6 pm Mountain**.
- The NW Zone SCY Championship was held Apr 4-6, 2025 in Newberg, OR
- The NW Zone LCM Championship was held May 17, 2025 in Bend, OR
- The NW Zone Open Water Championship will be held **Jun 14, 2025** in Caldwell, ID

Report from At-Large Director (NW Zone)

Much of our recent meeting time has been dedicated to investigating and responding to the recent transgender issue at Nationals in San Antonio. Most of the data has been gathered and we are currently working with an attorney in San Antonio that we have retained in that area of expertise. This is due to the Texas Attorney General raising a criminal investigation into USMS for state "fraud" over the event. No information has been released yet as to the final disposition of the investigation, and will not be until the process is completed.

The upcoming election cycle will include openings for the positions listed below. The window to register opened on May 1 and will close June 20. If interested, get your application package in by June 20. The open positions are as follows:

President, Secretary, Treasurer, VP Admin, VP Local Operations, VP Programs, and VP Community Service

Our next main meeting is scheduled for June 9, and a special meeting has been called on June 3 to address the Transgender competition policy.

If anyone has specific questions or input relating to any of the Board activities, I'm happy to help out. Just email me your questions or comments to boatyme@hotmail.com.

Rob Heath, NW Zone At-Large Director

Reports from LMSC chairs

Note: All membership data and officer information are from USMS website as of **May 31, 2025**.

Alaska

Membership 2024 – 2025 (to date): 224 members, 3 clubs, 7 workout groups under club AKMS

2023 – 2024 (final): 243 members, 4 clubs, 8 workout groups under club AKMS

Elected Officers

Chair	<i>Kent Hamilton</i>
Vice-chair	<i>Vacant</i>
Secretary	<i>Vacant</i>
Treasurer	<i>Kristina Miller</i>
Sanctions	<i>Signe Johannes</i>

Other board members

Open Water	<i>Kevin Knox</i>
Top Ten	<i>Vacant</i>
Communications/Webmaster	<i>Vacant</i>
Awards	<i>Michelle Turinsky</i>
Past Chair	<i>Ken Winterberger</i>

Recent/upcoming events:

- The Alaska Masters SCY State Championship (SCY) was held **Mar 1-2, 2025** with 53 swimmers.
- No upcoming events

Inland Northwest

Membership 2024 – 2025 (to date): 383 members (2024 YTD was 324), 11 clubs, no workout groups

2023 – 2024 (final): 424 members, 12 clubs, no workout groups

Elected Officers

Chair	<i>Rob Heath</i>
Vice-chair	<i>Michael Hamm</i>
Secretary	<i>Brian Johnson</i>
Treasurer	<i>Wes Bratton</i>

Other board members

Past Chair	<i>Matt Bronson</i>
Membership Coordinator	<i>Sean Murphy</i>
Top Ten	<i>Margaret Hair</i>
Sanctions, Editor, Safety	<i>Paige Buehler</i>
Coaches	<i>Michael Hamm</i>
Officials	<i>Wes Bratton</i>
Webmaster	<i>Dave Cabrey</i>

Recent/upcoming events:

- The **Spokane Club Meet** (SCY) was held Mar 22, 2025 in, Spokane, WA with 49 swimmers.
- The **INW Championships** (SCY) were held Apr 12, 2025 in Moscow, ID with 66 swimmers.
- **9/9/25 - Officials clinic** to be held at Whitworth. Teri White, lead.

Notable News:

- In our continuing efforts to reduce our reserves, the Inland Northwest LMSC will be offering free clinics to our members, tentatively scheduled for September, October, November and December.
- We are also hosting a Coaches certification clinic in September, also free to all interested members of our LMSC.

