



RACE DAY NOTES

CHOLO'S WAIMEA BAY SWIM



9:00AM

WAIMEA BAY

1.2 MILE SWIM

- Check-in and day-of-race entry are at Waimea Bay Beach Park from **7:00 a.m. to 8:45a.m.** Park at Waimea Bay Beach Park (free) or Waimea Valley (\$10 before 8am; \$20 after 8am, cash or charge), or St. Peter & Paul Church (\$10 suggested donation, cash only)
- 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 (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.
- **Race briefing** will be held at 8:50am on the beach near the start. Please **be on the beach** so that you can hear this briefing.
- **Start:** in order to create as much swimmer distribution along the course as possible given the venue, there will be a two-wave start. Men start at 9:00am, Women start at 9:05am (starting in the incorrect wave results in a DQ).
- **Course:** Water Start lining up behind 2 orange buoys on the East/Mauka corner of the Bay. This is a triangle course in which you'll swim diagonally across the bay, heading West, and swimming clockwise around the outside Wananapaoa rock islet, passing it on your RIGHT shoulder. You will then swim East back across the bay and around the large triangle turn buoy near 'Pinballs' surf spot, also passing it on your RIGHT shoulder. From there you will swim in toward shore. You **MUST** swim in between the two orange buoys near the beach. When you exit the water, 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:** there will be lifeguards positioned near the exit if you need assistance making it up the beach.

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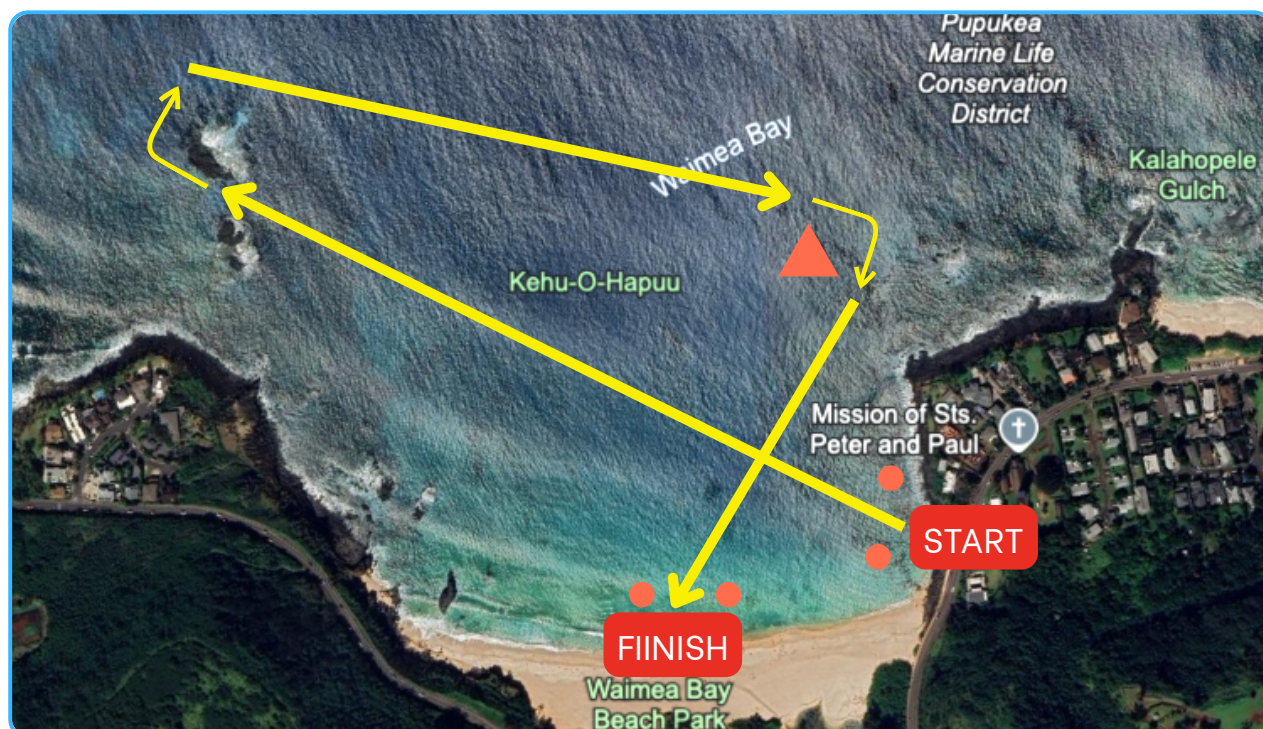


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- If you lose your timing chip, please let Scott at the 'Timeline Hawaii' tent know so that we may give you an estimated time based on the analog back up system. Be patient & polite with Scott as he will be super busy.
- Swim with Aloha. **Aggressive 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.
- **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.
- After the race be sure to stop by Cholo's and help support our local community.



HAVE A
GREAT
RACE!