



Northwest Zone Chatter

October, 2011

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

Chair – Wes Edwards: wesedwards.backstroker@comcast.net

Treasurer – Sarah Welch: sarahwelch@comcast.net

Webmaster – Hugh Moore: swimmoore@comcast.net

USMS at-large Director representing Northwest Zone - Hugh Moore: swimmoore@comcast.net

Zone Event Rotation Schedule:

2012

SCY Meet – Open for bid to other than OR and PN.

LCM Meet – Open for bid to other than OR.

Open Water – Utah.

SCM Meet – PN.

2013

SCY Meet – OR.

LCM Meet – OR.

Open Water – AK.

SCM Meet – Open to other than OR and PN.

The 2012 SCY and LCM Meet Bid Packets are attached to this newsletter and posted on the zone website. 2012 SCY Meet bids should be submitted no later than January 1st to ensure an announcement by January 15th, as specified in zone policies. It's not too soon to start planning for next year!

Convention Funding Schedule for Small LMSC Delegates:

Northwest Zone Policy provides funding to send delegates from three small LMSCs to the USMS Convention each year. Selection is based solely on a rotation schedule specified in the policy.

2012 - Greensboro, NC

Alaska, Inland Northwest, and Montana

2013 – Anaheim, CA

Snake River, Utah, and Alaska

2014 – Jacksonville, FL

Inland Northwest, Montana, and Snake River

Make sure your LMSC is prepared to send a delegate to convention, whether or not Zone funding is available. Contact Wes if you want more information on alternate sources of funding.

Next Zone Conference Call:

Sunday, December 18, 2011, 6:00 PM Pacific Standard Time.

Poolside Chat with the Chair:

Register your Club NOW

The USMS Club registration period is open right now. In order for your club members to register with your club beginning November 1st with the opening of the 2012 individual registration period, your club needs to be registered before then. Here is the online link for USMS 2012 club registration:

<https://www.clubassistant.com/club/club.cfm?lmscid=37&clubid=1384>

2012 Zone Meet Bids

Preference will be given to bids from other than OR and PN for the 2012 SCY Zone Meet. For the 2012 LCM Zone Meet, bids from other than OR will be considered first. If no bids are received for the 2012 LCM Zone Meet, the meet will default to Oregon. Bid documents for both meets may be found at the end of this edition.

USMS Committees

The Northwest Zone is privileged to have several of its members serving as USMS Committee Chairs. Sally Dillon chairs the Awards and Recognition Committee, Kathy Casey chairs the Rules Committee, and Jane Moore chairs the Sports Medicine and Science Committee. Sandi Rousseau is the Vice Chair of the Championship Committee and Sarah Welch is Vice Chair of Finance. In addition, upcoming committee appointments will result in two more committees chaired by Northwest Zone members – the LMSC Development Committee and the Long Distance Committee. Look for those announcements soon!

USMS Discussion Forums

Use of the Northwest Zone Discussion Forum remains light. Please remember to share important events and announcements with the rest of the Zone by posting them on the Zone Discussion Forum.

The more we keep the lines of communication open within the zone, the stronger we'll be.

USMS Calendar of Events

Don't forget to add your meets and open water events to the USMS Calendar of Events on the USMS website. It's a great tool to provide information about your meet to those outside your LMSC. The process is easy. I strongly recommend assigning the task of posting your events to the calendar to the LMSC Sanctions person as part of the sanctioning process.

USMS Coaching Certification Clinic, Oct 21-22 – Seattle, WA

US Masters Swimming will be offering the USMS/ASCA Coaches Training in Seattle October 21-22. This is the chance for you and your coaching colleagues to complete the first two levels of the new USMS coaches training program right here in the Northwest. This training is for all levels of Masters coaches. You will be given information on how correct strokes, how to write a workout and a season plan. Don't miss out on this opportunity! The cost is \$70 for each level separately and \$120 for both levels. The training is located a short walk from Seattle's 'new' light rail station which comes from the airport. Free parking is available for those who drive. Here is the online sign-up/registration link:

https://www.clubassistant.com/club/form/usms_verify.cfm?form_type=Event%20Registration&c=1534&cid=52402

Wes

Northwest Zone at 2011 USMS Convention:



New Delegates from the Northwest Zone attending this year's USMS Convention include L-R: Mark Braun (OR), April Robinson (OR), Alan Kirpes (IW), Lo Knapp (UT), Ken Winterberger (AK), and Rich Siebert (PN)

Six new delegates joined 18 veteran Northwest Zone delegates at the USMS convention in Jacksonville, FL Sept 14-18. The minutes from the Zone Meeting at Convention are attached to this newsletter.



