



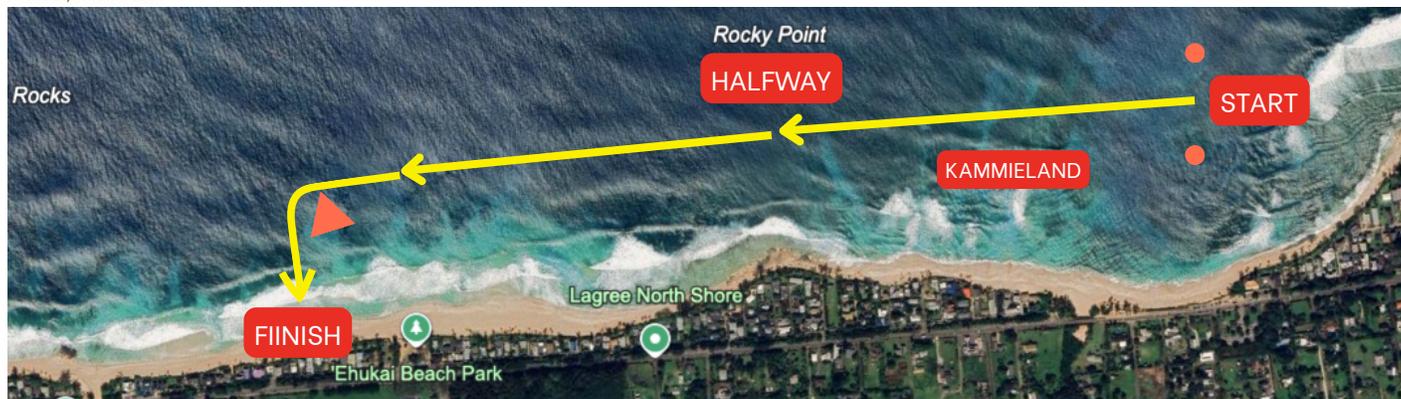
# RACE DAY NOTES

## ALOHA SALADS SUMMER SPRINT



9:00AM  
SUNSET BEACH TO EHUKAI  
1 MILE SWIM

- Check-in and day-of-race entry are at Sunset Beach Community Park, on the Mauka side of Kamehameha Hwy, across from the beach, from **7:00 a.m. to 8:45a.m.** There is no shuttle for this swim. Park at Ehukai and walk or 'thumb' a ride to Sunset! We do not have a bag check at Sunset.
- At check-in, you will receive a timing chip (**PUT THIS ON YOUR ANKLE IMMEDIATELY**) and 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! You will also receive a swim cap. Please try to keep this for the series! You can use your favorite cap, as long as it's a bright one! **You must swim with a cap! No exceptions.**
- Swimsuits - Men: 'Speedo' style briefs or jammers (waist to knee). Women: One or two-piece shoulder to knee swimsuits (must not cover the shoulder). M & W: rash guards, leggings, full body lycra suits for sun protection are OK if they do not provide floatation. No tri-suits, speedsuits, neoprene suits, or materials that add buoyancy are 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.
- Pule (Hawaiian Blessing) will begin at 8:45am **on the beach**. Race briefing will follow 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 Women and Men starting together** (we will make the call on race day if a two-wave start is needed)
- Water Start lining up behind 2 orange buoys. These will be placed outside of 'West Peak' (area that breaks on a big west swell). You must start outside due to **potentially** elevated surf. If the waves permit we will start inside. This will be a race day decision.
- 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.
- Course will be going west passing Kammieland surf spot, Rocky Point & heading for the last turn buoy fronting Ehukai Beach Park. Go around this buoy keeping this on your **Left Shoulder**. You must swim around this last buoy.
- We may have surf on race day. **Please be careful swimming into the finish line at Ehukai Beach Park.**
- Run up the beach to cross the 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. Be patient & polite with Scott as he will be super busy.
- You must reach 'Rocky Point'(1/2 mile) in 30 minutes or you will be pulled from the course. **Swimmers not making sufficient progress will be pulled from the race course.** Cut off time for this race is 1 hour and 15 minutes. 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.
- T-Shirts will be distributed **after** the race at Ehukai Beach Park. Late entry shirts (if available) will be distributed after early entries receive their shirts.
- Awards ceremony will begin as soon as results are tabulated.
- Results will be posted at [TimeLineHawaii.com](http://TimeLineHawaii.com), [NorthShoreSwimSeries.com](http://NorthShoreSwimSeries.com) & [WaikikiSwimClub.org](http://WaikikiSwimClub.org) as soon as feasible.
- 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 to access the beach.



[www.northshoreswimseries.com](http://www.northshoreswimseries.com)