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2023 | February 9



**COLONIES  
ZONE**

**Championship Meet Entries are Open!**

**Colonies Zone SCY Championship**  
Rutgers University, Piscataway, NJ  
April 14-16, 2023



Join us April 14-16 for the [2023 Colonies Zone Short Course Yards Championship](#) at Rutgers' Sonny Werblin Recreation Center in Piscataway, New Jersey.

This 2.5-day event is centrally located within the zone and promises to be the northeast and mid-Atlantic states' premier Masters Swimming meet of 2023. All individual and relay SCY events will be offered. The facility is handicap-accessible.

**Enter early!** Entries close Thursday, April 6, at 11:59 p.m. ET or earlier upon reaching 600 swimmers. The popular 1650 & 1000 freestyle events on Friday have entry caps.

Rally your teammates to compete for the **Championship Awards** and bragging rights bestowed on the top-scoring clubs in Large, Medium, and Small team-size divisions. Meet info: <https://bit.ly/colonies-scychamps23>

Rutgers University Swimming & Diving is the meet host and beneficiary.

Thank you Rutgers' aquatics staff, Meet Director Ellen Mace and John Lister at [BeSmart Inc.](#), Colonies Zone Vice Chair & PV LMSC Chair Jeremy Gross, NJ LMSC Sanctions Chair Jen Bauman and Top Ten Recorder Ed Tsuzuki, and Anna Lea Matysek at [Club Assistant](#) for bringing this zone championship to fruition.

[Enter Colonies Zone Meet](#)

**USMS Spring National Championship**  
Woollett Aquatic Center, Irvine, CA  
April 27-30, 2023



Entries are open for the [2023 USMS Spring \(Short Course Yards\) Nationals](#), April 27-30, at the William Woollett Jr. Aquatic Center in Irvine, California. Entries close Monday, April 3, at 11:59 p.m. PT.

[Spring Nationals Website](#)

## Meets of Interest

- [2/11: Carol Chidester Memorial Swim Series Meet #5](#) (Severna Park, MD)
- [2/11: David Gregg III Memorial Meet](#) (Richmond, VA)
- [2/12: Delaware Valley LMSC Upper Perk Valley Y Masters Meet](#) (Pennsburg, PA)
- [2/12: The GYM February Meet](#) (Goffstown, MA)
- [2/12: Canandaigua Sawbwellies Masters Invitational](#) (Canandaigua, NY)
- [2/23-2/26: SC SCY State Championship](#) (Myrtle Beach, SC)
- [3/4: Katie Grauman Grier Club Tribe Masters Classic](#) (Williamsburg, VA)
- [3/4-3/5: MD Winter Distance Meet](#) (Baltimore, MD)
- [3/5: March Madness Mini Meet](#) (East Meadow, NY)
- [3/12: Delaware Valley LMSC SCY Championship](#) (Fort Washington, PA)
- [3/17-3/19: St. Patrick's Day Weekend Masters Meet](#) (Milton, MA)
- [3/18: Albatross Open SCM](#) (North Bethesda, MD)
- [3/19: Carol Chidester Memorial Swim Series Meet #6](#) (Annapolis, MD)
- [3/26: Binghamton University Masters Swim Meet](#) (Vestal, NY)
- [3/31-4/2: New England LMSC SCY Championship](#) (Worcester, MA)
- [4/1: Metropolitan SCY Champs at AGUA Masters](#) (New York, NY)
- [4/1-4/2: North Carolina SCY Championship](#) (Cary, NC)
- [4/14-4/16: Colonies Zone SCY Championship](#) (Piscataway, NJ)
- [4/15: Spring Fling SCY Masters Swim Meet](#) (Saratoga Springs, NY)
- [4/22: Jason Troiano Memorial Swim Meet](#) (Yonkers, NY)
- [4/20-4/23: YMCA National Masters Meet](#) (Ft. Lauderdale, FL)
- [4/27-4/30: USMS Spring \(SCY\) National Championship](#) (Irvine, CA)
- [4/30: Bill Heebner Memorial Winter Freeze Masters Meet](#) (Phoenixville, PA)
- [5/26-5/28: Speedo Canadian Masters Championships](#) (Calgary, AB)
- [6/25-6/30: IGLA Championships](#) (London, UK)
- [7/15-7/16 \(Tentative\): Colonies Zone LCM Championship](#) (Hampton, VA)

8/2-8/6: [USMS Summer \(LCM\) National Championship](#) (Sarasota, FL)

8/2-8/11: [World Aquatics Masters Championships](#) (Kyushu, JPN)

11/4-11/9: [Gay Games 11](#) (Hong Kong, CN)

## USMS Event Calendar

## 2023 USMS Education Weekends



### Coach Development Weekend New Providence, NJ

*Saturday classes are consecutive.  
Sunday classes are simultaneous.*

#### Saturday, March 25

[Level 2 Coach Certification Course](#)  
[Level 3 Coach Certification Course](#)  
[Clinic Course for Coaches \(Pt. 1\)](#)

#### Sunday, March 26

[Clinic Course for Coaches \(Pt. 2\)](#)  
[Swimmer Stroke Development Clinic](#)

**Instructor:** Bill Brenner

Course entry caps apply. New Jersey LMSC members can apply for scholarships.

