SURF N SEA

NORTH SHORE SWIM SERIES

Jamba Juice. Blend in the Good.™

August 5, 2017
9:00 am
Ehukai Beach Park to Waimea Bay

- **PARKING:** Park at Waimea Bay Beach Park, St Peter & Paul Church (donation) or Waimea Valley 'Beach Parking' lot for $10.
- **CHECK IN** at Waimea Bay. Check in opens at 7am & closes at 8:45am. You will receive a timing chip, **put this on your ankle immediately!** You will also get your race number marked on upper arm. Please avoid applying sunscreen (REEF Friendly!) until you are body marked. T-Shirts will be given at check in. **Late entries T-Shirts are distributed after your finish.**
- **BUSES: We will bus you to the start at Ehukai**. Depending on the bus driver we might NOT be able to stand on the ride to Laniakea. Be advised. You must have a swim cap, timing chip & race number marked on you arm to ride the bus!
- **Swim Caps**: **Required** & we will provide you with one for the series. You can use your own cap but please try to make sure it is bright. **No cap means a time penalty. If you lose your cap during the event let us know!**
- **First bus leaves at 7:30am & last bus leaves at 8:45am**
- **Ehukai: We will have a short briefing before the start. Please stay near the shore so you can hear any potential course changes.**
- **Course Map** is at www.northshoreswimseries.com
- **Speed Suits**: Sorry, no speedsuits, tri-suits or wetsuits allowed. Full body 'lycra' sun protections suits are OK as long as they are not neoprene or provide floatation.
- Mask, snorkels & 'swim buddy' floatation devices are OK. Fins are not allowed
- **Mass Start**: Men & Women start together
- **Course:** Line up behind 2 small buoys. Water start Women & Men start together. Follow the coast going West toward Pua'ena Point/Haleiwa Harbor. **Small buoys along the course to mark rock outcroppings. These buoys are for navigation only. But if Water Patrol deems that the surf is up then they may require us to stay outside of these buoys. This will be a race day decisions.**
- **Swim Finish: There will be 2 small buoys at the finish, swim between these so you line up with the finish line**
- **Run up the beach** crossing the timing mat for your finish time. Listen for an 'Audible Beep' as you cross the timing mat so that you know your time was recorded. Please turn in your timing chip & note your finish time on your watch or GPS device in case the computer did not register your finish.
- **Time limit: There is a 2:30 minute time limit for this swim**. **You must reach the ½ waypoint in 1.25 hours**. **Water Patrol** has the right to pull you from the water if they feel you are not making sufficient progress or are becoming a danger to yourself or others
- **This is not a water polo game or a triathlon**, **please be courteous & respectful of our 'Kapuna', 'Wahine' & 'Keiki' when swimming. Aggressive swimming, kicking, biting or grabbing will not be tolerated!**
- **Awards** will be at 11:00am
- Please enjoy **Jamba Juice,** goodies, snacks, beverages & **Hot Dogs from Steve's Gardening!**
- Late entry T-Shirts will be given out as available
- Questions? Ask any of our staff on race day or email northshoretriathlon@gmail.com
- Facebook: Like our Facebook page for updates: https://www.facebook.com/North-Shore-Swim-Series-109759599075415/

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