

**2017 THIRTY FIFTH POSSIBLY ANNUAL  
HAWAIIAN LOOONG DISTANCE  
INVITATIONAL ROUGH-H<sub>2</sub>O SWIM  
Brought to you by the Waikiki Roughwater Swim Committee Inc.**

**ELIGIBILITY:** This event is open to all swimmers, but requires an invitation. This is a long-distance and non-drafting event and the demands of swimming ability and conditioning are considerable. The ocean is very unforgiving to those who get into trouble. The Organizing Committee must have a good understanding of the swimmer's ability or if the swimmer is unknown to the Organizing Committee they must be able to show that they have the ability to swim 7 km in a reasonable amount of time before an Invitation will be extended. The procedure is to submit a demonstration time to the Organization Committee. If a appropriate standard is met, your application will be accepted . If for any reason your application is not accepted, the Committee will refund your entry fee.

**Demonstration Time. Please enter one of the following:**

2014 or 2016 Looong Distance Swim \_\_\_\_\_

2014 or 2016 Waikiki Roughwater Swim \_\_\_\_\_

Current 2000 Meter Swim Time \_\_\_\_\_

**DISTANCE:** Approximately 7 kilometers (4.33 miles).

**DATE:** **Saturday, October 28, 2017 .**

**TIME:** 6:45 - 7:30 am Check-in. Both swimmer and escort must check-in together.  
7:30 am Instructions - All swimmers and escorts must attend.  
8:00 am Start.  
11:59 am Race officially ends. All swimmers must be through the finish shoot before noon.

**START/FINISH:** Kaimana Beach just Diamond Head of the Natatorium, Waikiki. Beach start and finish.

**COURSE:** Outrigger Canoe Club Channel out to a buoy, around the outer Ala Wai Harbor channel buoy, back to the first buoy and the starting point. Other than the turns the course will NOT be marked. You will be swimming in the open ocean with all of Mother Nature's faults and conditions. If you are not comfortable under conditions like this, this is not the event for you.

**ESCORTS/SAFETY BUOY:**

To insure the safety of all swimmers each entrant MUST either have a personal escort or wear a "swim safety buoy" (e.g. ISHOF SaferSwimmer or similar). Swimmers will be responsible for providing their own safety buoy. Invited swimmers are eligible for discounts and free shipping through the International Swimming Hall of Fame (ISHOF). Details will be provided to your upon the acceptance of your application.

For purposes of navigation and nutrition, escorts are highly recommended. Escorts must be Human powered kayak, OC1, prone or stand up paddleboard. Motorized craft will not be permitted on the course. You will not be allowed to start without either an escort or a swimmer safety buoy. PLEASE NOTE: The escort must also be in excellent physical condition. In past years, there have been many escorts who have not completed the course. The escort should be selected with endurance and conditioning in mind.

**DISQUALIFICATION:-**

Swimmers may be disqualified if: 1) They fail to have either an escort accompany them throughout the entire race, or wear their "swim safety buoy" throughout the entire race; 2) They use an escort or any flotation device for any physical support whatsoever; 3) Their escort impedes any swimmer; 4) They intentionally interfere with another swimmer's "swim safety buoy" ; 5) They draft another swimmer or an escort; 6) They fail to follow the course; 7) They take more than 3 hours 59 minutes to complete swim; 8) They fail to wear a brightly colored swim cap during the entire race; and 9) They fail to wear a swim suit that meets FINA Open Water regulations.

SAFETY: This is a looong distance open ocean swim and may be hazardous to your health. Safety is the most important aspect of the event. **Swimmers must follow the directions of Race officials and Water Safety Personnel. Failure to do so will result in removal from the race and possible exclusion for future Waikiki Roughwater Swim Committee events.**

MEDICAL: Swimmer's and escort's physical conditioning are their own responsibility. All participants are urged to train and have a medical checkup. By submitting this entry, swimmer and escort represent that they are physically able to compete the event and that they do not have any medical condition that would prevent them from participating in the swim.

ENTRY FEE: \$95.00 per swimmer if **RECEIVED** – by **September 28, 2017**, \$165.00 and no T-shirts thereafter. The on time fee includes a meal for both swimmer and escort and a T-shirt for the escort. Checks should be made payable to **“Waikiki Roughwater Swim Committee”** and should be mailed to: Stefan Reinke 841 Bishop Street Suite 1800 Honolulu Hawaii, 96813

AWARDS: All finishers and escorts will receive a T-shirt. First place in each 10 year age category MAY receive an award. Swimmer must finish and not be disqualified to receive a finishers shirt.

POST EVENT: Buffet lunch and awards presentation for all swimmers, escorts and volunteers will be held at approximately noon.

Inquiries should be sent to [sreinke@lbchlaw.com](mailto:sreinke@lbchlaw.com) or call 808-524-7030

**WAIVERS (must be signed)**

I am applying for entry into the 2017 Hawaiian Loong Distance Invitational Rough-H<sub>2</sub>O Swim. I fully realize that events of this nature could entail a great deal of risk to me, both for serious injury and even death. I also realize that this event could not be held unless I am willing to assume all consequences of these risks. Therefore, I assume full responsibility of informing myself as to all dangers and risks and I sign this waiver as a legally binding method of personally assuming all these risks. In consideration of acceptance of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damage which may hereafter accrue to me against the State of Hawaii, the City & County of Honolulu, Waikiki Roughwater Swim Committee, Inc. or the Organizing Committee, and each of their officers, agents, representatives, committee members, sponsors, associates, successors and/or assigns for any and all damages which may be suffered by me or my escort in connection with my association or entry in this event. I have read the particulars on the reverse side of this form and understand that this is a physically taxing event, which should be undertaken only by individuals that are excellent swimmers who are in a very good state of physical conditioning. I agree to either obtain and have an escort, who is in a very good state of physical condition, on a human powered paddleboard, kayak, OC1 or other similar type craft accompany me at all times throughout this event or wear a "swim safety buoy" throughout the entire event.

