



**2017 Last Gasp of Summer
Open Water Swim**

**USMS Sprint Distance
Open Water Championship, 1 Mile
1 and 2 Mile Events
September 23rd, 2017**

**Sanctioned by PNA for USMS 367-W004
Hosted by: Blue Wave Aquatics**

LOCATION: Angle Lake Park 19408 International Blvd, SeaTac, WA 98148

COURSE: The course is a rectangular course. One mile swimmers swim one lap two mile swimmers swim two laps. The lake temperature averages in the high 60's in mid-September.

USMS SPRINT DISTANCE OPEN WATER CHAMPIONSHIP, 1 MILE

CHECK-IN: Sprint Distance check-in will open at 7:30 am. No late check-ins will be allowed.

TIMELINE:

7:30 am	Check-in opens
8:30 am	MANDATORY Safety Meeting
8:45 am	Chip check-in and warmups
9:00 am	START Sprint Distance

TIME LIMIT: The course will be swept at 50 minutes. Swimmers who cannot swim one mile in 50 minutes should not sign up for the Sprint Distance.

ELIGIBILITY: Open to all 2017 registered Masters swimmers (USMS or FINA) 18 and above as of December 31st, 2017.

REGISTRATION: Online registration only, no paper entries. USMS membership is available during the online registration process. No day of race entries, no USMS one day membership allowed. Online registration closes 11:59 pm PDT on Thursday, September 21st or sooner if the race is sold out.

RULES: Current USMS rules will govern this event. No wetsuit allowed, no additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).

AWARDS: Top six place winners in each age group will receive a national championship medal or other appropriate award approved by the Long Distance Committee chair.

NOTES: When you register for the Sprint Distance you may register for the one mile (wetsuit or no-wetsuit), two mile (wetsuit or no-wetsuit) or Julie Montiel Fun Swim for no additional charge.

ONE MILE, TWO MILE AND JULIE MONTIEL FUN SWIM

CHECK-IN: One mile, Two mile and Julie Montiel Fun Swim check-in will open at 9:00 am. No late check-ins will be allowed.

TIMELINE:

9:00 am	Registration and check-in opens
10:15 am	MANDATORY Safety Meeting
10:40 am	Chip check-in and warmups
11:00 am	START USA 2 Mile Swim
11:05 am	START USMS 2 Mile Swim
11:10 am	START USA 1 Mile Swim
11:15 am	START USMS 1 Mile Swim

11:20 am

START 1 Mile Julie Montiel Fun Swim

START USA 500 Meter swim when the course is clear

ELIGIBILITY: Open to all 2017 registered Masters swimmers (USMS or FINA) 18 and above as of December 31st, 2017. Competitors not registered may either register, for USMS, or pay the USMS one day membership fee of \$20.00. Non-PNA USMS registered swimmers **must** submit a copy of their 2017 registration card to the race registrar.

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).

RULES FOR THE JULIE MONTIEL FUN SWIM: Fins, snorkels, mask and safety buoy is allowed. Hand Paddles are NOT allowed. This swim is not an official USMS timed swim and your times will not be eligible for submission.

AWARDS: Participation gift for all swimmers. 1st place award to top men and women finishers in each age group in each event. Overall award to man and woman in each event.

ALL EVENTS

SAFETY: The course will be marked with large buoys. Fire Dept. power boat, 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>.

TIMING: Timing for this event will be provided by BUDU Racing.

ENTRY FEES:

Event	Thru 08/31	09/01 – 09/21	Day of Race
Sprint Distance	\$60.00	\$70.00	Not eligible
1 Mile, 2 Mile and Julie Montiel Fun Swim	\$60.00	\$70.00	\$80.00
USMS One Day Membership fee (NO Sprint Distance)	\$20.00	\$20.00	\$20.00

Online open water registrations are non-refundable and non-transferable.

ENTRY DEADLINE: Online registration opens on Sunday, June 18th and closes at 11:59 pm PDT on Thursday, September 21st or SOONER if race has sold out.

Maximum Sprint Distance: 300 swimmers

Maximum for the other swims: 300 swimmers

ONLINE ENTRY: To register online go to

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=8976

RESULTS: Posted onsite after the race. Available online within a few hours on website <http://www.LastGaspofSummer.com/results.aspx>.

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.

ADDITIONAL INFORMATION: 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. Picnic lunch will be free to all swimmers after the race. Family members and friends are welcome, donations accepted.

Bring your USA SWIMMERS! More information is available at

<http://www.lastgaspofsummer.com> or contact Wendy Neely at wendy@bluewave-aquatics.com.

RACE DIRECTOR: Mike Murphy

MeetDirector@BlueWave-Aquatics.com or call 206-316-0234

REGISTRAR: Angela Turley

Registrar@BlueWave-Aquatics.com or call 253-797-4920

LINKS: More information available at <http://www.LastGaspofSummer.com>

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One and Two Mile Events
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Memorialize your swim with a t-shirt, sweatshirt or other merchandise seen below. Apparel and merchandise can be ordered during registration.

**Championship Technical T-Shirt
Unisex**



S , M, L, XG \$22.00
2XL \$25.00

**Fleece 1/4 Zip Sweatshirt
Unisex**



S , M, L, XG \$38.00
2XL \$41.00

**Fleece 1/4 Zip Sweatshirt
Womens**



S , M, L, XG \$38.00
2XL \$41.00

**Last Gasp of Summer
Water Bottle**



\$15.00

**Last Gasp of Summer
Towel**



\$24.00

**Last Gasp of Summer
Sock**



\$15.00