

# 2013 Last Gasp of Summer Open Water Swim – 1 & 2 Mile Events

## Northwest Zone Open Water Championship

Saturday, Sept 21, 2013 - Angle Lake, Seatac, WA

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 363-xxxx

**EVENT:** Blue Wave Aquatics is sponsoring the last open water swim of the 2013 season...

Swim one or two miles in Angle Lake, located near Seatac Airport. You may wear a wetsuit or not. The lake temperature averages in the high 60's in mid-September.



### RACE-DAY SCHEDULE (Sept 21, 2013):

8:30 – 9:30 am Pre-Race Check-in for *both* races  
9:30 am **Mandatory Meeting** for *ALL* swimmers  
10:00 am Start of 2 Mile Race  
10:15 am Start of 1 Mile Race  
12:00 noon Awards/Picnic Lunch

**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 USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire *is* allowed. Fins, pull buoys, mp3 players, and snorkels are examples of things NOT allowed under USMS rules.

**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>

**AWARDS:** Participation gift to all swimmers. 1<sup>st</sup> place award to top men and women finishers in each age group in each event (1 mile no wetsuit, 1 mile wetsuit, 2 mile no wetsuit and 2 mile wetsuit).

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

**ELIGIBILITY:** 18 years of age or older, as of Sept 21, 2013 **and:**

- Currently registered with USMS, Canadian, or Foreign Masters. **Additional** \$20 “One-Event USMS Registration” fee is available.
- Non-PNA USMS registered swimmers **must** submit a copy of their 2013 registration card to the race registrar.

### ONLINE REGISTRATION ONLY – starting June 1<sup>st</sup>

#### TO REGISTER:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1449&smid=4720](https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=4720)

**FEES:** \$50 – Early entry *before* Sept 1  
\$60 – Sept 1 thru Sept 19  
\$70 – Sept 21 (**Day of Race**)  
\$20 – One-Event USMS registration (see eligibility)

**REGISTRATION CLOSING** at 11:59 pm Thursday Sept 19<sup>th</sup> or **SOONER** if race has sold out. Maximum 300 swimmers.

**A note about the USMS One-Event Fee...** Your \$20 lets you participate in *this* USMS-sanctioned event. For \$26 more, enjoy USMS membership for the remainder of 2013, including access to pool meets, clinics, coaches, open water swims and magazine subscription. Contact PNA registrar Arni Litt [PNARegistrar@usms.org](mailto:PNARegistrar@usms.org) for more info or to join.

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

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

**Meet Director:** Mike Murphy 206.3160234

[MeetDirector@BlueWave-Aquatics.com](mailto:MeetDirector@BlueWave-Aquatics.com)

**Registrar:** Judy Williams 206.242.7802

[Registrar@BlueWave-Aquatics.com](mailto:Registrar@BlueWave-Aquatics.com)

#### 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.

[Bluewave-aquatics.com](http://Bluewave-aquatics.com)