[NJ Schedule](#)



### Boston Education Weekend Greater Boston, MA

*Saturday classes are consecutive.  
Sunday classes are simultaneous.*

#### Saturday, October 14, in Natick

[Level 2 Coach Certification Course](#)  
[Level 3 Coach Certification Course](#)  
[Clinic Course for Coaches \(Pt. 1\)](#)

#### Sunday, October 15, in Milton

[Clinic Course for Coaches \(Pt. 2\)](#)  
[Swimmer Stroke Development Clinic](#)  
[ALTS Instructor Certification Course](#)

**Instructors:** Bill Brenner, Mel Goldstein, Bill Meier

Course entry caps apply. The New England LMSC is offering partial course subsidies to its members.

[Boston Schedule](#)

See more resources for coaches at [USMS Coach Central](#)

## Colonies Zone Records Updated





Virginia LMSC Top Ten Recorder Chris Stevenson has updated the Colonies Zone short course yards (SCY) and long course meters (LCM) records for the year ended 2022. Webmaster Ray Novitske has posted these downloadable records files to the [Colonies Zone website](#) in PDF and Hy-Tek Meet Manager formats.

Colonies Zone short course meters (SCM) records through 2022 will be updated soon.

Individual zone records represent the fastest swims achieved by Colonies Zone members at any USMS or World Aquatics-sanctioned meet. Championship zone records represent the fastest swims achieved by any member of USMS or another World Aquatics recognized governing body at a Colonies Zone championship meet.

[Access Zone Records](#)

## 2023 Colonies Zone Service Award

### Nominations Close July 10 at 11:59 p.m. ET

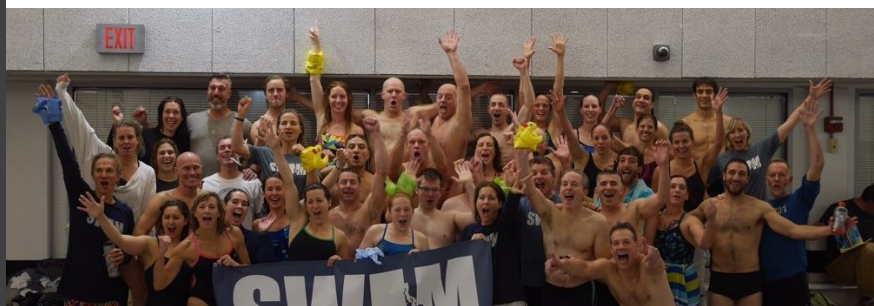


The **Colonies Zone Dorothy "Dot" Donnelly Service Award** honors USMS members who exemplify *Dot's spirit and love of the sport* by participating in and working to further Masters Swimming in their LMSC and the Colonies Zone.

This zone award is separate from the similarly named national award presented by the USMS Recognition & Awards Committee.

[Online Nomination Form](#)

## Club & Event Development Programs







USMS has introduced a new **Club Development Grant Program** to help clubs expand their capacity at current and/or new facilities.

**Who is eligible?**

- USMS clubs interested in growth.
- Aquatics facilities with a plan to start a USMS club.
- Coaches interested in starting a new USMS club at an identified facility.
- USA Swimming clubs.
- Unrenewed or lapsed USMS clubs.

At this point, this program is flexible and USMS would entertain various scenarios for building Masters Swimming programs that are projected to become financial viable and sustainable within the first six months of operation.

[Program Details](#)

[USMS Club Central](#)



The **USMS Event Development Program** provides various resources, including financial grants, to help start new events and grow existing events.

**Who can apply?**

- Clubs interested in hosting a meet, open water swim, or fun swimming event.
- Aquatics facilities interested in better utilizing their space and increasing revenue.
- Prior swimming events rebuilding or restarting since the pandemic.
- Event directors interested in growing a current event or starting a new one.

[Program Details](#)

## USMS Member & Volunteer Resources

[Membership Benefits](#)

[Join / Renew Membership](#)

[Volunteer Central](#)

U.S. Masters Swimming is divided into eight zones across the country. The Colonies Zone consists of 10 Local Masters Swimming Committees covering the northeast and mid-Atlantic states. These LMSCs are volunteer-run, nonprofit subordinates of USMS that serve as the regional governing bodies in their respective jurisdictions for USMS-registered clubs, workout groups, swimmers, coaches, and officials.