

2018 Pacific Northwest Swimming Open Water Championships/Last Gasp of Summer

Saturday, Sept 15, 2018 - Angle Lake, Seatac, WA

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

Sanctioned by Pacific Northwest Swimming – Sanction No. OW-PNS-2018-03

EVENT: The last open water swim of the 2018 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 17, 2016):

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: Rachael Deaderick greenprettycakes@gmail.com

Meet Referee: Mike Murphy swimoff1@gmail.com

Independent Safety Monitor: Scott Lautman 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. 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 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 10th, 2018.

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 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: _____ 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: _____