Montana

Membership 2024 – 2025 (to date): 188 members, 2 clubs, 4 workout groups under club BSMT

2023 – 2024 (final): 207 members, 2 clubs, 4 workout groups under club BSMT

Elected Officers

Chair	<i>Mark Brooke</i>
Vice-chair	<i>Maureen Porter</i>
Secretary	<i>Jenny Boulerville</i>
Treasurer	<i>Karen Simpson</i>

Other board members

Immediate Past Chair	<i>Jeanne Ensign</i>	Officials	<i>Susan Huckleby</i>
Membership Coordinator	<i>Gayle Phillips</i>	Webmaster	<i>Annie Kirklin</i>
Sanctions	<i>Susan Huckleby</i>	Club Rep BSMT	<i>Bill Hughes</i>
Top Ten & Records	<i>Josh Huckleby</i>	Club Rep BOZE	<i>Suzette Harkin, Kris Kruid</i>
Coaches	<i>Paul Landes</i>		

Recent event - The 2025 MT State SCY Championship Meet was held the weekend of **March 22-23, 2025** in Butte, MT with 41 swimmers.

Oregon

Membership 2024– 2025 (to date): 1,200 members, 5 clubs, 28 workout groups under club OREG

2023 – 2024 (final): 1,290 members, 5 clubs, 30 workout groups under club OREG

Elected Officers

Chair	<i>Marisa Frieder</i>
Vice-chair	<i>Paul Windrath</i>
Secretary	<i>Julie Baker</i>
Treasurer	<i>Kermit Yensen</i>

Other board members

Sanctions	<i>Paul Windrath</i>	OW/Long Distance	<i>Bob Bruce</i>
Membership Coordinator	<i>Christina Fox</i>	Payments Administrator	<i>Ginger Pierson</i>
Club/Workout Group Liaison	<i>Arlene Delmage</i>	Records	<i>Stephen Darnell</i>
Top Ten	<i>MJ Caswell</i>	USMS Rep	<i>Sandi Rousseau</i>
Coaches	<i>Allen Larson</i>	Souvenirs	<i>Valerie Jenkins</i>
Officials	<i>Jacki Allender</i>	Awards	<i>Jayette Pettit</i>
Communications	<i>Angela Fadlovich</i>	Data Manager	<i>Gary Whitman</i>
Fitness	<i>Colette Crabbe</i>	Safety	<i>Joy Ward</i>
Webmaster	<i>Geneva Olson</i>	OREG Club Representative	<i>Nancy Vincent</i>
Adult Learn-to-Swim	<i>Marci Wright</i>	Past Chair	<i>Tim Waud</i>
	<i>Cheryl Morgen</i>		

Recent events - full results [here](#)

- The **OMS Spring Ahead Meet** (SCM) was held Mar 8, 2025 in Camas, WA with 99 swimmers
- The **Oregon Masters Association Championship** (SCY) was held Apr 4-6, 2025 in Newberg, OR with 278 swimmers.
- The **COMA LCM Meet** was held May 17, 2025 in Bend, OR with 55swimmers.
- The **Beautiful Lake Juniper Buoy Swim** was held May 17, 2025 in Bend, OR with 22 swimmers.
- The **TEAM Eugene Spring Splash Meet** (LCM) was held May 18, 2025 in Eugene, OR with 38 swimmers.

Upcoming events - registration available or coming soon [here](#)

Pool

- 2025 Oregon Senior Games (SCY) – **Aug 17, 2025** – Albany, OR
- Nationwide Pentathlon Championship (LCM, SCM, SCY) – **Oct 24-26, 2025** – Bend, OR.
- PAC 25Y Masters Meet (SCY) – **Nov 9, 2025** – Portland, OR
- *Tentative:* PAC 25Y Masters Meet (SCY) – **Nov 9, 2025** – Portland, OR
- *Tentative:* Clark County YMCA Masters Meet (SCY) – **Dec 14, 2025** – Vancouver, WA

Open Water

- 2025 Portland Bridge Swim – **Jul 13, 2025** – Portland, OR
- Applegate Lake Series – **Jul 19-20, 2025** – Medford, OR
- Cascade Lake Series – **Aug 2, 2025** – Bend, OR
- Coastal Lake Swim – **Aug 16, 2025** – Reedsport, OR

Certifications/Clinics

- USMS Coaches Certification (Level 2 and 3); Clinic Course for Coaches; USMS Stroke Development Clinic and ALTS Instructor Certification – **Nov 22-23, 2025** – Clark County YMCA, Vancouver, WA. More details to follow.