The Northwest Zone delegation immediately after the US Aquatic Sports banquet on Saturday, Sept 18th

Northwest Zone Results:

CAST Classic Open Water Swim - The Inland Northwest's Best Kept Secret



L-R: Paige Buehler, Matt Bronson, Rick Edge, Marcos Donolo, James Adams, Jennifer Korfiatis and Steve McGeehan.)

After the cool spring and early summer that accounted for a 56 degree lake on June 26th for the Ironman Coeur d'Alene, Masters swimmers were delighted to jump into the 71-degree Lake Coeur d'Alene to compete in one of three races at the 2nd annual CAST Classic.

Participants could choose from a 2.5 km, 5 km or 10 km race depending on how many times they wanted to circle the 2.5 km course. Not only was the lake warm but it was clear all the way to the bottom for 80% of the course. Plenty of safety craft kept everyone where they needed to be and there was plenty of hospitality food to greet us when we got out of the water, including Red Vines! Embroidered towels were presented to the top 3 finishers in Men's/Women's for each length of course.

Sitka Sound Adventure Swim – August 14th



Post Race Photo of Participants by Roberta White



Overall 10K Winner Matt Dixon with Stephanie Lozano (kayaker). Photo by Angela McGraw



Stellar Sea Lions in Alaska are just a bit larger and more intimidating than California Sea Lions!
(Photo by Angela McGraw)



Northwest Zone Upcoming Events:

2011 Zone Championship Events

The rotational schedule of Zone Championship events is included in the Northwest Zone Policies, which can be found and reviewed on the Northwest Zone website:

Short Course Meters Meet

Oregon LMSC will host the 2011 SCM Zone Meet November 5-6, 2011 at Tualatin Hills Aquatic Center in Beaverton, OR. The online entry form is available on the Oregon Masters and Northwest Zone websites, and should be available on your LMSC calendar as well. Here is the link to it:

https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3227

October 22nd - Spokane Waves "Sink or Swim" Meet

1:30pm meet start @ Whitworth University pool in Spokane, WA. The entry form can be found at www.inlandnwmasters.org.

November 13th – 3rd Annual Whidbey Island SCM Meet

Hosted by the North Whidbey Masters at the John Vanderzicht Memorial Pool in Oak Harbor, WA. The online entry link is:

http://www.clubassistant.com/club/meet_information.cfm?c=1577&smid=3260

December 10th – Central Oregon Masters LCM All Around Challenge

The COMA All-Around Challenge: SCM Pentathlon and Brute Squad Meet will be held at the Juniper Swim & Fitness Center in Bend, OR on December 10th. Here is the online entry link:

https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3325

2012 Northwest Zone SCY Championship Meet Bid

Meet: 2012 Short Course Yards Championship

You may submit using any written method (mail, email, or attachment to email)

Name of Person submitting bid: _____

Phone: _____ Email: _____

LMSC: Alaska Inland Northwest Montana Oregon PNA Snake River Utah

Position in the LMSC _____

Does the LMSC support this bid? Yes No

Name of the club/team/group to host: _____

Has this group/team ever hosted a meet? Yes No
If yes, how many in the past five years? _____

Dates for the meet: _____

City & pool location of the meet: _____

Fee structure for the meet (remember to include the \$1.50 surcharge to return to the zone): _____

Who will profit from hosting this meet? _____

Will there be access to a meeting room for a zone meeting? Yes No

Please include information about the following:

1. Meet Details:
 - a. Schedule for the meet, including start times and warm-up, order of events, how the distance events will be run, seeding, and relay information. Include a preliminary entry form.
 - b. Please use NW Zone Championship order of events as outlined in the zone policies; included at the end of this form.
2. Pool Details:
 - a. Number of competition and warm up lanes.
 - b. Pool Temperature?
 - c. Pool measurements: include a copy of the completed measurement certification form or plan for measurement.
 - d. Describe the timing system to be used.
3. Meet Personnel:
 - a. Describe how timers, officials, safety marshals, and lifeguards will be supplied.
 - b. Are the officials USMS, USA or YMCA certified?
 - c. Describe the volunteer base that will be assisting with the meet.
4. Hospitality Details:
 - a. Describe the hospitality at the meet—will there be food and beverages provided, or for purchase.
 - b. Describe the lodging and dining information, including proximity to the pool, and price ranges.
 - c. Do you plan to host a social on Saturday evening? (If so please give a brief description)
5. Other information that might assist the NW Zone in making a decision.

