



PRESENTS:

NORTH SHORE 5K & 10K SWIM

Hawaii's 1st and only 5k & 10k swim race
on the North Shore!

***2ND AUGUST 2025 | 7:00 A.M.
WAIMEA BAY***

northshore5kswim.com



OUTRIGGER
DUKE KAHANAMOKU
FOUNDATION



RACE COURSE & RULES

5k starts at 8:30 am at Sunset Beach

10k starts at 7:00 am at Waimea Bay

CHECK IN:

- 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 (courtesy of Kokua Suncare) until you are body marked. T-Shirts will be given at check in. Late entries T-Shirts are not guaranteed. They will be distributed after your finish pending availability.

PARKING:

- Park at Waimea Bay Beach Park (free but space is limited), St Peter & Paul Church (donation) or Waimea Valley 'Beach parking' lot for a fee.

START TIMES:

- 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.
- You must qualify to join the 10K swim.

BUSES:

- We will bus you to the start at Sunset Beach. First bus leaves at 7:00am. Last bus leaves at 8:05am.
- You must have a swim cap, timing chip & race number marked on your arm to ride the bus!

SWIM CAPS:

- Required & we will provide you with one for the race. You can use your own cap but it must be a bright color for safety.

INSTRUCTIONS:

- We will have a short briefing at Sunset Beach if any course information needs to be updated.
- In-water start for 5k, beach start for 10k. All ages & genders start together.
- There will be no sighting buoys along the course. There will be two large triangle turn buoys, the first at sunset for the 10k turnaround and the second at Waimea Bay near the finish for both the 5k and 10k swimmers. Both must be passed 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.
- **IMPORTANT:** The 10K swimmers will have an escort on a kayak, SUP or paddleboard. Be aware so you do not swim into them or vice versa.
- Awards will be at 10:00am.

EQUIPMENT:

- 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.

MISC:

- Please remember to Swim with Aloha! This is not a water polo game or a triathlon, please be courteous & respectful of your 'Hoa' when swimming. Aggressive swimming, kicking, biting or grabbing will not be tolerated!
- Questions? Email racedirector@northshoreswimseries.com
- Social: be sure to follow us @northshoreswimseries

northshore5kswim.com

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

- Beach Start at 7am, 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. 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 4-hour time limit for this swim! 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 within the past 2 years.

