



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

**1 Mile, 2 Mile and 500 Meters
September 23rd, 2017**

Sanctioned by USA Swimming # PNS-OW-170923
Hosted by: Fife Area Swim Team

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.

EVENTS: 500 Meter (9 – 12 year olds), 1 Mile, 2 Mile

RACE DAY SCHEDULE:

- 9:00 AM Check-In and Registration
- 10:15 AM MANDATORY Safety meeting for all swimmers
- 10:40 AM Chip check-in and warm-ups
- 11:00 AM Start USA 2 Mile
- 11:10 AM Start USA 1 Mile
- 500 Meter starts when the course has been cleared

RULES: Current PNS and USA Swimming rules will govern this event. Swim attire is covered in USA Swimming rules and regulations. Fins, pull buoys, wetsuits, snorkels, mp3 players are examples of things NOT allowed. USA Swimming rules may be viewed at <http://www.usaswimming.org>.

ELIGIBILITY: Swimmers must have a 500 / 400 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)

Currently registered with USA Swimming and a member of the Pacific Northwest Swimming.

Age Groups will be determined by age on race day.

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 start of the event.

AWARDS: Participation gifts to all swimmers. 1st place awards to the following age groups 9 – 10, 11 – 12, 13 – 14, 15 and Over.

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

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.

MERCHANDISE: Memorialize your swim with a t-shirt, sweatshirt or other merchandise seen below. Apparel and merchandise can be ordered during registration. <http://www.lastgaspofsummer.com/merchandise.aspx>

<p>Championship Technical T-Shirt Unisex</p>  <p>S, M, L, XG \$22.00 2XL \$25.00</p>	<p>Fleece 1/4 Zip Sweatshirt Unisex</p>  <p>S, M, L, XG \$38.00 2XL \$41.00</p>	<p>Fleece 1/4 Zip Sweatshirt Womens</p>  <p>S, M, L, XG \$38.00 2XL \$41.00</p>
<p>Last Gasp of Summer Water Bottle</p>  <p>\$15.00</p>	<p>Last Gasp of Summer Towel</p>  <p>\$24.00</p>	<p>Last Gasp of Summer Sock</p>  <p>\$15.00</p>

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. Parking is limited at Angle Lake Park. Free parking available at Angle Lake Light Rail Station (19955 28th Ave South, SeaTac). It is a 10 minute walk to Angle Lake Park.

Bring your USMS 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

CO-MEET DIRECTOR: Wendy Neely wendy@bluewave-aquatics.com

MEET REFEREE: Connie Sholdra sholdras@yahoo.com

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

REGISTRATION: Complete Registration form and Waiver & Release (on the backside). Mail the completed form and Registration fee of \$35.00 to Blue Wave Aquatics PO Box 24083 Federal Way WA 98093.

Registration Form			
First and Last Name			
Birthdate			
Gender	Male	Female	
Event (Circle the Event)	500 Meters	1 Mile	2 Mile
Best 500 Free Time			
Contact Name			
Contact Phone Number			
Contact Email Address			
Registration Fee \$35.00			

WAIVER AND RELEASE

I ACKNOWLEDGE THAT BY SIGNING THIS DOCUMENT, I AM AGREEING TO RELEASE USA SWIMMING AND ITS OFFICERS, DIRECTORS, MEMBERS (INCLUDING WITHOUT LIMITATION COACHES), PARTICIPANTS, VOLUNTEERS, EMPLOYEES AND AGENTS FROM LIABILITY. I HAVE THEREFORE BEEN ADVISED TO READ THIS DOCUMENT CAREFULLY BEFORE SIGNING IT.

Competition, activity or event: LAST GASP OF SUMMER (the "Event")
Location of the Event: ANGLE LAKE 19408 INTERNATIONAL BLVD SEATAC, WA 98148
Dates of the Event: SEPTEMBER 23RD, 2017

Participating Athlete: _____ (the "Participant")

Acknowledgement of Risk

Participant hereby acknowledges that, by participating in the Event, he/she will be exposed to a number of risks associated with participating in the Event. These risks include, but are not limited to: water temperature that may be too warm or too cold for open water swimming, poor water quality and water pollution, poor air quality, air temperature that may be too warm or too cold for open water swimming, loss of consciousness, drowning, attack or injury by marine life, being struck by boats or other water craft, coming into contact with other swimmers, extreme physical and mental exertion, and inadequate number of safety personnel and emergency services provided at the Event. In addition, Participant further acknowledges that there may be risks of which he/she is presently unaware. Any and all of these risks could result in personal injury, illness and even death. By signing this Waiver and Release, Participant expressly assumes these risks, whether such risks are known or unknown to him/her at this time.

WAIVER & RELEASE

Participant hereby releases and holds harmless USA Swimming, members of its board of directors, and its officers, employees, members (including, without limitation, coaches), volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and does discharge and waive, any and all claims, demands, losses, damages, and liabilities that Participant may have or sustain with respect to, any and all damage, illness, or injury of any type, and/or death, arising out of Participant's participation in the Event. This release of liability shall include, without limitation, any claims for negligence, gross negligence, willful misconduct or breach of warranty that Participant may have against the Released Parties. This release of liability is also intended to cover all claims that members of Participant's family or estate, heirs, representatives, or assigns may have against the Released Parties.

Participant's Signature: _____

Participant's Name: _____ Date: _____

Parent/Guardian's Signature on behalf of participant (if under 18):

Relationship: _____

Parent/Guardian Name (please print): _____ Date: _____

Parent/Guardian Signature: _____