



Northwest Zone Chatter

December 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

After the USMS annual meeting was Relay in October. Linda Bailey (from SAWS) and I went from Boise. She had a great time, met a lot of people, and learned a lot. I learned how to glue jewels on hand paddles to show sparkle in the pool. Linda led a fun Halloween workout with small pumpkins: pitching them, holding them under the water, using them as kick boards. We learned how to have fun in workouts while still getting a good workout. We learned how to utilize volunteers to help our club grow. We learned that in all the things we heard to try to use one thing in the future.

We are grateful to Oregon for bidding on the SCM Zone Championship. There will not be a 2025 Championship (see below under Zone news). The 2026 SCM Championship will be held in January 2026 in Portland, OR. Many thanks to Paul Windrath for the work he is doing in Oregon.

As a reminder - start thinking about the 2026 Zone Championships. Schedule is: *SCY*: PN; *LCM*: open; *SCM*: OR; *OW*: UT.

Jill Wright, NW Zone Chair

Zone News

- Next Zone meeting – **Dec 1, 2025** – at **4:00 pm Alaska, 5:00 pm Pacific** and **6:00 pm Mountain**.
- The NW Zone SCM Championship scheduled to be held on **Nov 21-23, 2025** in Federal Way, WA was cancelled (due to rental agreement conflicts with USMS policy).
- The 2026 NW Zone SCM Championship is currently scheduled for **Jan 25, 2026** in Portland, OR – *still being finalized*

Report from At-Large Director (NW Zone)

USMS is still battling multiple legal challenges to our Eligibility Policy, as multiple states have now hit us on both sides of the aisle. Texas, Florida, California and New Jersey have all initiated actions against USMS, ranging from discrimination to fraud. The Board has had to approve additional legal fee appropriation to cover our fight in this battle. It appears at this point that Federal Way will no longer be available to host our future meets based on the revised policy against discriminating against trans-women.

The update to our sanction process is nearing completion, with the Beta version showcased at the recent Relay event in Kansas City. The feedback received was very positive from those sitting in on the review. We now have the ability to post meets on the USMS site with an “upcoming event” designation until the sanction can be completed.

The Board is also currently involved in setting the budget for 2026, establishing criteria and standards for modifying the rule book, and determining the future of One-Event swimmers for pool meets. While this is set up for open water, which is likely to remain an option, allowing this to be used in pool meets has created multiple issues. The benefit USMS has received from this option is overwhelmed by the drawbacks as a result of this policy.

Overall USMS membership numbers for 2026 are slightly behind our budgeted forecast. Much of this is due to the Eligibility issues we face nationally. Again, both sides of the issue are declining to register for USMS in the 2026 cycle, based on the feedback we are getting. Grown Up Swimming membership is up again in 2025-2026, and we project turning a profit on that venture in 2026. College Club Swimming (CCS) registrations are up as well.

Our next meeting is scheduled for Dec 15, 2025 at 4:30 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

Reports from LMSC chairs

Note: All membership data and officer information are from USMS website as of **November 29, 2025**.

Alaska

Membership 2025 – 2026 (to date): 73 members, 2 clubs, 7 workout groups under club AKMS
2025 (final): 269 members, 4 clubs, 8 workout groups under club AKMS
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:

- *Planned* - a dual sanctioned meet with the Alaska Swimming Senior Championships – **Jan, 2026** – Juneau, AK.
- 2026 SCY State Championship meet – weekend of **Apr 10** – Juneau, AK.

Notable news:

- Looking ahead to 2026, the individual clubs have decided to become workout groups under AKMS so there will just be one club going forward. 73 swimmers have already renewed for 2026.
- The LMSC had been looking at dual-sanctioning our Masters State Championship in conjunction with the Alaska Swimming Senior Championships in January, but the qualification times presented some logistical issues. The plan is to still dual-sanction the meet in January in case anybody had already made travel plans, but our State Championship meet will be held in Juneau the weekend of April 10.

Inland Northwest

Membership 2025 – 2026 (to date): 133 members, 11 clubs, no workout groups
2025 (final): 474 members, 12 clubs, no workout groups
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 **Inland Northwest Y Meet** was held Nov 1, 2025 at Whitworth University, Spokane, WA with 61 swimmers
- Velocity Masters Winter Open (SCY) – **Jan 10, 2026** –Wenatchee, WA.
- 2026 Kroc Masters February Flurry Swim Meet and Clinic (SCM) – **Feb 20 - 21, 2026** –Coeur d’Alene, ID – info [here](#)
- SCY Meet – **early Mar, 2026 (tbd)** – Spokane, WA
- INW Championships (SCY) – **Apr 18, 2026** – Moscow, ID.

Montana

Membership 2025 – 2026 (to date): 62 members, 2 clubs, 4 workout groups under club BSMT
2025 (final): 210 members, 2 clubs, 4 workout groups under club BSMT
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>Jennifer Turchin</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:

- Teddy Bear Meet (SCY) – **Dec 13-14, 2025** – Butte MT
- Ed Kellner New Years Eve Mile Swim – **Dec 31, 2025** – Helena MT
- 2026 Montana SCY Championships – **Mar 14-15, 2026** – Butte, MT

Oregon

Membership 2025– 2026 (to date): 348 members, 5 clubs, 28 workout groups under club OREG
2025 (final): 1,335 members, 5 clubs, 28 workout groups under club OREG
2024 (final): 1,290 members, 5 clubs, 30 workout groups under club OREG

Elected Officers

Chair	<i>Vacant</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 **2025 GACC Summer Sunshine Meet** (SCM) was held Aug 23, 2025 in Camas, WA with 60 swimmers.
- The **Nationwide Pentathlon Championship** (LCM, SCM, SCY) scheduled for Oct 24-26, 2025 in Bend, OR was unfortunately cancelled due to low number of entrants.
- The **PAC SCY Thanksgiving Splash Meet** (SCY) was held Nov 2, 2025 in Portland, OR with 62 swimmers.

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

- Clark County YMCA Christmas Meet (SCY) – **Dec 14, 2025** – Vancouver, WA. *Entry deadline: Dec 8, 2025.*
- NW Zone SCM Championship – **Jan 25, 2026** – Multnomah Athletic Club, Portland, OR. *Entry deadline: Jan 19, 2026.*
- Oregon City Spring Forward SCM Meet– **Mar 7-8, 2026** – Oregon City, OR. *Entry deadline: Mar 2, 2026.*
- OMS Association SCM Championship – **Apr 18-19, 2026** – Hood River, OR. *Entry deadline: Apr 6, 2025.*

Certifications/Clinics

- The USMS Coaches Certification (Level 2 and 3); Clinic Course for Coaches; USMS Stroke Development Clinic and ALTS Instructor Certification that were held on **Nov 15-16, 2025** in Camas, WA were well attended from both Oregon LMSC and further afield. Final attendance numbers (with Oregon attendees in parentheses) were:

ALTS:	38 (27)
Coaches Level 2:	28 (11)
Coaches Level 3:	16 (10)
Clinic Course for Coaches:	8 (2)
Stroke Development Clinic:	34 (26)

- In our continuing efforts to support our members and reduce reserves, Oregon LMSC members who successfully completed the ALTS Certification and Coaches Certification courses are eligible to receive reimbursement of registration fees at 100% (for ALTS) and 50% (for Coaches courses).

Notable news:

- The Oregon LMSC Chair position is currently vacant following the resignation of Marisa Frieder after USMS announced its transgender decision.
- After a 3 year hiatus, the Oregon AquaMaster is publishing again using Constant Contact.
- Oregon was well represented at Relay 2025 by **Paul Frentsos** (new attendee), **Christina Fox**, and **Tim Waud** with Tim Waud being a presenter for one session.

Pacific Northwest

Membership: 2024 – 2025 (to date): 487 members, 8 clubs, 20 workout groups under club PSM
2025 (final): 2,040 members, 15 clubs, 20 workout groups under club PSM
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>
Club and Team Development	<i>Sally Dillon</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 **BAMFest (SCY)** was held Oct 12, 2025 on Bainbridge Island, WA with 132 swimmers
- The **SAM Invitational (SCY)** was held Nov 9, 2025 in Snohomish, WA with 165 swimmers
- The **PSM SCM Zone Championships** scheduled for Nov 22-23, 2025 in Federal Way, WA was cancelled due to rental agreement conflicts with USMS policy.

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

- 8th Annual BC Masters Mile (SCM) – **Feb 1, 2026** – Snohomish, WA
- Anacortes Swim Meet (SCY) – **Mar 8, 2026** – Anacortes, WA.

Notable news

- In the Weyerhaeuser King County Aquatic Center (WKCAC)/WA State/King County transgender issue, there is no resolution so far to the conflict between USMS policy and WA State/King County policy which is part of the facility agreement for WKCAC (Federal Way). Information and contacts have been forwarded to Dawson Hughes, but there are no updates to date on the situation.

Snake River

Membership 2025 – 2026 (to date): 46 members 2 clubs, no workout groups
2025 (final): 138 members, 3 clubs, no workout groups
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/Notable news

- The **Southwest Idaho Senior Games** were held Aug 23, 2025 in Meridian, ID with 26 swimmers (10 USMS participants)
- The **Spooky in Nampa Masters SCY Meet** was held Oct 16, 2025 in Nampa, ID with 19 swimmers from 4 teams.
- I Love Boise SCY Meet (SCM) – **Feb, 2026 (tbd)** – Boise, ID.
- The West YMCA Aquatic Center re-opened **Nov 21** to the cheers of many swimmers, both USMS registered and lap swimmers alike.

Utah

Membership 2025 – 2026 (to date): 95 members, 14 clubs, no workout groups
2025 (final): 437 members, 16 clubs, no workout groups
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 /upcoming events

- The **Huntsman World Senior Games** (SCM) were held Oct 8-10, 2025 in St. George, UT with 208 swimmers
- The **South Davis Masters Annual Veteran's Day Meet** (SCY) was held Nov 8, 2025 in Bountiful, UT with 113 swimmers
- QUAC Ski-N-Swim Meet (SCM) – **Feb 27-Mar1, 2026** – Salt Lake City, 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>