



FOR IMMEDIATE RELEASE

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**Last Gasp of Summer
September 17th, 2011**

SeaTac, WA – Blue Wave Aquatics 1st Annual Last Gasp of Summer at Angle Lake in SeaTac Washington on Saturday, September 17th. Come celebrate the last open water event of the summer! Last Gasp of Summer Open Water Swim includes 4 events: 1 mile wetsuit, 1 mile non-wetsuit, 2 mile wetsuit and 2 mile non-wetsuit.



Last Gasp of Summer Open Water Swim is sanctioned by Pacific Northwest Association of Masters Swimmers (PNA). Registration is open to all United States Master Swimming (USMS) members. Registration includes entry into 1 event, swim cap, gift, and lunch. Family members are welcome to cheer on their swimmers and enjoy lunch after, donations will be accepted.

Last Gasp of Summer Information:

Date:	September 17 th , 2011
Start Time:	10:00 AM
Registration:	http://www.lastgaspofsummer.com
Registration Fee:	\$40.00 through August 31st, 2011
Late Registration:	\$50.00 through September 14 th , 2011
Eligible Swimmers:	United States Master Swimming (USMS) members
USMS Registration:	\$20.00 One-Event USMS

Awards will be offered to top finishers for each event, in each masters swimming age group. Age groups are as follows: 18-24, 25-34, 35-44, 45-54, 55-64, 65-74, 74+.

ABOUT ANGLE LAKE, SEATAC WA

Angle Lake is an L shaped community lake in the heart of Seatac, Washington. The park has lots of common areas and a large beach to spread out and enjoy the final open water event of the season. There are restrooms and changing areas available and plenty of parking. The lake temperature averages in the high 60's in mid September.

Angle Lake is located at 19408 International Boulevard, Seatac, Washington. The entrance to the park is off International Boulevard (Highway 99), 0.8 miles from Seattle/Tacoma International Airport. It includes 371 feet of the lake shore, with a swimming area, fishing pier, picnic areas and public boat launch.

ABOUT BLUE WAVE AQUATICS

Blue Wave Aquatics, formerly Federal Way Masters, is an adult swim team, open to all levels of swimmers over the age of 18. Blue Wave Aquatics is a member of the United States Masters Swimming. Initially created to maintain health and fitness through regular coached workouts, Blue Wave Aquatics saw the need in the community to provide opportunities to achieve success and confidence in swimming at all skill levels through a variety of programs..

Blue Wave Aquatics offers workouts at the following locations: Weyerhaeuser King County Aquatic Center, Federal Way Community Center, Fife Swimming Pool, Kent Meridian Pool, and Evergreen Community Aquatic Center. Blue Wave Aquatics offers open water workouts, at several local lakes, during the summer months.

Blue Wave Aquatics also offers specialized swim lessons for adults at any swim level. More information about Blue Wave Aquatics is available on our website <http://www.bluewave-aquatics.com>.

ABOUT PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

The PNA is an association of Masters Swimmers and Masters Swim teams in Western Washington. The PNA and its members belong to United States Masters Swimming (USMS). PNA sanctions numerous swim meets annually open to all Masters Swimmers, including the PNA Championship meet. The association also hosts various national-level competitions, including LCM and SCY National Championships and Postal Championships.

ABOUT UNITED STATES MASTERS SWIMMING

U.S. Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, tri athlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming.

Founded in 1970, the non-profit corporation is organized with over 500 clubs in 52 regions throughout the United States. Membership numbers more than 50,000, with individual members ranging in age from 18 to over 100.

More information about United States Masters Swimming is available on their website <http://www.usms.org/about.php>.

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