



# 10K option New for 2018!

## Aqua Sphere®

### NORTH SHORE 5K SWIM

**September 8, 2018 - 8:00am & 7:00am for 10k**  
**Sunset Beach to Waimea Bay**

**COURSE:** 5K swim from Sunset Beach to Waimea Bay.

2 person relay teams with tag at Ehukai Beach Park on the beach!

**COURSE 10K:** Start at Waimea & swim to Sunset Beach & back to Waimea Bay. 10K starts at 7am. Escort required! 10K participants are asked to verify they have trained sufficiently. Escorts must have, PFD or Rescue Tube, Marine VHF radio or cell phone ideally in water proof case.

**DIVISIONS & AWARDS:** Individual, Elite, Relay & all standard 5 year age groups for 5K

10k will have 45 & Under & 46 & Over in both Female & Male!

**FIN DIVISION 5K only:** Men & Women

**RELAY TEAMS:** Men, Women & Mixed - 40 & U, 41-80, 81-110, 111 & over combined ages.

**ENTRY FEE/DEADLINE:** Entry Fee/Deadline: Individual \$65 / Team \$80 - Includes finisher T-shirt & swim cap.

10K Entry Fee is \$100. Add \$15 for late entry after Septemer 1st. - Mail in entries must be postmarked by Sept. 1, 2018. Online only at Active.com until September 1st. - No guarantee of T-shirt after Sept. 1st. No refunds. Entry fee goes up after Sept 1, 2018

Make checks payable to North Shore Triathlon.

Mail to: 94-463 Alapine St, Waipahu, Hawaii 96797-4515

Attn: Linda Moran



**EQUIPMENT:** Swim caps are mandatory and will be

provided if needed. No personal escorts (except in 10K), lifeguards will be on patrol. FINA open water swimsuit rules will be followed! Goggles, face masks & snorkels are OK. No fins (except in fin division), hand paddles, or other equipment permitted. Full 'Sun protections suits are OK. Important: Swimmers must reach Ke Iki Rocks in 2.5 hours from start time. If you are not making progress Water Patrol has the option to pull you from the course. This is for your safety.

**CHECK IN, LATE ENTRIES & RACE MARKING:** Race day from 5:30am to 7:30am at Waimea Bay! 10K check in by 6:30am Shuttle bus provided to Sunset Beach from Waimea Bay. Family & friends can ride if seats are available...

**INFORMATION:** 808-372-8885 · northshore5kswim.com northshoretriathlon@gmail.com

Facebook: northshore5kswim  
 www.northshore5kswim.com

Entries are non refundable, we reserve the right to refuse service to anyone for any reason. No transfer of entries without approval of race officials.



		F	M			S	M	L
Last Name	First Name	Sex	Age	D.O.B.	T-Shirt Size			

		F	M			S	M	L
Relay Team Member Last Name	First Name	Sex	Age	D.O.B.	T-Shirt Size			

Email Address		Phone Number of team leader						
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**WAIVER AND RELEASE STATEMENT:** I agree to comply with the regulations and event instructions of the 2018 North Shore 5K/10K Swim & Relay hosted by Aqua Sphere. I know that competing in the ocean may be hazardous, I am aware of and assume all risks with participating in this event, including but not limiting to, contact with other participants, effects of the weather including surf conditions and currents, and sea life. Knowing these facts and in consideration of the North Shore Swim 5K Swim & Relay accepting my entry, I hereby for myself, my heirs, my executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the North Shore Triathlon, Outrigger Duke Kahanamoku Foundation, Waikiki Swim Club, City & County of Honolulu, State of Hawaii, The United States Government, Aqua Sphere, Aqua Lung, US Divers, this event's officers, directors, members, volunteers, sponsors, agents, successors, assigns or anyone acting on their behalf from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. I attest I am physically fit and have sufficiently trained to participate in this event and I consent to receive medical treatment which maybe advisable in the event of illness or injury during the event. I acknowledge that water safety has the option of 'pulling' me from the water if I am not making sufficient progress along the course. I grant permission for organizers for free use of my name, voice or picture in legitimate accounts and promotions of this event whether it be in print, television, media or the Internet. I acknowledge that the organizers of the North Shore 5K/10K Swim & Relay reserve the right to refuse entry to anyone for any reason.

Signature - I have read & understand the waiver above (parents signature if swimmers are under 18)

Relay Team Age Division Circle One!		
U-40	41-80	81-110
Men	Women	Mixed
Relay Circle One!		
Fin Division Circle One!		
Individual or Fins by 9/1/18	\$65	
Relay before 9/1/18	\$80	
10K before 9/1/18	\$100	
Late Fee or race day add:	\$15	
Total Enclosed	\$	

Checks payable to North Shore Triathlon  
 No guarantee of finisher t-shirt for day of race entry!

Team Member Signature - I have read & understand the waiver above (parents signature if swimmers are under 18)

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_