	Form 5500-SF		Annual Return/Report of Small Employee Benefit Plan				OMB Nos. 1210-0110 1210-0089		
				under sections 104 and 4065 of the Employee			2011		
Department of Labor Retirement Income Security Act of 1 Employee Benefits Security Administration the Internal				1974 (ERISA), and sections 6057(b) and 6058(a) of I Revenue Code (the Code).			This Form is Open to Public Inspection		
Pension Benefit Guaranty Corporation  Complete all entries in accordance with the instructions to the Form					)-SF.	Ins	pection		
		entification Information		and and and	0/04/	0044			
	calendar plan year 2011 or fisca	al plan year beginning 01/01/201			2/31/2				
	This return/report is for:		•	e-employer plan (not multiemployer)		a one-partici	bant plan		
в	This return/report is:	the first return/report		eturn/report	. (1)				
-				an year return/report (less than 12 mo	onths)	-			
C	Check box if filing under:	Form 5558		extension		DFVC progra	im		
D		special extension (enter descriptio							
		nation—enter all requested information	ation		1h	Three-digit	[		
	Name of plan	IC. SAVINGS PLAN AND TRUST			1D	plan number			
						(PN) ▶	002		
					1c	Effective date o	•		
2a	Plan sponsor's name and addre	ess; include room or suite number (er	mplover. if	for a single-employer plan)	2b	Employer Identi			
	ET SOUND FREIGHT LINES, II			······································			32643		
					2c	Sponsor's telep			
	OX 24526 TLE, WA 98124-0526				2d	Business code (	(see instructions)		
20				")	26	48412 Administrator's	-		
	ET SOUND FREIGHT LINES, IN		26		20		EIN 032643		
		SEATTLE, W	A 98124-0	526	3c	Administrator's	telephone number 4-7313		
4		lan sponsor has changed since the la	ast return/	report filed for this plan, enter the	4b	EIN			
2	name, EIN, and the plan numb Sponsor's name	er from the last return/report.			4c	DN			
	1	the beginning of the plan year					85		
<b>b</b> Total number of participants at the end of the plan year					54				
c		count balances as of the end of the p			50		0		
					5c		0		
6a				(See instructions.)			🗙 Yes 🗌 No		
b							X Yes 🗌 No		
		<b>,</b>		SF and must instead use Form 550					
Pa	rt III Financial Informa	ation		I					
7	Plan Assets and Liabilities			(a) Beginning of Year		(b) End	of Year		
а	Total plan assets		7a	2538523			0		
b	•		7b	0500500					
<u> </u>	•	b from line 7a)	7c	2538523			0		
8	Income, Expenses, and Transf Contributions received or recei			(a) Amount		(b) Total			
а			8a(1)						
	(2) Participants		8a(2)						
	(3) Others (including rollovers)		8a(3)						
b	Other income (loss)		8b	69457					
С	Total income (add lines 8a(1),	8a(2), 8a(3), and 8b)	8c				69457		
d		ollovers and insurance premiums	8d	2600200					
е	· ,	ive distributions (see instructions)	8e						
f		s (salaries, fees, commissions)	8f						
g	Other expenses		8g	7780					
h	Total expenses (add lines 8d, 8	3e, 8f, and 8g)	8h				2607980		
i	( )(	8h from line 8c)	8i				-2538523		
j	Transfers to (from) the plan (se	e instructions)	8j						

For Paperwork Reduction Act Notice and OMB Control Numbers, see the instructions for Form 5500-SF.

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## Part IV Plan Characteristics

**9a** If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions:

2E 2F 2G 2J 2K 2T 3D

**b** If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Codes in the instructions:

Part	V Compliance Questions							
10	During the plan year:		Yes	No	A	moun	t	
а	Nas there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)			X				
b	Nere there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)			X				
С	Was the plan covered by a fidelity bond?	10c	Х				10000	00
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?	10d		Х				
е	Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service or other organization that provides some or all of the benefits under the plan? (See instructions.)			X				
f	Has the plan failed to provide any benefit when due under the plan?	10f		Х				
g	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)	10g		Х				
h	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	10h		X				
i	If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3	10i						
Part	VI Pension Funding Compliance							
11	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and com 5500))					Υe	es 🗌 I	No
lf	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code (If "Yes," complete 12a or 12b, 12c, 12d, and 12e below, as applicable.) If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instruction granting the waiver	tions,	and e	enter th	e date of the			
d	d Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left of a negative amount)					-		
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?				Yes	No	N/	A
Part	VII Plan Terminations and Transfers of Assets							
13a	Has a resolution to terminate the plan been adopted in any plan year?	·····		XY	/es No			
	If "Yes," enter the amount of any plan assets that reverted to the employer this year	1	3a					0
	Nere all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the control of the PBGC?       Yes       No						No	
С	If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify th which assets or liabilities were transferred. (See instructions.)	ne pla	n(s) to			•		
1	3c(1) Name of plan(s):		13	c(2) El	N(s)	13c	<b>(3)</b> PN(:	5)
Caut	on: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable	e cau	ise is	establ	ished.			
I Locator				a bara Para	<ul> <li>If a model is a li-</li> </ul>	I O	all a shall a	

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including, if applicable, a Schedule SB or Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.

SIGN	Filed with authorized/valid electronic signature.	10/12/2012	BRAD LOVEJOY
HERE	Signature of plan administrator	Date	Enter name of individual signing as plan administrator
SIGN			
HERE	Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponsor