



Northwest Zone Chatter

August 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

Since our June meeting the Northwest Zone has been busy. Sawtooth Masters hosted the 2-mile NW Zone OW Championship and Pacific Northwest LMSC hosted the 2025 USMS Summer National Championship meet. Thank you to everyone for promoting swimming in your area and for the many hours of volunteering. Our zone is amazing in all it does. There are 85 NW Zone people serving in leadership positions within their LMSCs.

Tomorrow we will have our NW Zone Annual meeting via zoom: make sure you have signed up for the meetings you want to attend now at <https://www.usms.org/volunteer-central/annual-meeting/2025-annual-meeting/schedule>. Our zone meeting is on Thursday, August 21, from **6:30-8:00 pm Mountain** time (that's my time zone) which is **4:30 pm Alaska** and **5:30 pm Pacific**. Other people could be on our call. It's open to others in USMS. Please be prepared to smile and wave (?) when you are recognized by me during the meeting. I think it might also be good for everyone to say where they live and how long they've been in leadership positions with USMS.

The USMS annual meeting is from Sept 12 to Sept 14 in Kansas City, MO. I can't wait to meet some of you in person. Our NW Zone will be having a dinner together on Sept 11 and a gathering/meeting on the morning of Sept 12. I have some ideas about what to talk about on Friday morning. Please let me know if others have ideas.

USMS Relay this year is on Oct 24 to 26, also in Kansas City. The deadline for a discount to register for Relay is Sept 19. Be sure to have people from your LMSCs who want to attend sign up by then.

We have a NW Zone SCM championship on Nov 22-23 hosted by Puget Sound Masters in Federal Way, WA.

I personally have had great swimming since June. I swam the Broadside Harbor 1- and 2-mile swims on Jun 14. A group of 7 of us from Boise went on a Swim Trek to the Egadi Islands, Sicily, Italy at the beginning of July. I swam my 5K virtual on July 15. I went to McCall, ID to swim a 1 mile on July 27 and to Sandpoint, ID to swim the Long Bridge Swim on Aug 2. No, I didn't swim a 10K virtual this year. I thought I was old enough to decline!!

Jill Wright, NW Zone Chair

Zone News

- Next Zone meeting (in conjunction with the Annual Meeting via Zoom) – **Aug 21, 2025** – at **4:30 pm Alaska, 5:30 pm Pacific and 6:30 pm Mountain**.
- The NW Zone Open Water Championship was held Jun 14, 2025 in Caldwell, ID
- The NW Zone SCM Championship will be held **Nov 21-23, 2025** in Federal way, WA

Report from At-Large Director (NW Zone)

As most of you are aware, USMS has faced multiple legal challenges to our Eligibility Policy, including our most recent interim policy. The past 3 board meetings have focused almost exclusively on that issue. The states of Texas and Florida are both actively pursuing legal avenues to attack our mission of inclusivity, and Texas has already filed a \$1,000,000 lawsuit. We have decided to actively fight these attacks and have hired a marketing firm and a group of attorneys in Texas to fight their Attorney General in his frivolous, political action.

The long-awaited update to our sanction process is nearing completion, with an expected Beta release in Sept/Oct.

Overall USMS membership numbers are still ahead of our budgeted forecast, but some expenses have increased due to the legal matters we are facing. Grown Up Swimming membership is up to 3400 in 2025, with 27 leagues in action. The Board was able to participate in a GUS meet in Atlanta during our Winter meetings, with nearly 200 swimmers, I can attest to the fact that these meets are chock-full of fun for the participants. I highly recommend that you attend one when you can.

Our next meeting is scheduled for Aug 18, 2025 at 5:30 PST.

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

Report from USMS Summer Nationals

Organizing Committee chair, Sally Dillon, was thrilled at how successful PNA's USMS national meet was earlier this month. She thanked **Jim Clemmons** and **Sandi Rousseau**, who served as USMS Championship Committee liaisons for the past 9+ months. Their guidance and support was incredible! 1,105 athletes attended: 452 women and 653 men. Of the 4459 "splashes", very few came from swimmers from the AK, IW, MT, SR and UT LMSCs. That was disappointing! Oregon Masters was 2nd to PNA's Puget Sound Masters in the Regional club division. In addition to the 1105 athletes, there were nearly 300 volunteers during the 5-day meet. 18 World and National records were set, 7 more were National records. Swimmers from other countries also set records: Costa Rica (8), Great Britain (1), Switzerland (1).

NW Zone swimmers breaking World (and National) Records were:

60-64 age group: **Jerome Frentsos** (OREG) – 200 Back (World/National)

70-74 age group: **Rick Colella** (PSM, 74) – 100 Free, 400 IM (World/National), 200 Free (National)

75-79 age group: **Charlotte Davis** (PSM, 75) – 100 Free, 400 Free, 50 Fly, 200 IM (World/National)
50 Free, 50 Breast (National)

85-89 age group: **Chris Hiatt** (OREG) – 200 Back (National)

320-359 age group: **Oregon Masters** – Mixed Medley Relay (J. Ward, A. Stark, J. Gettling, C. Hiatt)

Full results and records can be found [here](#).

Reports from LMSC chairs

Note: All membership data and officer information are from USMS website as of **August 18, 2025**.

Alaska

Membership 2024 – 2025 (to date): 246 members, 4 clubs, 8 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>Shannon Titzel</i>

Other board members

Membership Coordinator	<i>Angie Brennan</i>
Sanctions	<i>Signe Johannes</i>
Top Ten	<i>Kent Hamilton</i>
Communications/Webmaster	<i>Ken Winterberger</i>
Open Water	<i>Kevin Knox</i>
Awards	<i>Michelle Turinsky</i>
Past Chair	<i>Ken Winterberger</i>

Upcoming events:

- *Tentative* - the Alaska Masters SCY State Championship (SCY) will be held as a dual sanctioned meet with the Alaska Swimming Senior Championships in **Jan, 2025**

Notable News:

- The Alaska LMSC Board is functioning again and a new Treasurer, **Shannon Titzel**, was officially voted in last week.

Inland Northwest

Membership 2024 – 2025 (to date): 447 members, 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>

Upcoming events:

- Officials Clinic – **Sep 9, 2025** – Whitworth University, Spokane, WA
- Inland Northwest Y Meet – **Nov 1, 2025** – Whitworth University, Spokane, WA

Notable News:

- In our continuing efforts and goal to reduce our reserves, which have been growing each year, the Inland Northwest LMSC will be holding another series of free stroke clinics for our membership.

Montana

Membership 2024 – 2025 (to date): 194 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 Boulerice</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>		

Upcoming events/Notable news:

- *From Mark – "There are no real updates from the MT LMSC. We are all just out there swimming in the open water and outdoor pools and getting the last of our summer fun time in."*

Oregon

Membership 2024– 2025 (to date): 1,276 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, Doug Christensen</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 **13th Annual Portland Bridge Swim** (and USMS Ultramarathon-Distance National Championship) was held July 13, 2025 with 94 swimmers
- The **Applegate Lake Series** was July 19-20, 2025 in Medford, OR with 57 swimmers.
- The **Cascade Lake Series** was held Aug 2, 2025 in Bend, OR with 111 swimmers
- The **Eel Lake Open Water Series** was held Aug 16, 2025 in Reedsport, OR.
- The **2025 Oregon Senior Games** (SCY) was held Aug 17, 2025 in Albany, OR with 37 swimmers.

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

- 2025 OMS Summer Sunshine Meet (SCM) – **Aug 23, 2025** – Camas, WA
- Nationwide Pentathlon Championship (LCM, SCM, SCY) – **Oct 24-26, 2025** – Bend, OR.

- PAC SCY Thanksgiving Splash Meet (SCY) – **Nov 2, 2025** – Portland, OR
- Clark County YMCA Christmas Meet (SCY) – **Dec 14, 2025** – Vancouver, WA

Certifications/Clinics

- USMS Coaches Certification (Level 2 and 3); Clinic Course for Coaches; USMS Stroke Development Clinic and ALTS Instructor Certification – **Nov 15-16, 2025** – Gold’s Aquatic Club and TownePlace Suites, Camas, WA. More details and registration [here](#).

Notable news:

- Oregon Masters was well represented at **2025 USMS Summer Nationals** in Federal Way, WA with 116 swimmers making the trip and achieving 2nd place in the Regional Club division (after Puget Sound Masters with 233 swimmers). World and National records were set by the following Oregon swimmers: **Jerome Frentsos** – 200 Back (World/National); **Chris Hiatt** - 200 Back (National); **Mixed 320-359 Medley Relay** – Joy Ward, Allen Stark, Janet Gettling, Chris Hiatt (National).
- Overall, Oregon swimmers set 57 Oregon records and 35 NW Zone records. Swimmers setting multiple event records were **Jewel Springer, Caitlin DeNise, Christine McClafferty, Karen Andrus-Hughes, Mason Self, Nicolas Morrell, Blake Holden, Kurt Grote, Daniel Jorgensen, Mike Self, Jerome Frentsos, David Hathaway, Chris Hiatt** - and lots of **relay swimmers!**
- **Bob Bruce** recently represented Oregon Masters at the World Aquatics Masters World Championship in Singapore and had a successful meet placing 2nd (400 Free, 800 Free) or 3rd (200 Back, 200 Free, 400 IM) in all his events.
- In our continuing efforts to support our members and reduce reserves, Oregon LMSC members who successfully complete the ALTS Certification and Coaches Certification courses in November are eligible to receive registration fee reimbursement of 100% (for ALTS) and 50% (for Coaches)

Pacific Northwest

Membership: 2024 – 2025 (to date): 1,884 members, 16 clubs, 20 workout groups under club PSM

2023 – 2024 (final): 1,925 members, 11 clubs, 21 workout groups under club PSM

The newest club registered is Atomic in Pasco. WA. They have been contacted regarding changing their registration to Inland NW and the Inland NW Chair and Membership Coordinator have been looped in on the discussion

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 Jelen</i>
Webmaster	<i>Dave Scott</i>

Recent events:

- The **Fat Salmon Open Water Swim** (3.2 miles) was held Jul 26, 2025 at Lake Washington, Seattle, WA
- **USMS Summer Nationals** (LCM) was held Aug 6-10 in Federal Way, WA. This 5 day meet had 1,107 swimmers (per SwimPhone). Full results can be found [here](#)

Upcoming events:

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

- BAMFest (SCY) – **Oct 12, 2025** – Bainbridge Island, WA
- SAM Invitational (SCY) – **Nov 9, 2025** – Snohomish, WA
- PSM SCM Zone Championships – **Nov 22-23, 2025** – Federal Way, WA

Snake River

Membership 2024 – 2025 (to date): 126 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>Jane Wright</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** was held Jun 14, 2025 in Caldwell, ID with 30 1-mile swimmers and 22 2-mile swimmers
- Southwest Idaho Senior Games– **Aug 23, 2025** – Meridian, ID
- Masters SCY Meet – **Oct 16, 2025** – Nampa, ID

Utah

Membership 2024 – 2025 (to date): 379 members, 16 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/upcoming events

- The **Tour of Utah Lakes Open Water** (not sanctioned) was held Aug 16, 2025 in 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, meeting minutes and lots of other useful information/resources. Links 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>