



## Northwest Zone Chatter

February, 2013

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

Chair – Tim Waud: [twaud@aol.com](mailto:twaud@aol.com)

Treasurer – Sarah Welch: [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)

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

Newsletter – Wes Edwards: [wesedwards.backstroker@comcast.net](mailto:wesedwards.backstroker@comcast.net)

USMS at-large Director representing Northwest Zone - Hugh Moore: [swimmoore@comcast.net](mailto:swimmoore@comcast.net)

### Zone Event Rotation Schedule:

#### **2013**

SCY Meet – OR.

LCM Meet – OR.

Open Water – Open to Bid.

SCM Meet – Open to other than OR and PN.

#### **2014**

SCY Meet – PN.

LCM Meet – Open to other than OR.

Open Water – IW.

SCM Meet – OR.

#### **2013-2014 Northwest Zone Meet Bids**

The next Northwest Zone Championship Meet open for bid will be the 2013 SCM Meet. Preference will be given to LMSCs other than OR and PN. In addition, Alaska will not be hosting the 2013 Open Water Championship event, so it is now

open to bid. In 2014, the LCM Meet will be open to bids from all LMSC's with the exception of OR. If no bids are received, the meet will default to OR. The bid forms and information for both pool meets and the open water event are available at the back of this issue.

## **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.

### **2013 – Anaheim, CA**

Snake River, Utah, and Alaska

### **2014 – Jacksonville, FL**

Inland Northwest, Montana, and Snake River

### **2015 – Kansas City, MO**

Utah, Alaska, and Inland Northwest

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

## **Next Zone Conference Call:**

**Sunday, March 17, 2013  
6:00 PM Pacific Standard Time**

## Poolside Chat with the Chair:



Hello Everyone!

I hope your training is going as planned.

The NW Zone Short Course Yard Championship Meet is being held March 22-24, 2013 in Gresham, Oregon. The Reynolds High School Swim Pool is very close to Mt. Hood Community College. We will be having an NW Zone Open Forum on Saturday morning at 7:00 am. I hope you will be able to attend this event.

The Alaska LMSC will not be hosting this year's Open Water Zone Championships. Consequently, this event is now open to any other LMSC's who would be willing to bid on it. Due to the possible increase in insurance coverage from USMS, many Open Water Events are uncertain at this time.

Our last Zone Conference call was cut short due to me scheduling the wrong time frame. My apologies for any inconvenience or confusion it may have caused. I will be sending out the Zone Meeting minutes from December 16, 2012 very soon.

The LMSC Development Committee has posted the scorecards on the USMS Forums for all of the LMSC's. It is my duty as your Zone Chair to review individual scorecards with LMSC Chairs and Vice Chairs. I would like to interview each LMSC via conference call and review your results. This process will take about 10

minutes, I am still working out the details of the interview process and I will keep you posted via email.

Please feel free to contact me at anytime with questions, concerns and suggestions. I am always willing to learn, listen and see how we can make our NW Zone even more outstanding.

Swim, Swam, Swum.

Tim Waud

NW Zone Chair

USMS Education Committee

## **Northwest Zone Upcoming Events:**

### Northwest Zone SCY Championship Meet

The Northwest Zone SCY Championship Meet will be hosted by Mount Hood Aquatics March 22-24, 2013 at the Reynolds Community Pool in Fairview, OR. The meet information and entry form is available on the Oregon Masters Swimming website calendar:

<http://www.swimoregon.org/calendar.php>

### Northwest Zone LCM Championship Meet

The Northwest Zone LCM Championship Meet will be hosted by Mount Hood Aquatics August 23-25, 2013 at the Mt Hood Community College Aquatic Center in Gresham, OR. When ready, the meet information and entry form will be available on the Oregon Masters Swimming website calendar:

<http://www.swimoregon.org/calendar.php>

These and other Northwest Zone meets and events can be found on the USMS Northwest Zone Discussion Forum via the following link:

<http://forums.usms.org/showthread.php?t=20089>

Thanks to Doug Jelen for providing the results of his exhaustive research of Northwest Zone Meets and posting them on the Northwest Zone Discussion Forum.

