

RACE DAY NOTES

JACO CHUN'S TO WAIMEA SWIM

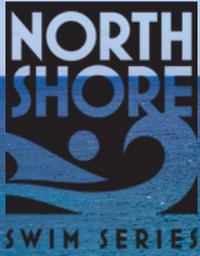
9:00AM

WAIMEA BAY

1.6 MILE SWIM

- Check-in and day-of-race entry are at Waimea Bay Beach Park from **7:00 a.m. to 8:45a.m.**
- **Parking:** Waimea Bay Beach Park (free but limited), Waimea Valley (\$10 before 8am; \$20 after 8am), or St. Peter & Paul Church for a donation.
- At check-in, you will receive a timing chip (**PUT THIS ON YOUR ANKLE IMMEDIATELY**), a shirt if you pre-registered (late or same day registrations can pick up a shirt AFTER the race and are based on availability) and a swim cap. You can use your own cap, as long as it's a bright one! **You must swim with a cap! No exceptions.**
- After check-in get your race number body marked on your upper arm (this is a backup in case you lose your timing chip). Put **Kokua Sunscreen** on AFTER you get body marked!
- Swimsuits - Men: 'Speedo' style briefs or jammers. Women: One or two-piece shoulder to hip swimsuits. M & W: rash guards, leggings, full body lycra suits for sun protection are OK if they do not provide floatation. **No** speedsuits, neoprene wetsuits or neoprene jammers allowed.
- Equipment - Swim goggles, mask type goggles, dive masks and snorkels are allowed. **No** fins, hand paddles or full-face snorkel masks. Swim buoy floatation devices are OK, but they should be tethered close to your body so they do not interfere with fellow swimmers.
- **Race briefing:** there will be **no** race briefing unless a major change in in the course is required due to water 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 do not leave any trash at Chun's Beach.
- **Single-Wave Race Start at 9am.**
- **Important: Water Entrance:** when you arrive at Chun's Beach, walk to the far west end of the beach to enter the water. Please do not enter the water right where the bus drops you off. The reef is shallow and sharp. It can take up to 10 minutes to swim out to the start so please plan accordingly.
- **Course:** Water Start lining up behind 2 orange buoys outside the surf at Chun's Reef. This is a point-to-point course in which you'll swim from Chun's Reef to Waimea Bay, keeping the St. Peter & Paul Church tower as your directional landmark. Once you reach Waimea Bay, stay inside of the rock islets, passing them on your LEFT shoulder. As you approach the beach there will be a large triangle buoy. Pass this buoy on your RIGHT shoulder. From there make your way up the beach and cross the timing mats to record your time. You will hear a loud "beep" indicating your time has registered. **Note:** if you think you may have difficulty with the finish due to the incline of the beach, please let us know ahead of time and we will be happy to assist you or carry your timing chip across the finish to record your time.
- **Conditions:** winds forecasted to be 12-15MPH, moderate surf 2'-4', and dropping tide. Mind the surf as you round the outer rock islet.
- If you lose your timing chip, please let Scott or a Staff Member at the 'Timeline Hawaii' tent know so that we may give you an estimated time based on the analog back up system. Be patient & polite with Scott as he will be super busy.
- Swim with Aloha. **Aggressive swimming will not be tolerated!** Grabbing or kicking another swimmer may result in banning from future North Shore Swim Series and Waikiki Swim Club events.

CONTINUED



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- **Time Limit:** there is a 1 hour and 30 minute time limit for this swim. Swimmers not making sufficient progress will be pulled from the race course. If you receive assistance during the swim, you will not be eligible for a finish time. This is a 'did not finish' (DNF). Water Safety can decide to pull you from the water if you are not making sufficient progress or are a danger to another swimmer.
- **Reminder:** Late entry shirts (if available) will be distributed after the race has concluded.
- **Awards ceremony** will begin as soon as results are tabulated.
- **Results** will be posted at TimeLineHawaii.com, NorthShoreSwimSeries.com & WaikikiSwimClub.org as soon as feasible.

WATER ENTRANCE:



COURSE MAP:



BROUGHT TO YOU BY:

JACO



SWIM LESSONS HAWAII