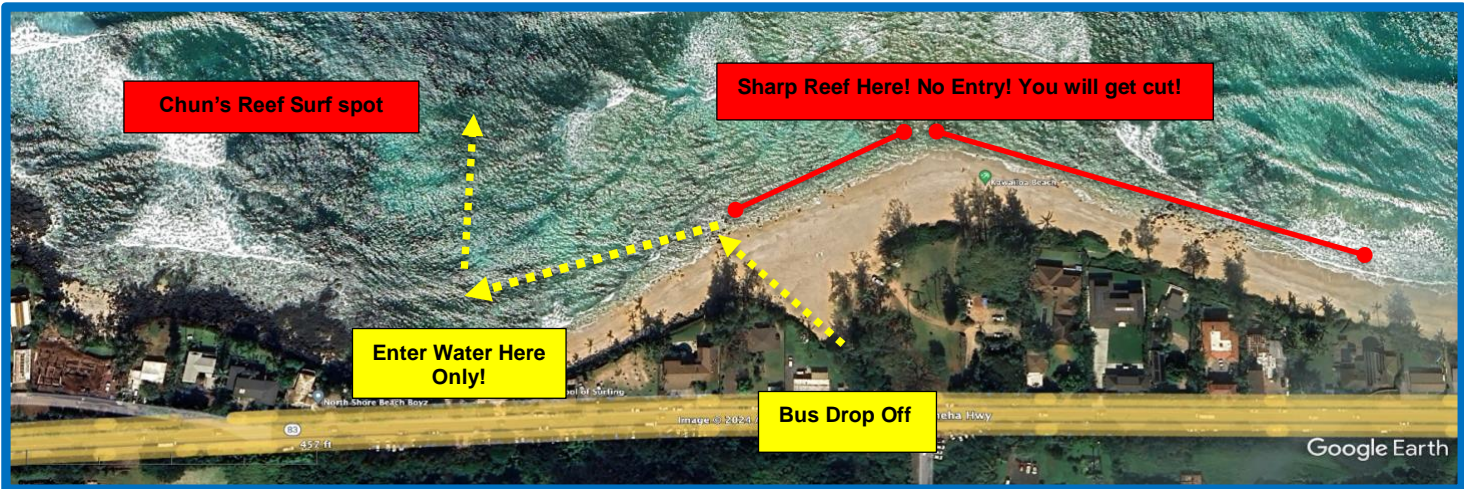


SURF & SEA



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

- Parking: Limited parking at Waimea Bay (Free), Waimea Valley (\$10 fee) & St Peter & Paul Church (donation)
- Check in & late entry: Waimea Beach Park starting at 7am & closing 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 **Kokua** sunscreen until **after** you are body marked.
- Shirts for pre-registered swimmers will be handed out at check in. Later-entry shirts will be given out if available after the swim concludes.
- **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. We have 5-minute time penalty for finishing without a cap.
- **Race Briefing:** There will be no race briefing unless a major change in the course is required due to ocean conditions.
- **We will bus you to the start at Chun's Reef. Please do not wait until the last bus! Buses are for swimmers only. Please don't leave any trash at Chun's.**
- **Swim Suits:** Men-'Speedo' style briefs or 'jammers' for men. Women-One or two-piece shoulder to hip swimsuits. M&W-rash guards, leggings, full body lycra suits, tech suits or tri suits for sun protection are ok. No neoprene wetsuits or neoprene jammers allowed.
- Mask, snorkels & 'swim buddy' floatation devices are OK. **Fins are not allowed**
- **Water start with men & women starting together!**
- **Course:** Swim out at Chun's Reef near the west side where the surf schools paddle out.
- **Do not enter the water in front of where the bus drop off is. The reef is shallow and sharp, you will get cut. Walk to the west where it is safe to enter...**
- Start outside the surf lineup behind 2 orange buoys.
- 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
- 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



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