# 2013 Northwest Zone Open Water Championship Bid

Event: 2013 Open Water Championships

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 an Open Water event?  Yes  No

If yes, how many in the past five years? \_\_\_\_\_

Dates for the event: \_\_\_\_\_

Location of the event: \_\_\_\_\_

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

\_\_\_\_\_

Who will profit from hosting this event? \_\_\_\_\_

Will there be access to a suitable area for a zone forum?  Yes  No

Please include information about the following:

1. Event Details:
  - a. Schedule for the event, including start times and warm-up, order of events. Include a preliminary entry form.
2. Venue Details:
  - a. Projected Water Temperature?
  - b. Describe the timing system to be used.
3. Event Personnel:
  - a. Describe how timers, officials, safety marshals, and support craft will be supplied.
  - b. Are the officials USMS, USA or YMCA certified?
  - c. Describe the volunteer base that will be assisting with the event.
4. Hospitality Details:
  - a. Describe the hospitality at the event—will there be food and beverages provided, or for purchase?
  - b. Describe the lodging and dining information, including proximity to the venue, and price ranges.
  - c. Do you plan to host a social? (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, Tim Waud 715 Jefferson Street, Oregon City, OR 97045**  
**503-341-3152 (before 10 pm please) • [twaud@aol.com](mailto:twaud@aol.com)**

## **2013 Northwest Zone Open Water Championship Bid Information**

### **Event Format and Rules**

1. The NW Zone Open Water Championships shall be held between June 15 and Labor Day inclusive.
2. The championship event shall be a distance from 1500 meters to 2 miles.
3. Wet suits may be allowed at the discretion of the meet director. If awards are given to wet suit competitors they shall be awarded separately from those for non-wet suit competitors. Any published results or records must clearly indicate which swimmers wore wet suits.
4. The event host shall determine awards, which may include NW Zone ribbons. Individual awards shall be available for at least three places in each age group. Additional awards beyond three places may be given and shall be at the discretion of the event host.
5. The event host shall pay the NW Zone a surcharge of \$1.50 per swimmer entered in the NW Zone Open Water Championship. This fee may be waived if the event is held in conjunction with a USMS National Open Water Championship event.

### **USMS Sanction**

The LMSC hosting the event shall be responsible for obtaining the USMS sanction for the event, and will be responsible for any USMS surcharges associated with the sanction.

### **Safety Plan**

The event host shall provide a safety plan in compliance with USMS Open Water event standards and guidelines.

### **Awards and Scoring**

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. There shall be no LMSC, club or team scoring.

### **Meet Results**

Ensure that event results are posted and available to the Zone Chair within 10 days of its completion.

### **Zone Forum**

The host shall provide a meeting space near the venue for the NW Zone Forum on the day of the event, two hours prior to the start of the event or at another time as approved by the Zone Chair.

## 2013 Northwest Zone SCM Championship Meet Bid

Meet: 2013 Short Course Meters Championships

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, Tim Waud, 715 Jefferson Street, Oregon City, OR 97045  
503-341-3152 (before 10 pm please) • [twaud@aol.com](mailto:twaud@aol.com)**

## 2013 Northwest Zone SCM Championship Meet Bid Information

### Entry Fee

Ensure that your entry fee covers the Northwest Zone meet surcharge of \$1.50 per swimmer entered in the meet.

### 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 2013 Northwest Zone SCM Championships is included below (Plan C).
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 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, if you choose.
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 December 31, 2013.

### **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 2013 Northwest Zone SCM Championships

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

## 2014 Northwest Zone LCM Championship Meet Bid

Meet: 2014 Long Course Meters Championships

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.

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## 2014 Northwest Zone LCM Championship Meet Bid Information

### Entry Fee

Ensure that your entry fee covers the Northwest Zone meet surcharge of \$1.50 per swimmer entered in the meet.

### 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 2013 Northwest Zone LCM Championships is included below (Plan C).
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 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, if you choose.
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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

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### **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 September 30, 2014.

### **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 2014 Northwest Zone LCM Championships

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