

# 2019 Pacific Northwest Swimming Open Water Championships/Last Gasp of Summer

Saturday, Sept 14 2019 - 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 2019 season...

Swim one or two miles or 500 yards in Angle Lake, located about one mile south of Seatac Airport. The lake temperature averages in the high 60's in mid-September. Restrooms and changing areas are available.

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

**RULES:** Current USA swimming rules will govern this event. Swim attire is covered in US swimming rules & regulations.

## RACE-DAY SCHEDULE (Sept 14, 2019):

8:30 – 9:30 am	Pre-Race Check-in for ALL races
9:45 am	<b>Mandatory Meeting</b> 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:** Wendy Neely [wendymal@mac.com](mailto:wendymal@mac.com)

**Meet Referee:** Mike Murphy [swimoff1@gmail.com](mailto:swimoff1@gmail.com)

**Independent Safety Monitor:** Scott Lautman [slautman@comcast.net](mailto:slautman@comcast.net)

**SAFETY:** Swimmers will be marked with race numbers and be given a swim ticket for entry. Swimmers will not be allowed to enter the water without this ticket. Swimmers and coaches should review the safety plan at:

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

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



**AWARDS:** Participation gift to all swimmers. 1<sup>st</sup> 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 that is faster than the times below:

500 yard freestyle: 6:30

400 meter freestyle: 5:45

## 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 liability release and mail it with payment to the address below by September 10<sup>th</sup>, 2019.

**FEES:** \$30

Blue Wave Aquatics  
PO Box 24083  
Federal Way, WA 98093

**Open water registrations are non-refundable and non-transferable**

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## DIRECTIONS:

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

**Mail Entry form below by September 10, 2019 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: \_\_\_\_\_ or Best 400 meter time: \_\_\_\_\_

Swimmer's Phone #: \_\_\_\_\_ Contact E-Mail: \_\_\_\_\_

Circle: Handler/Coach/Parent Name: \_\_\_\_\_ Handler/Coach/Parent Phone #: \_\_\_\_\_

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: \_\_\_\_\_

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## Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement

I, the undersigned participant and parent, request voluntary participation for minor and if applicable, parent, to participate in all events, which are hereinafter referred to as the “activities.” conducted by \_\_\_\_\_ and their officers, directors, managers, employees, agents, other participants, sponsors, advertisers; and owners, lessors and operators of premises utilized for the activities; all hereinafter referred to the **Released Parties**.

I consent to my and/or my minor’s participation in the activities and acknowledge that the minor and I fully understand my and/or my minor’s participation may involve risk of serious injury or death including losses which may result not only from my and/or my minor’s own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risk associated with my and/or my minor’s participation with the activity coordinators and event staff, before I and/or my minor sign this document and before any activities begins.

### Release – Minor’s Rights:

In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless the **Released Parties**, of and from, and do discharge and waive, any and all claims demands, losses, damages, and liabilities that minor participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

\_\_\_\_\_  
(Print name of minor)

\_\_\_\_\_  
(Signature of minor)

\_\_\_\_\_  
(Date)

### Release – Parents’/Guardians’ Rights:

In consideration of allowing me and/or my minor to participate in the activities, I hereby release and hold harmless the **Released Parties**, of and from, and do discharge and waive, any and all claims demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from my and or my minor’s participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I certify that I and/or my minor is in good health and have no physical condition that would prevent participation in this activity. Furthermore, I agree to use my and/or my minor’s personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

\_\_\_\_\_  
(Print name of Parent/Guardian)

\_\_\_\_\_  
(Signature of parent)

\_\_\_\_\_  
(Date)

### Indemnification by Parent/Guardian:

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the **Released Parties** from any and all claims, demands, losses, damages and liabilities for indemnities contribution or otherwise with respect to any damage and/or injury, of any type, arising from minor’s participation in the activities. The undersigned also agrees that this Release and Waiver of Liability Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the **Released Parties** and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

\_\_\_\_\_  
(Print name of Parent/Guardian)

\_\_\_\_\_  
(Signature of parent)

\_\_\_\_\_  
(Date)

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