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Interested in Developing an Event to Host or Ideas to Improve an Event?

USMS will host **Relay** 2026 Sept. 25–27 in Denver. The theme of this year's Relay is event development, with engaging sessions on examples of successful events, economic sustainability, nontraditional meet formats, event sanctioning, building community, dual sanctioned events, adding pizzaz, building an event, Grown-Up Swimming, and how LMSCs can help led by expert presenters.

Who should attend: team and club reps or coaches who are interested in successfully hosting events, improving events they already host, facilities directors, LMSC Board Members involved with events.

PNA and USMS cover expenses (shared room, additional charge for a private room).

More information is [HERE](#).

The application to attend is [HERE](#), due July 12.

New Free Tool Analyzes Your Meet Results - Just Input Your USMS ID

Openlane is a free tool created by PNW swimmers **Jennifer Tran of ORCA** and **Yawei Hao of Mercer Island Redwoods** that helps USMS swimmers analyze their performance and meet results in depth.

By entering their USMS ID, swimmers access a personalized dashboard that tracks all of their meet times, including overall and age-group personal bests,

event progression, percentile rankings and motivational times among USMS swimmers, events in which they achieve NQTs, Olympic Time Machine comparisons, and much more.

New since our last update: swimmers can now explore [Legendary Sets](#), a collection of iconic workouts from Olympic coaches and athletes organized by stroke and distance, and Swimmers to Follow, a curated list of swimmers with aspirational and comparable performances in their top events.

NEW: Test Drive a Position on the PNA Board!

Have you thought about giving back to swimming by serving on the PNA Board, but were unsure exactly what that entails? We have a solution for that: The PNA Test Drive program.

This brand-new program is open to USMS members registered in the Pacific Northwest LMSC (PNA). You can be on any PNA Club, Team, or unattached. The program provides a way to 'test-drive' serving on the PNA board.

More information is [HERE](#)! Apply today! We would love to welcome new people to the PNA Board.

Upcoming Clinics & Events

1. July 19 - [Chad Hagedorn Memorial Swim 2026](#)
2. July 25 - [Fat Salmon Annual Open Water Swim \(3.2 miles\)](#) - Sold Out
3. July 26 - [WA State Senior Games](#)
4. [More open water events](#)
5. [Oct 11 - BAMFest 2026](#) - more info to come
6. [Nov 8 - SAM Invite 2026](#) - more info to come
7. [Nov 21-22 - PSM/PNA Short Course Meter Champs](#) - more info to come



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