

2014 Pacific Northwest Swimming Open Water Championships/Last Gasp of Summer

Saturday, Sept 20, 2014 - Angle Lake, Seatac, WA

Sponsored by Pacific Northwest Swimming, Blue Wave Aquatics, and Valley Aquatics

Sanctioned by Pacific Northwest Swimming – Sanction No. PNSOW-2014-05

EVENT: The last open water swim of the 2014 season...

Swim one or two miles in Angle Lake, located near Seatac Airport. The lake temperature averages in the high 60's in mid-September.



RACE-DAY SCHEDULE (Sept 20, 2014):

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
10:45 am start of 9-12 500 race
11:30 am Awards

Meet Ref: Connie Sholdra sholdras@yahoo.com

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 PNS & USA swimming rules will govern this event. Swim attire is covered in US swimming rules & regulations. Fins, pull buoys, wetsuits, snorkels, mp3 players are examples of things NOT allowed .

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 event start. More at:
<http://www.LastGaspofSummer.com/safety.aspx>

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 500/400 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)

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 mail it with payment to the address below by September 15th, 2014

FEES: \$30

Valley Aquatics
27435 Maple Ridge Way SE, Maple Valley WA 98038

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

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

Suzanne Rychlik swimvast@hotmail.com

At event usa swimming contact: Simone Liljar
mlliljar@comcast.net

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.

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Mail the Entry form below by September 15, 2014 to:

Valley Aquatics

27435 Maple Ridge Way SE

Maple Valley, WA 98038

First Name: _____

Middle Name: _____

Last Name: _____

Birthdate: _____

Circle: Male/Female

Team Name: _____

Distance Participating in:

500 (9-12 athletes only)

1 Mile

2 Mile

Best 500 free time: _____

Contact Phone Number: _____

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
