Aqua Sphere® NORTH SHORE 5K SWIM

September 9, 2017 · 8:00am Sunset Beach to Waimea Bay
2 Person Relay option with tag at Ehukai Beach!

COURSE: 5K swim from Sunset Beach to Waimea Bay. 2 person relay teams with tag at Ehukai Beach Park on the beach!

DIVISIONS & AWARDS: Individual, Elite, Relay & all standard 5 year age groups.
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. Add $15 for late entry after August 1st. · Mail in entries must be postmarked by Sept. 1, 2017. 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, 2017
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, 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 6:00am to 7:30am at Waimea Bay!
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

KONA DEEP

RUNNER'S HI AIEA · HAWAII · BOCA HAWAII · OUTRIGGER DUKE KAHANAMOKU FOUNDATION · Steves Gardening SERVICE INC · KEAWE ADVENTURES · WAIKIKI SWIM CLUB

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

Phone Number of team leader

Email Address

WAIVER AND RELEASE STATEMENT: I agree to comply with the regulations and event instructions of the 2017 North Shore 5K 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, Kona Deep 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 Swim & Relay reserve the right to refuse entry to anyone for any reason.

Relay Team Age Division Circle One!	U-40	41-80	81-110	111+
Relay Circle One!	Men	Women	Mixed	
Fin Division Circle One!	Men	Women		
Individual or Fins before 9/1/17	$65			
Relay before 9/1/17	$80			
Individual or Fins Entry - Late or day of race	$80			
Relay Entry- Late or day of race	$95			
Total Enclosed	$			

Checks payable to North Shore Triathlon

No guarantee of finisher t-shirt for day of race entry!

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

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