



**Saturday
9:00 am
Waimea Bay**

- **Check-in will be at Waimea Bay Beach Park starting at 7:00 am and closing at 8:45 am. You will receive a timing chip; put this on your ankle immediately!** Your race number will also be marked on your upper arm. **Please avoid applying sunscreen until after you are body-marked! KŌKUA SUNCARE** will be available.
- **PARK** at Waimea Bay (free but limited), St Peter & Paul Church (donation), or Waimea Valley - \$10
- T-Shirts for Pre-Registered swimmers will be handed out at check in. Late-entry T-shirts will be given out if available after the swim concludes.
- **Swim Caps** are required and we have caps if needed. You can use your cap, but please ensure it is bright. Finishing without a cap is a 5-minute time penalty.
- **Race Briefing:** We conduct a race briefing **at 8:50 am** on the beach near the start at Waimea. Please be near the beach so that you may hear last-minute changes.
- **Course Map** is at www.northshoreswimseries.com
- **Speed Suits:** Men & Women's rash guards, leggings, full body lycra suits or tri suits for sun protection are ok. No speedsuits, neoprene wetsuits or neoprene jammers allowed
- Mask, snorkels & 'swim buddy' floatation devices are OK. **Fins are not allowed!**
- **Wave Start:** Men first, Women 5 minutes later. Swimming in the wrong division is a DQ.
- **Course:** Triangle course with a water start in the East/Mauka corner of the bay. Swim diagonally across Waimea Bay, going West, and swim clockwise around the outside island of the 'Wananapaoa Islets.' Then, swim East across the Bay to the large triangle buoy near 'Pinballs' surf spot, rounding this buoy, keeping it on your **RIGHT** shoulder & swimming to the finish in front of the lifeguard tower. Aggressive swimming will not be tolerated. This is a fun, family swim race. Please save your aggressive swimming for triathlons and water polo.
- **Swim Finish:** There will be two buoys at the finish line near the beach; you must swim between these to finish! Cutting these buoys is a DQ.
- **Run up the beach**, crossing the timing mat for your finish time. Please turn in your timing chip.
- **Time limit:** This swim has a 1.5-hour time limit. 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.
- If you have any physical challenges that may hinder your running up the beach, let us know. We will be happy to help you or take you timing chip across the timing mat so your swim is recorded accurately.
- **Awards** will be at 10:45 am or as soon as results are tabulated.
- Questions? Ask any of our staff on race day or email northshoretriathlon@gmail.com
- Results will be constantly updated on timelinehawaii.com. We will post ASAP on northshoreswimseries.com and waikikiswimclub.org
- **Important:** Please note your approximate finish time in the unlikely event your timing chip does not record your time. Check TimeLineHawaii.com as soon as feasible to make sure we have your finish time recorded. Let us know so we can find your finish via our redundant timing system.



