

2016 Pacific Northwest Swimming Open Water Championships/Last Gasp of Summer

Saturday, Sept 17, 2016 - Angle Lake, Seatac, WA

Sponsored by Pacific Northwest Swimming, Blue Wave Aquatics, and Fife Area Swim Team

Sanctioned by Pacific Northwest Swimming – Sanction No.

EVENT: The last open water swim of the 2016 season...

Swim one or two miles in Angle Lake, located near Seatac Airport. The lake temperature averages in the high 60's in mid-September.

RACE-DAY SCHEDULE (Sept 19, 2015):

8:30 – 9:30 am	Pre-Race Check-in for ALL races
9:45 am	Mandatory Meeting for ALL swimmers
10:10 am	Chip check-in and warmups
10:30 am	Start of 2 Mile Race
10:40 am	Start of 1 Mile Race
11:30 am	start of 9-12 500 race (as 2 mile swimmers clear)
12:00 pm	Picnic and Awards

Meet Director: Mike Murphy swimoff1@gmail.com

Co-meet Director: Wendy Neely wendymal@mac.com

Meet Ref: Connie Sholdra sholdras@yahoo.com

LOCATION: Angle Lake Park – 19408 International Blvd
Seatac, WA 98148

Angle Lake is an L shaped community lake in the heart of Seatac, about 1 mile south of Seatac Airport. The park has a large beach and picnic area. Restrooms and changing areas are available.

RULES: Current USA swimming rules will govern this event. Swim attire is covered in US swimming rules & regulations. Fins, pull buoys, pacers, wetsuits, snorkels, mp3 players are examples of things NOT allowed .

SAFETY: The course will be marked with large buoys. Kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start. More at:

<http://www.LastGaspofSummer.com/safety.aspx>



AWARDS: Participation gift to all swimmers. 1st place award to the following winners:

- Male & Female 500 sprint (12 & under)
- Male & Female 1 Mile (11-12, 13-14, 15 & over)
- Male & Female 2 Mile (13-14, 15 & over)

QUALIFICATIONS: Swimmers must have a 500 yards /400 meters free time verifiable in the SWIMS database that is faster than the times below:

- 9-10 year olds: 8:00 (yards), 7:15 (meters)
- 11-12 year olds: 7:00 (yards), 6:15 (meters)

To swim in the 1 or 2 mile races, swimmers must have a verifiable time in the SWIMS database for a 500/400 free that is faster than the times below:

- 6:30 (yards), 5:45 (meters)

ELIGIBILITY:

- Currently registered with United States Swimming & member of Pacific Northwest Swimming.
- Age Groups will be determined by age on race day.

REGISTRATION

TO REGISTER:

Fill out the attached registration form and mail it with payment to the address below by September 13th, 2016

FEES: \$30

Blue Wave Aquatics
PO Box 24083
Federal Way, WA 98093

Open water registrations are non-refundable and non-transferable

QUESTIONS? <http://www.LastGaspofSummer.com>

Mike Murphy swimoff1@gmail.com **Wendy Neely** wendymal@mac.com

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DIRECTIONS:

From I-5: Take the South 188th St exit (#152); drive west 1 mile; turn left onto International Blvd (aka Pacific Highway South); drive south .5 miles; turn left on South 195th St into the park. Plenty of free parking.

Mail Entry form below by September 13, 2016 to:

Blue Wave Aquatics
PO Box 24083
Federal Way, WA 98093

First Name: _____ Middle Name: _____ Last Name: _____

Birthdate: _____ Circle: Male/Female

Team Name: _____

Circle Distance Participating in: 500 yds (9-12 athletes only) 1 Mile 2 Mile

Best 500 free time: _____

Contact Phone Number: _____

Contact E-Mail: _____

THE FOLLOWING STATEMENT MUST BE SIGNED by a representative from the abovementioned club.

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc

Club Rep signature _____ Print Name: _____ Date: _____