The more information provided the better chance your organization will have in winning the bid.

Zone Chair, Wes Edwards 17214 SE 31st Street, Vancouver, WA 98683
503-460-7989 (before 10 pm please) • wesedwards.backstroker@comcast.net

2012 Northwest Zone SCY Championship Meet Bid Information

Order of Events and Format

1. Order of Events: The published order of events shall be as listed on the NW Zone Championship order of events noted in attachment A of the NW Zone Policies. The various orders of events based on quadrants shall rotate each year. Each quadrant shall be kept intact and any deviation from the quadrants must be approved in advance by a vote of the NW Zone LMSCs. If the Zone Championship and an LMSC Championship are held in conjunction, the Zone order of events shall take precedence, unless another order is approved by a vote of the NW Zone LMSCs. The required order of events for the 2012 NW Zone SCY Championships is included below.
2. Time Considerations: Meet hosts are encouraged to consider travel time for participants when scheduling the meet. Meet hosts should consider allowing significantly slower swimmers to swim through two heats in distance events to save overall meet time.
3. Distance Freestyle Events: During a pool championship, the 1000 & 1650 yard freestyles shall always be offered. At the discretion of the meet director, swimmers may be allowed to enter only one or both of the distances. Elimination of any one of these events must be approved in advance by a vote of the NW Zone LMSCs. One or both of the distance freestyle events may be offered on Friday night.
4. Individual Medley Events: Individual medley events may be fit into any of the possible spots. The 400 individual medley may be scheduled on Friday night. Individual medleys are separated from quadrants by relays & breaks (the break or relay may be before or after the individual medley).
5. Relays: Championship pool meets shall offer all relay distances. Upon a request by the meet director and approval by vote of the NW Zone LMSCs, the 400 or 800 relays may be dropped due to time constraints and pool availability. Relays can fit into any of the spots shown. Breaks may be scheduled before and/or after relays at the option of the host.
6. Warm-ups & Breaks: A second warm-up after early morning distance freestyle may be added. Entry forms should indicate, "Event ___ to begin no earlier than _____ a.m. or _____ p.m." A break may be scheduled before distance freestyle events at the end of the day.
7. Seeding: Pre-seeding or deck seeding at NW Zone Championships is at the discretion of the meet director. If the meet is to be deck seeded, it must so state on the entry form. If the meet is deck seeded, the event and heat number for each heat in the water must be displayed in a location easily seen by the participants. If the meet is deck seeded a heat sheet should be posted for each event prior to the swimming of the event. Events may be seeded slow-to-fast or fast-to-slow; however, all events within the meet must be seeded the same way.

Safety Marshals

Safety marshals shall be provided by the meet host. There shall be at least two marshals on deck during all warm-up sessions and one marshal observing warm-up lanes during competition. Marshals shall be familiar with warm-up and safety procedures (USMS and LSMC) and shall enforce such procedures throughout the course of the meet. Each marshal shall be easily identifiable as a safety marshal by an item of clothing or other means. Facility lifeguards may be trained to act as safety marshals.

Awards

The host LMSC of each NW Zone Championship is responsible for distributing awards for that event. The zone shall provide awards to the championship host at no cost.

Scoring

There shall be no LMSC, club or team scoring.

Meet Results

Ensure that meet results are posted and available to the Zone Chair within 10 days of its completion. Ensure that meet results are sent to the USMS Top Ten Recorder prior to the deadline of May 31, 2012.

Zone Forum

The host shall provide a meeting space near the pool for the NW Zone Forum on Saturday, one hour prior to the start of warm-ups or at another time as approved by the Zone Chair.

Order of Events for 2012 Northwest Zone SCY Championships

Plan	CC	Relays	Distance	IM
	Friday	Friday	Friday Distance	Friday IM
Quad #1	Saturday 50 Free 200 Fly 100 Back	Saturday	Saturday	Saturday
		(Break)		(Break)
		Relay		IM
				Relay
Quad #2	100 Free 50 Back 200 Breast			
		(Break)	(Break)	(Break)
		Relay	Distance	IM
				Relay
Quad #3	Sunday 200 Back 50 Breast 100 Fly	Sunday	Sunday	Sunday
		(Break)		(Break)
		Relay		IM
				Relay
Quad #4	200 Free 100 Breast 50 Fly			
		(Break)	(Break)	(Break)
		Relay	Distance	IM
				Relay

2012 Northwest Zone LCM Championship Meet Bid

Meet: 2012 Long Course Meters Championship

You may submit using any written method (mail, email, or attachment to email)

