

2024

North Shore
5K SWIM & 10K SWIM



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RACE COURSE & RULES

5K starts at 8:30 am at Sunset Beach

10K starts at 7:00 am at Waimea Bay

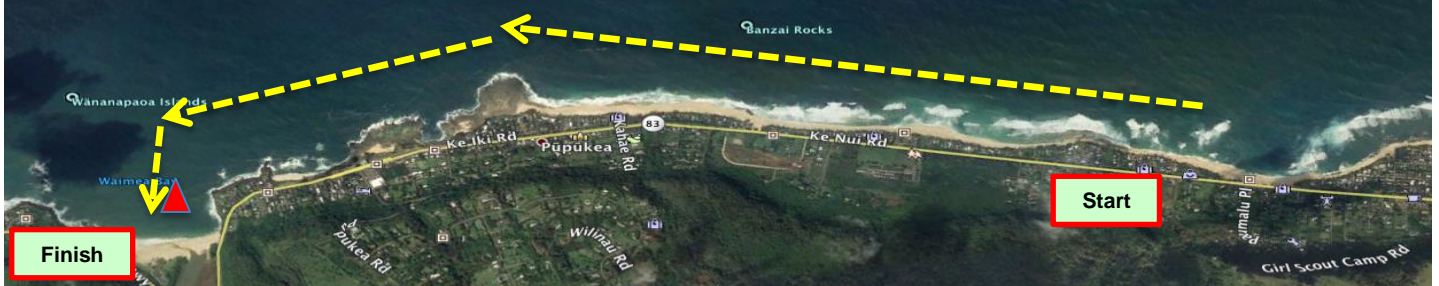
- **PARKING:** Park at Waimea Bay Beach Park, St Peter & Paul Church (donation) or Waimea Valley 'Beach parking' lot for \$10.
- **CHECK IN** at Waimea Bay. Check in opens at 5:45am & closes at 8:00am. ***10K check in closes at 6:45!**
You will receive a timing chip, **put this on your ankle immediately!** You will also get your race number marked on upper arm. Please avoid applying sunscreen (Kokua Suncare!) until you are body marked. T-Shirts will be given at check in. **Late entries T-Shirts are distributed after your finish.**
- **The 5K Race Starts at 8:30am at Sunset Beach.**
- **You do not have to qualify for the 5K swim. But please be honest with yourself about your fitness & ability as this is a tough race.**
- **The 10K race starts at 7:00am at Waimea Bay.**
- **10K rules & map below but you must qualify to join the 10K swim.**
- **BUSES:** We will bus you to the start at Sunset Beach. Depending on the bus driver we might NOT be able to stand on the ride to Sunset. Be advised. You must have a swim cap, timing chip & race number marked on you arm to ride the bus! **Last Bus leaves Waimea at 8:05am!!!**
- **Swim Caps:** Required & we will provide you with one for the race. You can use your own cap but please try to make sure it is bright. **If you lose your cap during the event let us know at the finish line.**
- **First bus leaves at 7:00 am & last bus leaves at 8:05am**
- **Sunset Beach:** We will have a short briefing at Sunset Beach if any course information needs to be updated.
- **Speed Suits:** FINA Open Water Suits are OK! <http://www.fina.org/content/fina-approved-swimwear>
- Mask, snorkels & 'swim buddy' floatation devices are OK. Fins are not allowed! No escorts for 5K swim.
- **Start:** All ages & genders start together!
- **There will be no buoys along the course! There will be a turn buoy at Sunset for the 10K swimmers.**
- **IMPORTANT:** The 10K swimmers will be coming east as you swim west! Each of these 10K swimmers will have an escort on a kayak, SUP or paddleboard. But be aware so you do not swim into them or vice versa.
- **Swim Finish:** There will be one 8' orange triangle buoy at the finish, keep this on your LEFT shoulder.
- **Run up the beach** crossing the timing mat for your finish time. Listen for an 'Audible Beep' as you cross the timing mat so that you know your time was recorded. Please turn in your timing chip & note your finish time on your watch or GPS device in case the computer did not register your finish.
- **This is not a water polo game or a triathlon, please be courteous & respectful of our 'Kupuna', 'Wahine' & 'Keiki' when swimming. Aggressive swimming, kicking, biting or grabbing will not be tolerated!**
- Awards will be at 10:00am
- Late entry T-Shirts will be given out as available
- Questions? Ask any of our staff on race day or email northshoretriathlon@gmail.com
- **Call Chirs at 808-372-8885 if you have any question before race day!**
- Facebook: Like our Facebook page for updates: <https://www.facebook.com/North-Shore-Swim-Series-109759599075415/>



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5K Swim Course

- Water start, all ages & genders start together! Race starts at Sunset Beach at 8:30 am!
- Finish at Waimea Bay will be an 8' orange triangle buoy, keep this on your left shoulder!
- **TIME LIMIT:** There is a 2.5-hour time limit for this swim. Water Patrol has the right to pull you from the water if they feel you are not making sufficient progress or are becoming a danger to yourself or others



10K Swim Course & Rules

- Beach Start, swimming east to Sunset Beach for turnaround & back to Waimea Bay.
 - Turnaround: Take the 8' orange triangle turn buoy at Sunset Beach on your Left Shoulder. Be aware as you may encounter swimmers coming west who are part of the 5K-swim race.
 - Finish at Waimea Bay by swimming around 8' orange triangle buoy, keep this on your Left Shoulder. Run up the beach crossing the timing mats.
 - There will be no course marking buoys for this swim except the turn buoy at Sunset Beach. Swimmers & escorts are responsible for navigation. You can swim inside or outside but we may have surf so be careful.
 - **IMPORTANT:** Be aware of 5K swimmers heading west. They will not have escorts so try to avoid them!
 - Each swimmer must have an escort with floatation device (rescue tube or PFD), communication device (Marine VHF or Cell Phone in waterproof case) & whistle.
 - Escorts must be pre approved & be comfortable with open ocean conditions, wind & surf.
 - 7am start at Waimea Bay. We do not supply Kayaks, SUPs or Paddleboards! 'Go Bananas' in Waikiki or Aiea & 'North Shore Surf Shop' has rentals.
 - **TIME LIMIT:** There is a 3.5-hour time limit for this swim! But Water Patrol has the right to extend this finish time if you are making good progress!
- Water Patrol has the right to pull any swimmer who is deemed to be not making sufficient forward progress or who may be in a dangerous situation. Escorts must complete the entire course with their swimmer. No exceptions. You must show that you have completed a 2.3 mile race in under 2 hours to enter this race. This qualifying time must have been in 2019.



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