



Saturday  
9:00 am  
Sunset Beach  
1 mile swim



## Aloha Salads Summer Sprint Race Day Notes

- **Check in & day of race entry is at Sunset Beach Community Park** which is on the Mauka side of Kamehameha Hwy across from the beach from 7:00am to 8:45am
- At check you will receive a timing chip (**PUT THIS ON YOUR ANKLE IMMEDIATELY**) & get your race number body marked on your upper arm (this is a backup in case you lose your chip). You will also receive a swim cap, please try to keep this for the series! You can use your favorite cap but please try pick the bright one! Put **Kokua Sunscreen** on AFTER you get body marked!
- **You must swim with a cap!** No exceptions
- Wetsuits are not allowed. Swimsuits for men may be briefs, boardshorts or jammers hip to knee. Women's suits maybe one or two-piece shoulder to hip. No fins, hand paddle or other equipment allowed. Sorry but no triathlon speed suits allowed... 'UV' protection suits are OK if they do not provide floatation. Swim floatation devices are OK but keep them tethered close to your body so they do not interfere with fellow swimmers.
- Race briefing will be at 8:50am at the water's edge. Please be on the beach so that you may hear this briefing...
- Race starts at 9:00am with men first & women starting 5 minute later
- Do not start in the wrong wave or you will be disqualified!
- **Water Start** lining up **behind 2 orange buoys**
- **Aggressive swimming will not be tolerated! Grabbing or kicking another swimmer may result in banning from future Waikiki Swim Club and North Shore events. Swim with Aloha**
- Course will be going west passing Kammieland surf spot, Rocky Point & heading for the last turn buoy fronting Ehukai Beach Park. Go around orange buoy keeping this on you Left Shoulder. Running up the beach to cross timing mats to record your time, you will hear a loud "beep" indicating your time has registered
- If you lose your timing chip, please let Scott at the 'Time Line Hawaii' tent know so that we may give you an estimated time based on the analog back up system
- T-Shirts will be distributed after the race at Ehukai Beach Park. Late shirts (if available) will be distributed after early entries receive their shirts.
- Awards ceremony with fun snacks as soon as we get the results!
- Results will be posted at TimeLineHawaii.com, NorthShoreSwimSeries.com & WaikikiSwimClub.org as soon as feasible.
- If you have any questions, please feel free to call me at 808-372-8885
- **Please stay on the pathways to get to the beach at Sunset! The community has planted native Hawaiian plants to keep the sand in place & the pathways are there for access to the beach.**