Notable news:

- Oregon Masters swimmers established several new National, Zone and Oregon records at meets this spring: SCY: **Joy Ward** – 2 National, 2 Zone, and 2 Oregon records; **Kurt Grote** – 1 National, 2 Zone, and 2 Oregon records; **Men's 75+ Free Relay** (Dan Kirkland, Bob Bruce, Larry Wright, and James Wiens) – National, Zone and Oregon record; **Men's 75+ Medley Relay** (Dan Kirkland, Allen Stark, Bob Bruce, and James Wiens) – National, Zone and Oregon record; LCM: **Chris Hiatt** – 1 National, 1 Zone, and 1 Oregon record

- OMS had 5 National champions at the **2025 Spring Nationals** in San Antonio: **Valerie Jenkins** (50 Back); **Arlene Delmage** (200 Fly); **Karen Andrus-Hughes** (100 Free, 50 Back, 100 Back); **Cliff Stephens** (50 Fly, 100 Fly); **45+ Mixed 400 Free Relay** (Tessa Reeves, Sonja Skinner, Aaron Hawkins, and Jonathan Matthews).

Pacific Northwest

Membership: **2024 – 2025 (to date):** 1,703 members, 15 clubs, 20 workout groups under club PSM
2023 – 2024 (final): 1,925 members, 11 clubs, 21 workout groups under club PSM

Elected Officers

Chair	<i>Linda Chapman</i>
Vice-chair	<i>Bob Moore</i>
Secretary	<i>Steve Peterson</i>
Treasurer	<i>Brent Barnes</i>
At-Large Directors	<i>Kathy Casey</i>
	<i>Dave Scott</i>

Other voting board members

Past President	<i>Sally Dillon</i>
Membership	<i>Linda Chapman</i>
Bylaws and Open Water	<i>Jim Davidson</i>
Meets	<i>Lorraine Masse</i>
Appointed Directors	<i>Dan Underbrink</i>
	<i>Bob DeWard</i>
Club Directors	<i>Kim Boggs</i>
	<i>Doug Jelen</i>

Non-voting coordinators

Awards & meet box	<i>Dan Underbrink</i>
Coaches	<i>Diana Hermanson</i>
Fitness/Clinics	<i>Vacant</i>
Historian	<i>Walt Reid</i>
Newsletter/Social media	<i>Vacant</i>
Officials	<i>Dave Baer</i>
Virtual events	<i>Sally Dillon</i>
Records/Top Ten	<i>Doug Jelenr</i>
Webmaster	<i>Dave Scott</i>

Recent events:

Pool - results can be found on www.swimpna.org

- The **Thunderbird Aquatic Club March Madness** (SCY) was held Mar 2, 2025 in Anacortes, WA with 56 swimmers.
- The **Shamrock Showdown** (SCY) (dual sanctioned with USA-S) was held Mar 15, 2025 in Port Angeles, WA with 16 swimmers.
- The **2025 Puget Sound Masters Pentathlon Meet** (SCY) was held Mar 23, 2025 in Mercer Island, WA with 103 swimmers.
- The **PNA Championships** (SCY) were held Apr 12-13, 2025 in Federal Way, WA with 242 swimmers.

Upcoming events:

Pool - details at <https://swimpna.org/pool-meets/>

- WA Senior Games (SCY) – **July 20, 2025** – Olympia, WA
- USMS Summer Nationals (LCM) – **Aug 6 to 10, 2025** – Federal Way, WA
- BAMFest (SCY) – **Oct 12, 2025** – Bainbridge Island, WA
- SAM Invitational (SCY) – **Nov 9, 2025** – Snohomish, WA

Open Water - details at <https://swimpna.org/open-water-events/>

- Whidbey Island Adventure Swim, 1.2 & 2.4 mile events – **Jun 1, 2025** – Langley, WA
- Fat Salmon OW Swim, 3.2 miles – **Jul 26, 2025** – Lake Washington, Seattle, WA
- Swim Defiance OW swim, 3K – **Aug 2, 2025** – Tacoma, WA

Reminder!

- PNA will be hosting the **2025 USMS Summer National Championship meet** at the Weyerhaeuser King County Aquatic Center in Federal Way. Be sure to put **August 6-10, 2025** in your calendars!!

Snake River

Membership **2024 – 2025 (to date):** 118 members 3 clubs, no workout groups

2023 – 2024 (final): 136 members, 3 clubs, no workout groups

Elected Officers

Chair	<i>Jim Clemmons</i>
Vice-chair	<i>Jeff Erwin</i>
Secretary	<i>Suzy Cavanagh</i>
Treasurer	<i>Dave Murphy</i>

Other board members

Membership Coordinator	<i>Jill Wright</i>	Editor	<i>Suzy Cavanagh</i>
Sanctions	<i>Paula Moores</i>	Webmaster	<i>Tom Arnold</i>
Top Ten	<i>Ellen Reynolds</i>	Fitness	<i>Lisa Rankin-Galane</i>
Coaches	<i>Jeff Erwin</i>	Open Water/Virtual Swims	<i>Jill Wright</i>
Officials	<i>Teri White</i>		

Recent/upcoming events:

- The **Boise Y Spring Fling LCM meet** (LCM; dual sanctioned with Boise Y Swim Team) was held May 16-18, 2025 in Boise, ID with 3 SAWS swimmers participating.
- Broadside Harbor Open Water – **Jun 14, 2025** – Caldwell, ID
- Senior Games – **August 23, 2025** – Albany, OR
- Masters SCY Meet – **Oct 16, 2025** – Nampa, ID

Utah

Membership 2024 – 2025 (to date): 306 members, 14 clubs, no workout groups

2023 – 2024 (final): 364 members, 15 clubs, no workout groups

Elected Officers

Chair	<i>Aaron Norton</i>
Vice-chair	<i>Jerry Treiman</i>
Secretary	<i>Sydney Olson</i>
Treasurer	<i>Joe Linford</i>

Appointed Board Members

Membership Coordinator/Webmaster	<i>Bruce Schroeder</i>
Sanctions/Clubs	<i>Aaron Norton</i>
Coaches and Open Water/Virtual	<i>Both open</i>
Triathlete	<i>Dawn Martindale</i>
Top Ten/Records	<i>Jerry Treiman</i>

Recent events:

- The **Trailblazer Masters** (SCY) meet was held Mar 29, 2025 in St. George, UT with 61 swimmers.
- The LMSC hosted a stroke clinic on Apr 19, 2025 at QUAC in Salt Lake City, UT with 40 attendees.

Upcoming events:

- Utah Summer Games (LCM and SCY; recognized) – **Jun 6-7, 2025** – Cedar City, UT
- LCM Meet (dual sanctioned with USA-S) – **Jun 6-7, 2025** – Kearns, UT
- Tour of Utah Lakes Open Water (not sanctioned) – **Aug 16, 2025** – Kearns, UT
- Huntsman World senior Games (SCM) – **Oct 8-10, 2025** – St. George, UT
- South Davis Masters Annual meet (SCY) – **Nov 8, 2025** – Bountiful, UT

LMSC Resources

The LMSC Development Committee and Volunteer Central provides information to the volunteer calendar, upcoming webinars, archived webinar recordings and meeting minutes and lots of other useful information/resources. Key links are provided below.

Volunteer calendar: <https://www.usms.org/volunteer-central/volunteer-working-calendar>

Webinar page: <https://www.usms.org/volunteer-central/lmscs/peer-to-peer-calls>

Webinar recordings and minutes: <https://www.usms.org/admin/minutes/index.php>