



Finish line is at Waimea Bay for all divisions, finish between two 40" orange buoys, and run across timing mats.

Relay will be at Ehukai Beach Park. 8' triangle buoy to mark relay area. The first team member must swim up beach and hand off timing chip to team member, there will be no "split" time for this division, only overall time. Bus shuttle back to Waimea will be available.

North Shore 5K swim will be a water start, line up behind two 40" orange buoys. Mass start, teams & individuals start together. Fin division start 15 minutes later at 8:15am.



Fina Approved Suit Link: http://www.fina.org/H2O/index.php?option=com_content&view=category&id=304&Itemid=1006

Swimming on the North Shore can be a demanding activity. You are responsible for your own physical condition and are urged to train adequately for the North Shore 5K Swim (be able to swim the full 5K distance and have open water swimming experience) and have a medical check prior to entry if required. It is important to note that, while every effort will be made to ensure a safe and fun event, organizers and crew are unable to guarantee swimmer safety. Swimmers with lower confidence are encouraged to speak with a Water Patrol member regarding the day of race conditions and make a quality judgment call on whether they should participate. All registered swimmers must be present at the compulsory safety briefing on event day. If we have an Event wave start—Entrants can find this information on the event page and will be notified at registration and again at the safety briefing

- You must be present at the safety briefing at Sunset Beach at 7:50am. Relay swimmers do not have to attend this and will be briefed at Ehukai.
- Water Start behind 2 small buoys
- Fin Division starts 15 minutes after individual & relay
- 5 small buoys along the course are for navigation only; you can swim inside or outside of these. Note: if the surf is above 3' then water patrol may require swimmers to stay outside of these buoys! This decision will be made on race morning.
- 8' Triangle Buoy at Ehukai Beach Park is for relay, please turn around this mark on your left shoulder to finish. Relay is achieved by giving your timing chip to your partner on the beach. The partner swims out to 8' Triangle Buoy swims around it keeping it on their left shoulder.
- The finish line is in the center of Waimea Bay; swim between 2 small buoys and run up beach crossing timing mats.
- Do not swim using another person's information or timing chip, this could get you banned from other North Shore Swims & Waikiki Swim Club events
- You must start the swim within the designated area
- You must swim the course as instructed in the safety briefing. If you fail to do this, you will be disqualified
- Each swimmer must wear the cap provided
- No swimmer shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Swim Paddles and fins are not permitted except of course fins are permitted in the fin division.
- Swimmers will be required to have event officials mark their event number on their arms prior to starting their swim
- If you require assistance during the swim or observe any other athlete in distress raise one arm so our water safety personnel can assist
- Lifeguards, the Race Director and Water Patrol Inc director shall have ULTIMATE AND FINAL authority to remove a participant from the swim if the participant is judged to be physically incapable of continuing the swim without risk of serious injury or death.
- No outside assistance is allowed except from technical officials or Water Patrol Inc.
- Good sportsmanship is expected of all swimmers. Fraud, theft and acts of grossly unsportsmanlike conduct are grounds for immediate disqualification. The determination of whether an act is deemed unsportsmanlike is at the sole discretion of the Event Director
- Swimmers are expected to listen to directions and instructions of all event officials and public authorities
- Participation in any event in the North Shore 5K event is at the discretion of the Event Director who reserves the right to reject or withdraw any swimmer
- The Race Director and Water Patrol Inc director have the authority to disqualify swimmers
- The Race Director decision is final
- Any protests regarding decisions made by Race Director and Water Patrol Inc director must be made in person and received by the Race Director and Water Patrol Inc director within two hours of finishing the event.

