

RACE DAY NOTES

JACO CHUN'S TO WAIMEA SWIM

9:00AM

WAIMEA BAY

1.6 MILE SWIM

JACO

- **Check-in and day-of-race entry:** at Waimea Bay Beach Park from **7:00 a.m. to 8:30a.m.** (closing 15 minutes earlier than prior races to get swimmers over to the start on time)
- **Parking:** Waimea Bay Beach Park (free), Waimea Valley (\$10 before 8am; \$20 after 8am, cash or charge), or St. Peter & Paul Church (\$10 cash suggested donation).
- **Check-in Process:** you will receive a race number, 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.
- **Shuttle Bus:** 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 only take what you intend to swim with on the bus.
- **Race briefing:** race briefing at **8:45am** at the far west end of Chun's Beach. Allow up to **10 minutes** to swim to the starting buoys.
- **Water Entrance:** at far west end of the beach. Please do not enter the water right where the bus drops you off. The reef is shallow and sharp.
- **Start:** Single wave start at **9:00am**.
- **Course:** 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. Mind the surf passing Alligators, Leftovers, and Treasure Island. 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. Lifeguards will be positioned near the finish if you need assistance up the beach.
- 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!
- **Time Limit:** there is a 1 hour and 45 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.

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- 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.
- Jaco Rehab will be offering complimentary post-race massages. Be sure to say 'Mahalo' to Jaco for their support of ocean swimming at the North Shore!

WATER ENTRANCE:



COURSE MAP:



BROUGHT TO YOU BY:

JACO