Name of Person submitting bid: _____

Phone: _____ Email: _____

LMSC: Alaska Inland Northwest Montana Oregon PNA Snake River Utah

Position in the LMSC _____

Does the LMSC support this bid? Yes No

Name of the club/team/group to host: _____

Has this group/team ever hosted a meet? Yes No
If yes, how many in the past five years? _____

Dates for the meet: _____

City & pool location of the meet: _____

Fee structure for the meet (remember to include the \$1.50 surcharge to return to the zone): _____

Who will profit from hosting this meet? _____

Please include information about the following:

6. Meet Details:
 - a. Schedule for the meet, including start times and warm-up, order of events, how the distance events will be run, seeding, and relay information. Include a preliminary entry form.
 - b. Please use NW Zone Championship order of events as outlined in the zone policies; included at the end of this form.
7. Pool Details:
 - a. Number of competition and warm-up lanes.
 - b. Pool Temperature?
 - c. Pool measurements: include a copy of the completed measurement certification form or plan for measurement.
 - d. Describe the timing system to be used.
8. Meet Personnel:
 - a. Describe how timers, officials, safety marshals, and lifeguards will be supplied.
 - b. Are the officials USMS, USA or YMCA certified?
 - c. Describe the volunteer base that will be assisting with the meet.
9. Hospitality Details:
 - a. Describe the hospitality at the meet—will there be food and beverages provided, or for purchase?
 - b. Describe the lodging and dining information, including proximity to the pool, and price ranges.
 - c. Do you plan to host a social on Saturday evening? (If so please give a brief description)
10. Other information that might assist the NW Zone in making a decision.

The more information provided the better chance your organization will have in winning the bid.

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3. Distance Freestyle Events: During a pool championship, the 800 & 1500 meter freestyles shall always be offered. At the discretion of the meet director, swimmers may be allowed to enter only one or both of the distances. Elimination of any one of these events must be approved in advance by a vote of the NW Zone LMSCs. One or both of the distance freestyle events may be offered on Friday night.
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5. Relays: Championship pool meets shall offer all relay distances. Upon a request by the meet director and approval by vote of the NW Zone LMSCs, the 400 or 800 relays may be dropped due to time constraints and pool availability. Relays can fit into any of the spots shown. Breaks may be scheduled before and/or after relays at the option of the host.
6. Warm-ups & Breaks: A second warm-up after early morning distance freestyle may be added. Entry forms should indicate, "Event ___ to begin no earlier than _____ a.m. or _____ p.m." A break may be scheduled before distance freestyle events at the end of the day.
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Awards

The host LMSC of each NW Zone Championship is responsible for distributing awards for that event. The zone shall provide awards to the championship host at no cost.

Scoring

There shall be no LMSC, club or team scoring.

Meet Results

The meet host must ensure that the meet results are posted and available to the Zone Chair within ten days of its completion. The meet host shall ensure that the results are forwarded to the USMS Top Ten Recorder prior to the deadline of August 31, 2012.

Zone Forum

The host shall provide a meeting space near the pool for the NW Zone Forum on Saturday, one hour prior to the start of warm-ups, or at another time approved by the Zone Chair.

Order of Events for 2012 NW Zone LCM Champs

Plan	A	Relays	Distance	IM
	Friday	Friday	Friday Distance	Friday IM
Quad #1	Saturday 200 Free 100 Breast 50 Fly	Saturday	Saturday	Saturday
		(Break)		(Break)
		Relay		IM
				Relay
Quad #2	200 Back 50 Free 100 Fly			
		(Break)	(Break)	(Break)
		Relay	Distance	IM
				Relay
Quad #3	Sunday 200 Breast 100 Free 50 Back	Sunday	Sunday	Sunday
		(Break)		(Break)
		Relay		IM
				Relay
Quad #4	200 Fly 100 Back 50 Breast			
		(Break)	(Break)	(Break)
		Relay	Distance	IM
				Relay

USMS Convention—Jacksonville, FL 2011

Committee Name: Northwest Zone	Session #: 1	Report #:
Committee Chair: Wes Edwards	Vice Chair:	
Minutes recorded by: Wes Edwards	Date/time of meeting: September 17, 2011 10:35 am	

Actions Requiring Approval by the HOD:

1. None.

Motions Passed:

1. MSA to revise Northwest Zone policy to specify a deadline for submitting reimbursement requests for convention expenses to the zone treasurer. The deadline will be January 1st, following the conclusion of convention.

