



**JACO Rehab North Shore  
Challenge Swim**  
Race Day Notes  
August 7, 2021  
Saturday at 9:00am!

- Parking: Limited parking at Waimea Bay, Waimea Valley (fee) & St Peter & Paul Church (donation)
- Check in & later entry: Waimea Beach Park starting at 7am & closing at 8:45am. **Please wear a mask.** 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 **Kokua** sunscreen until **after** you are body marked.
- **Swim Caps:** Required & we will provide you with one for the series. You can use your own cap but please try to make sure it is bright.
- **Race Briefing:** *There will be a racecourse briefing on the beach at Waimea before the start. Please be near the beach so that you may hear last minute changes or details*
- Course Map is at [www.northshoreswimseries.com](http://www.northshoreswimseries.com)
- Speed Suits: Sorry, no speedsuits, tri-suits or wetsuits allowed. Full body 'lycra' sun protections suits are OK as long as they are not neoprene or provide floatation
- Mask, snorkels & 'swim buddy' floatation devices are OK. **Fins are not allowed**
- Water start with a 1 wave start with men & women starting together!
- Course: Counter Counterclockwise course with two - 8' orange triangle buoys for the turns.
- Starting at the west side of the bay lining up with the 'jump rock', heading east to the first turn buoy & keeping this 'triangle' on your left shoulder. Heading across the bay going west to the next turn buoy near 'uppers' surf spot & keeping this on your left shoulder. Heading back to the beach diagonally going east to the finish line in the middle of the bay at the sand.
- We will have 2 buoys at the finish line to swim through for a run up the beach crossing the timing mats.
- 1 wave start with men & women starting together!
- Time limit: There is a 2-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
- No awards ceremony for 2021
- Questions? Ask any of our staff on race day or email [northshoretriathlon@gmail.com](mailto:northshoretriathlon@gmail.com)
- Facebook: Like our Facebook page for updates: <https://www.facebook.com/North-Shore-Swim-Series-109759599075415/>



# JACO

