

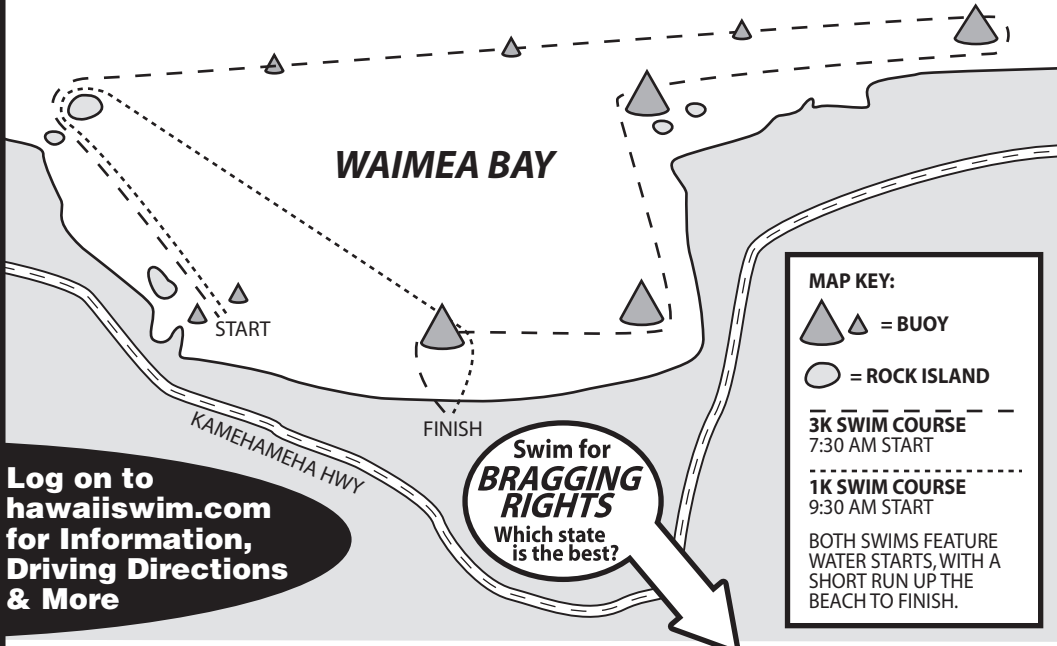


AT WAIMEA BAY Western Zone Cup



3K SWIM start 7:30 AM • 1K SWIM start 9:30 AM

— North Shore, Oahu, Hawaii • AUG. 9, 2009 —



Log on to hawaiiswim.com for Information, Driving Directions & More

MAP KEY:

▲ = BUOY
○ = ROCK ISLAND

3K SWIM COURSE
7:30 AM START

1K SWIM COURSE
9:30 AM START

BOTH SWIMS FEATURE WATER STARTS, WITH A SHORT RUN UP THE BEACH TO FINISH.

Run in conjunction with



PLEASE READ ENTRY FEE and USA REGISTRATION mailing instructions carefully before sending in entry.

ENTRY FEE: \$35 for 1K OR 3K SWIM. \$50 for BOTH SWIMS. NO REFUNDS. Entry includes competitor's t-shirt, refreshments & age group awards. **Make check payable to: North Shore Triathlon.**

LATE ENTRIES: \$45 for 1K OR 3K SWIM. \$65 for BOTH SWIMS. NO REFUNDS. Postmarked after August 1 or on race day. No shirt guarantees for late entries. **DO NOT MAIL AFTER ENTRY DEADLINE, bring application to beach.**

USA REGISTRATION: Swimmers must be members of USA swimming. If you are not a current member a ONE DAY Membership is available for \$15. Download registration form at hawaiiswim.com. **Check payable to: Hawaiian Swimming.**

Mail APPLICATION AND/OR USA SWIMMING REGISTRATION to:
94-463 Alapine St., Waipahu, HI 96797-4515, attn: Linda Moran.

AWARDS/DIVISIONS: Top 3 male & female finishers in the following divisions: Elite, 10 & under, 11-12, 13-14, 15-19, 5 year age groups (20-24, 25-29, 30-34, etc.)

★ IMPORTANT! PLEASE ENTER YOUR NAME THE SAME WAY ON EACH APPLICATION IF YOU WANT ACCURATE SERIES RESULTS

SPECIAL AWARD: Top 3 combined time finishers in the Surf 'n Sea North Shore Challenge (5K SWIM, Saturday, August 8, '09) and the 3K and 1K Waimea Bay Ocean Swims on Sunday, August 9, 2009. For more information on this award visit hawaiiswim.com

SPECIAL EVENT: 3x100 meter relay. TEAM Consists of three swimmers (One female under 18, one male under 18, one adult swimmer from the same STATE) Relay to be held at 10:30am. Entry fee \$5, register on the beach. More info: hawaiiswim.com

EQUIPMENT: Goggles, face masks & snorkels are permitted. No fins, hand paddles, or other equipment permitted.

SAFETY: SWIM CAPS ARE MANDATORY. Caps will be provided if needed. Competitors without caps will be disqualified. No personal escorts. Lifeguards will patrol the course during race.

REGISTRATION: 3K SWIM Reg.: 6:15 - 7:15 am. 1K SWIM Reg.: 6:15 - 8:00 am.

INSTRUCTIONS: 15 minutes prior to the start near to start area. Anyone not present at course instructions will not be allowed to compete.

INFORMATION: Call 372-8885 or hawaiiswim.com

LAST NAME	FIRST NAME	Mid. Initial	SEX	AGE	DATE OF BIRTH	SHIRT SIZE
			M F			S M L XL
STREET ADDRESS		CITY	STATE	ZIP	PHONE	
EMAIL ADDRESS						<input type="checkbox"/> CHECK HERE if you are swimming the North Shore Challenge on Aug., 8 & are entering the 1&3K Swims on Aug. 9

3K SWIM \$35 Postmarked by Aug. 1 \$45 After Aug. 1
 1K SWIM \$35 Post. by Aug. 1 \$45 After Aug. 1
 3K & 1K SWIMS \$50 Post. by Aug. 1 \$65 After Aug. 1
 ONE DAY USA SWIMMING REGISTRATION - \$15
 USA Swimming Registration enclosed.

WAIVER & RELEASE STATEMENT: I Agree to comply with the rules, regulations, and event instructions of the Western Zone Cup at Waimea Bay held on August 9, 2009. I know that swimming in the ocean is a potentially hazardous activity. I am aware of and assume all risks with swimming in these events, including, but not limited to, contact with other participants, the effects of weather, including surf conditions, currents, and the conditions of the ocean. In consideration of my accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release from any and all claims for injuries and damages I may have against USA and USMS Swimming, the City and County of Honolulu, State of Hawaii, United States of America, the sponsors, their agents and representatives arising out of my participation in this event, including pre-and post-race activities. I ATTEST that I am physically fit and have sufficiently trained for competition in the Western Zone Cup at Waimea Bay. I have read the particulars on this race application and understand that this race is a physically demanding event. I CONSENT to receive medical treatment which may be advisable in the event of illness or injury suffered by me during this event. I GIVE PERMISSION for free use of my name, voice or picture in any broadcast, telecast, advertising promotion and other account of this event.

Signature _____ Date _____
I have read and understand the waiver above

Parent's signature if entrant is under 18 years of age _____