

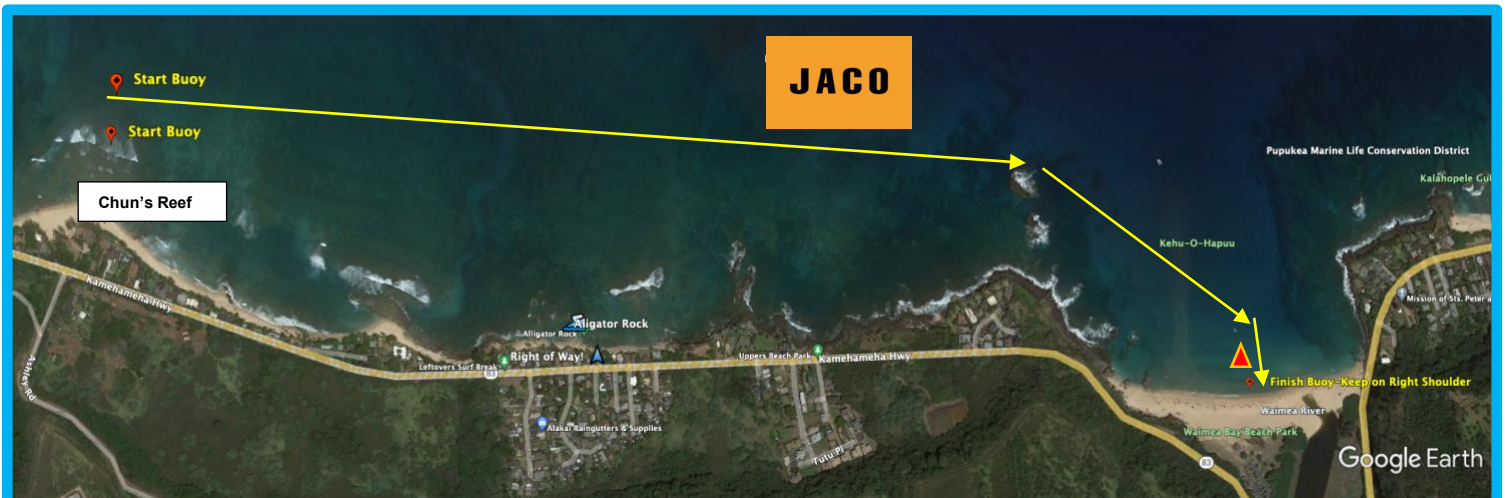


JACO

JACO Rehab Chun's to Waimea Race Day Notes & Map Saturday at 9:00am



- Parking: Limited parking at Waimea Bay, Waimea Valley (Front Lot-\$20 fee) & St Peter & Paul Church (donation to keiki program!)
- Check in & later entry: Waimea Beach Park starting at 7am & closing at 8:40 am. 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 **Kokua** sunscreen until **after** you are body marked.
- **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 a bright color.
- **Speed Suits:** Sorry, no speed suits (ZOOT, 2XU, ROKA etc.), triathlon suits or wetsuits. Using a triathlon suit is an unfair advantage over other swimmers. Full body 'lycra' sun protections suits are OK if they are **not** neoprene & provide no floatation.
- Mask, snorkels & 'swim buddy' floatation devices are OK but thetether them close. **Fins are not allowed!**
- Water start with **men & women starting together.**
- Buses will start taking swimmers to Chun's at 7:30 am with last bus leaving Waimea at 8:40 am
- **Course: After the bus ride & walk to the beach go to the left (west) toward the paddle out spot for Chun's Reef. Do not attempt to swim straight out in front of the lifeguard tower or toward the east side of Chun's point. The bottom is a combination of sharp reef & a'a lava - you will get cut. Be safe walk to the west to find a sandy spot to swim out** (Maps of the course & entry point below).
- **We will be placing buoys along the course to help you navigate.** You do not need to stay outside of these, but, to avoid any surf we advise staying close to the buoys.
- Start outside the surf lineup behind 2 small orange buoys.
- **We will decide tomorrow if we can swim inside of Wananapaoa Islands at Waimea Bay. This is due to the rising swell. Water Patrol will make this decison first thing in the morning.**
- There will be 1 buoy at finish line, keep this on your **Right Shoulder** & run up the beach crossing the finish mats to record your time.
- Time limit: There is a 1.5 hour time limit for this swim. 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. Water Patrol also has the discretion of letting you complete the swim even if you are not going to make the cut off! Be nice to your North Shore Lifeguard!
- Awards ceremony will be held as soon as finish times are available.
- Questions? Ask any of our staff on race day or email northshoretriathlon@gmail.com



Scroll Down to next page for Beach Map

Map for entrance to the water for the JACO Chun's to Waimea Swim
Do not walk on the reef fronting the lifeguard tower at 'Chun's Reef' ' & Piddlies'. It is sharp & you will get cut.
Walk to the west where we paddle out to surf Chun's (Yellow Arrows).