Number of committee members present:	Absent:	Number of other delegates present:
Committee members present (list all, including chair and vice chair): Wes Edwards (Chair), Mark Braun, Bob Bruce, Paige Buehler, Kathy Casey, Sally Dillon, Jeanne Ensign, Alan Kirpes, Lo Knapp, Arni Litt, Donn Livoni, Hugh Moore, Jane Moore, Ginger Pierson, Walt Reid, April Robinson, Sandi Rousseau, Richard Siebert, Kelly Sharitt, Dennis Tesch, Sarah Welch, Kenneth Winterberger, Jill Wright.		
Others:		

Minutes

The meeting was called to order at 10:35am.

1. Introductions were completed.

OLD BUSINESS

2. 2011 Zone SCM Championship Meet: To be hosted by Tualatin Hills Barracudas in Beaverton, OR November 5-6, 2011. Entry information is available on the Zone website.
3. 2012 Zone SCY Championship Meet: Preference will be given to bids from other than OR and PN. The bid package is available on the Zone website.
4. 2012 Zone Championship Open Water Event: Scheduled to be hosted by Utah. They have tentatively selected a site and more information will be available next year.
5. 2012 Zone LCM Championship Meet: Preference will be given to bids from other than OR. If no bids are received, the meet will default to OR, who will host it as part of the Gil Young Memorial LCM Meet at Mt Hood Community College.
6. Zone Newsletter Update: Comments about the Zone newsletter were positive. The Zone Chair requested that more pictures and swimmer profiles be sent. It was suggested that the newsletter be sent to all LMSC Registrars for member-wide distribution and that the LMSC Chairs be copied as well.
7. Zone Conference Calls: The current schedule of conference calls will continue (Dec-March-June, 3rd Sunday of the month at 6:00 PM Pacific Time). The next conference call will be Sunday, December 18, 2011 at 6:00 PM Pacific Time.

NEW BUSINESS

8. Treasurer's Report: Sarah Welch (Treasurer) presented the zone financial report. All LMSC's have paid their zone surcharge and are up to date. It is not necessary to purchase awards at this time. MSA to approve the financial report.
9. MSA to include a deadline for convention reimbursement requests from delegates scheduled to receive Zone funding assistance. The deadline will be January 1st of the year following the convention.
10. After a brief discussion of the feasibility of continuing Zone funding assistance for small LMSC's, a sub-committee was appointed to research the issue and report back to the Zone Chair. The committee will be composed of Sally Dillon (PN), Sara Welch (PN), Dennis Tesch (UT) and Jill Wright (SR).

11. The concept of a Zone Open Water Series was briefly discussed and tabled after concerns about potential attendance and geographical limitations were raised.
12. In an effort to increase attendance at Zone championship events, the Chair strongly urged every LMSC to post and advertise each Zone event on the LMSC calendar and website, providing links to online registration pages and entry forms. Each of the LMSC delegates present agreed to do so.
13. PN will be hosting a USMS Coaching Certification clinic October 21-22 in Seattle. The online registration process is open. Each LMSC was encouraged to make the information available to their coaches and provide funding assistance if possible.

LMSC REPORTS

14. Alaska – \$14K Reserves. New Chair - Joanne Wainwright. 366 members and growing. 8th annual \$500 scholarship for graduating high school student to be given this Spring. Looking at Chena Lake for the 2013 Zone OW Event.
15. Inland Northwest – \$12K in reserves. 325 members.
16. Montana – Very little \$\$\$ in reserve.
17. Oregon – \$44K in reserves. 1000+ members. Hosting SCM Zone Meet in November. Major progress on separation of Clubs a LMSC Funds with Oregon Club Board and Bylaws. New website being developed.
18. Pacific Northwest – \$48K in reserves. 1500+ members. New website being developed. Hosting USMS Coaching Certification clinic Oct 21-22.
19. Snake River – \$6K in reserves. Hosted Zone OW event in 2011.
20. Utah – \$12K in reserves. 280 members. Working on transition from meets run by the LMSC Board to meets organized and run by the clubs.

ZONE CHAIR ELECTION

21. Wes Edwards was elected to another two-year term as the Northwest Zone Chair.

USMS COMMITTEE UPDATES

22. Paige Buehler summarized the latest news from the LMSC Development Committee.
23. Sally Dillon provided information about the USMS annual awards, with special emphasis on the Dorothy Donnelly award, and encouraged everyone to nominate someone from their respective LMSCs next year.
24. Pool Length and Venue Data Bases: Everyone was encouraged to submit information on these to USMS, helping to support a complete and accurate central data base available to everyone.

The meeting was adjourned at 12:08 pm.
