



**2019 Last Gasp of Summer  
Open Water Swim  
1 & 2 Mile USA / USMS  
Sat September 14<sup>th</sup>, 2019**

**PNA/USMS Sanction** \_\_\_\_ - \_\_\_\_  
**Hosted by: Blue Wave Aquatics**

**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:** 1 mile wetsuit / non-wetsuit, 2 mile wetsuit / non-wetsuit, Julie Montiel Fun Swim

**CHECK-IN:** check-in will open at 8:30 am. No late check-ins will be allowed.

**TIME:**

**1 and 2 Mile Swims**

8:30 am	Registration opens
9:30 am	MANDATORY Safety Meeting
9:40 am	Chip check-in and warmups
10:00 am	START USA 2 Mile Swim
10:05 am	START USMS 2 Mile Swim
10:10 am	START USA 1 Mile Swim
10:15 am	START USMS 1 Mile Swim
10:20 am	START Julie Montiel Fun Swim
11:00 am	START USA 500 Meter swim at the Conclusion of the 2 Mile Swim

**ELIGIBILITY:** Open to all 2019 registered Masters swimmers (USMS or MSC). The eligibility of a swimmer shall be determined by the age of the swimmer on Dec 31<sup>st</sup> of the year of competition, except for 18 year olds, who must be 18 on the day they swim. Competitors not registered may either register for USMS or pay the USMS one day membership of \$27.00.

**RULES:** Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).

**RULES FOR THE JULIE MONTIEL FUN SWIM:** Fins, snorkels, masks and safety buoy is allowed. Hand paddles are NOT allowed. This swim is not an official USMS timed swim and your times will not be eligible for submission.

**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>

**TIMING:** Timing for this event will be provided by BUDU Racing.

**AWARDS:** Participation gift for all swimmers. 1st 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). Overall award to man and woman in each event.

**ENTRY FEES:**

\$60 – Early entry before May 31  
\$70 – June 1 – Sept 12  
\$80 - Day of race entry  
\$27 – One-Event USMS registration (see eligibility)

**There will be NO refunds if the race must be cancelled due to adverse conditions, dangerous waters, or other safety decision or act of God. Online entries are non-refundable and non-transferable.**

**ENTRY DEADLINE:** Online registration opens on Monday, April 15th and closes at 11:59 pm PDT on Thursday, September 12th or SOONER if race has sold out. Maximum 300 swimmers

**ONLINE ENTRY:** To register online go to [https://www.clubassistant.com/club/meet\\_information.cfm?c=1449&smid=11764](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=11764)

**PAPER ENTRIES:** day of the race only.

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

**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.

**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.

**RACE DIRECTOR:** Eric Durban  
[lastgaspofsummer@BlueWave-Aquatics.com](mailto:lastgaspofsummer@BlueWave-Aquatics.com) or call

206 423-8043

**REGISTRAR:** Angela Turley, 253-797-4920  
[Registrar@BlueWave-Aquatics.com](mailto:Registrar@BlueWave-Aquatics.com)

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