

RACE DAY RULES & COURSE MAP



eat  pono

5K/10K SWIM

SATURDAY, AUGUST 1st 2026

CHECK IN: WAIMEA BAY

5K STARTS: 8:30 AM AT SUNSET BEACH

10K STARTS: 7:00 AM AT WAIMEA BAY



- **PARKING:** Waimea Bay Beach Park (free but limited), Waimea Valley (\$10 before 8am), or St. Peter & Paul Church for a \$10 cash donation.
- **CHECK-IN:** Check-in and day-of-race entry are at Waimea Bay Beach Park from 6:00am to 7:30am (10k check-in closes at 6:45 am!)
- **CHECK-IN PROCESS:** At check-in you will receive a race number, timing chip (**PUT THIS ON YOUR ANKLE IMMEDIATELY**), a shirt (race day registrations can pick up a shirt AFTER the race and are based on availability) and a swim cap. You can use your own cap, as long as it's a bright one! **You must swim with a cap! No exceptions.** After checking in proceed to the body marking station (look for the red flag) to get your race number marked on your upper arm (or where it will be visible). Put **Kokua Sunscreen** on AFTER you get body marked!
- **SWIMSUITS:** Men: 'Speedo' style briefs or jammers. Women: One or two-piece shoulder to hip swimsuits. M & W: rash guards, leggings, full body lycra suits for sun protection are OK if they do not provide floatation. **No** speedsuits, neoprene wetsuits or neoprene jammers allowed.
- **EQUIPMENT:** Swim goggles, mask type goggles, dive masks and snorkels are allowed. **No** fins (except for the 5k Fin Division), hand paddles or full-face snorkel masks. Swim buoy floatation devices are OK, but they should be tethered close to your body so they do not interfere with fellow swimmers.

10k DETAILS:

- **ESCORT BRIEFING:** 6:45am on the beach
- **RACE BRIEFING:** 6:50am on the beach
- **START:** single-wave beach start at Waimea at **7:00 am**.
- **COURSE:** Beach start from Waimea. This is an out and back course in which you'll swim east along the coastline from Waimea to Sunset and back. There are no sighting buoys along the course. There will be two large triangle turn buoys, the first at Sunset for the 10k turn-around and the second near the finish at Waimea. Both must be passed on your LEFT shoulder.
- **AID STATION:** For those without an escort on the 10k course, there will be an aid station AFTER the turn-around buoy at Sunset. The aid station will include: gels, bottles of HiDrate, & plain water. Please keep the empty gels in your suit or pass back to the kayaker. We encourage you to carry extra gels and/or a collapsable water bottle for additional hydration as needed.

5K DETAILS:

- **SHUTTLE BUS:** We will **bus you to the start** at Sunset Beach starting at 7:40 am. The last bus will depart at approx. 8:15 am. Please do not wait until the last bus! Buses are for swimmers only.
- **START:** single wave in-water start from **Sunset Beach at 8:30 am**. Please be on the beach by **8:20 am for the race briefing**.
- **COURSE:** This is a point-to-point course in which you'll swim west along the coastline from Sunset, around Keiki Point, past Shark's Cove, Past Three Tables, and finishing at Waimea Bay. As you approach the beach there will be a large triangle buoy. Pass this buoy on your LEFT shoulder. From there make your way up the beach and cross the timing mats to record your time. You will hear a loud "beep" indicating your time has registered.

- If you lose your timing chip, please let Scott at the 'Timeline Hawaii' tent know so that we may give you an estimated time based on the analog back up system. Be patient & polite with Scott as he will be super busy.
- Swim with Aloha. Aggressive swimming will not be tolerated!
- **TIME LIMIT:** there is a 2.5 hour time limit for the 5k swim and 4hr 15min time limit for the 10k swim. Swimmers not making sufficient progress will be pulled from the race course. If you receive assistance during the swim, you will not be eligible for a finish time. This is a 'did not finish' (DNF). Water Safety can decide to pull you from the water if you are not making sufficient progress or are a danger to another swimmer.
- **AWARDS:** ceremony will begin as soon as results are tabulated.
- **RESULTS:** will be posted at TimeLineHawaii.com, NorthShoreSwimSeries.com & WaikikiSwimClub.org as soon as feasible.
- **MAHALO** to EAT PONO & DUKE FOUNDATION for supporting ocean swimming at the North Shore!

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5K COURSE



10K COURSE



HAVE A GREAT SWIM!

MAHALO TO OUR SPONSORS!



northshore5kswim.com