Please **TYPE OR PRINT**

NAME \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

ADDRESS \_\_\_\_\_ E-MAIL \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

SIGNATURE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_

SHIRT SIZE: Swimmer (S, M, L, XL 2XL)      ESCORT (S, M, L, XL 2XL)      Circle One Each

I am swimming with an Escort: Yes \_\_\_\_\_ No \_\_\_\_\_

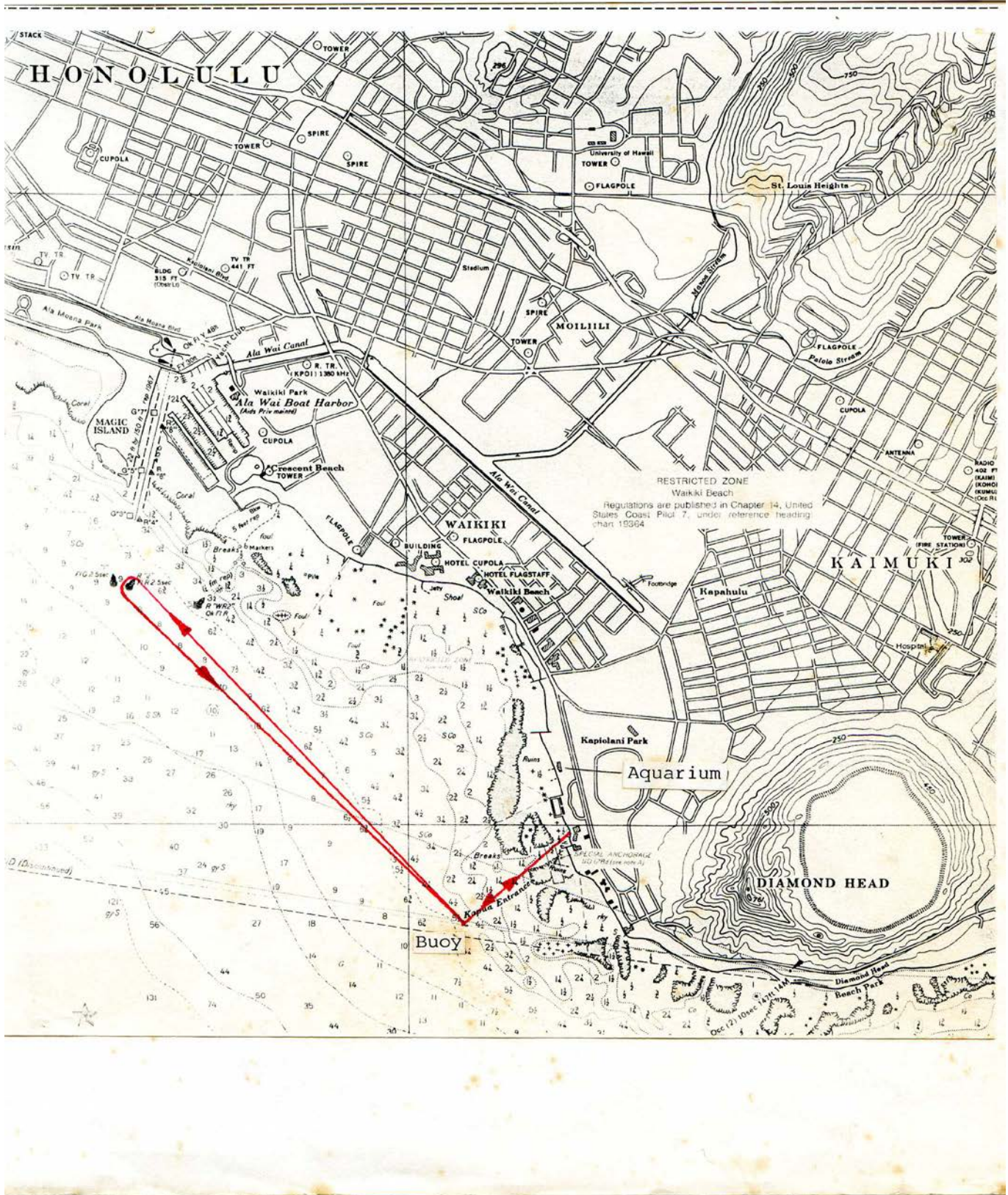
If No, I understand that if I swim without an escort I will be responsible for providing my own swimmer safety buoy: Yes \_\_\_\_\_

**FOR NON-HAWAII RESIDENTS ONLY:**

Are you requesting assistance in procuring an escort:      Yes \_\_\_\_\_ No \_\_\_\_\_

Are you requesting assistance in procuring an escort craft:      Yes \_\_\_\_\_ No \_\_\_\_\_

# HAWAIIAN LOOONG DISTANCE INVITATIONAL ROUGH-W2O SWIM



**THE COURSE WILL NOT BE MARKED OTHER THAN THE TURN BUOYS**