
45th WAIKIKI ROUGH WATER SWIM
2.4 MILES
HONOLULU HAWAII, Monday, 1 SEPTEMBER 2014

Aloha Waikiki Roughwater Swimmers.

We are anticipating a beautiful sunny day on Monday and crossing our fingers for good conditions. Planning on favorable currents and for the surf to die down a bit but if you have not trained sufficiently or have any doubt about your condition and ability to complete the entire course without assistance please join us in watching from the beach.

Please swim with Aloha. There are nearly 1000 swimmers registered as of today and we wish to have everyone who starts the race have a wonderful, competitive experience and finish the race as they started albeit a little wetter and ready for lunch and a nap. Failure to heed instructions of race officials will result in disqualification and/or major stink eye.

TOURISM SURVEY

All of our off island swimmers will receive an online survey that we really hope you will take a few minutes and complete before or after race day. You will not be placed on any mailing lists but the race committee will be eternally grateful for your assistance as it helps us put on this awesome event each year. And best of all we have some awesome prizes that will be selected randomly for participants in the survey. And we will harass you if you don't complete it within a week after the race so please please do it now.

TIMING CHIPS

Timing chips will be given out on race morning. The chip is on a band that goes around your ankle. Please present your email confirmation which includes your race number and wave start. Proceed to the coconut tree with your wave start letter (A-E) where you will be body marked and given a swim cap, then you can pick up your timing chip. TIMING CHIP NUMBER MUST MATCH YOUR RACE NUMBER. If you do not have your email confirmation volunteers will help you locate that information on a posted alpha listing.

SWIM PHOTOS

Your photos will be available online starting Sept. 4 at
www.sportphoto.com/Event.aspx?EventID=821

CAPS

Each swimmer will be issued a color coded cap at registration. You must wear this cap at the start, during the race and at the finish. Failure to comply will result in a FIVE minute time penalty which will pretty much put you out of the running for any awards. This is for safety, race integrity and is required for our permits and insurance.

SUITS

No wetsuits or \$500 tech suits. And no thongs please but that is just for our volunteers sanity. Women's suits can be one or two piece, shoulder to hip. Men's can be briefs or jammers or surf trunks but can only cover hip to knee. Your race number must be clearly visible. You may wear a rash guard that does not include neoprene or anything that will provide floatation but your race number must be uncovered. Failure to comply will result in a TEN minute penalty.

TSHIRTS HARD CORE SWIM SUITS AND ADDITIONAL PURCHASED ITEMS You will pick up your race t-shirt or tank as well as any other items purchased online at the finish line.

We will have additional items for purchase as well and that tent will be located near the showers. If you purchased a Hard Core swim suit you may pick it up at late registration on Sunday or at the for sale booth at the finish. Suits will not be available at the starting line.

RACE COURSE

The race is Monday, September 1, 2014. The distance is 2.384 Miles - 3.84 Kilometers.

The start is at Kaimana Beach in front of the New Otani Hotel and the Finish is at Duke Kahanamoku beach at the Hilton Hawaiian Village.

There will be five starts beginning at 8:30 am. The starts will be 5 minutes apart. Swimmers who are not in the immediate start must stay back behind the flags on the beach. Please note that if you are in the fin division you will be placed in group E with non fin swimmers but you will be issued a RED cap. Please make sure that you get a RED cap at check in.

Atlantis Submarines and Port Waikiki Cruises are suspending their operations for our race so we must clear the channel on time. If you have not crossed the mid way point by 10:30 am you will be pulled out.

We anticipate that all swimmers will have finished the race by 11:30.

Swimmers must start at waters edge with their group and must round both Orange Turn Buoys (right shoulder - ocean side of buoy). They must exit the water at the Hilton Beach directly in front of the finish or in near proximity and walk/run directly to the finish chute. Finish order is determined by the timing chip crossing the timing pad.

The intermediate buoys are for navigation only and are not considered part of the course.

Swimmers may go anywhere they wish but safety paddlers should direct those that are clearly lost.

Swimmers may swim inside or to the right or left of the channels.

The starter/referee at his discretion may allow a swimmer with a disability to be assisted into and/or out of the water. Please check in with George Kane our START DIRECTOR once you have received your number, swim cap and TIMING CHIP.

AWARDS

The awards ceremony will be held on the Ilima Lawn of the Hale Koa Hotel just Mauka from where the results are posted. We will start as soon as possible after the last swimmer finishes. That should be approximately 12:00 noon.

The elite awards will go first and then we mix up the age groups a bit. We will have special prizes the youngest and the oldest so make sure to be there. If you win an award and cannot make the ceremony please have someone else pick up your award. Immediately after the awards ceremony everything goes back to storage and we cannot dig yours out.

REGISTRATION

Online registration closes Friday 8/29 at midnight. If you are not registered you may come to late registration on Sunday noon to 3:00 and pay \$85 (cash, check with 2 x ID or credit) or come on Monday and pay \$100 cash.

WAVE CHANGES

If you do not like your wave for some reason you may come in person to late registration on Sunday at the Hilton Hawaiian Village between noon and 3:00. There will be absolutely no wave changes on race day. If you wish to swim with a friend in a later group you may do so but your time will be 5 minutes or more slower than you swam.

If you go in an earlier group you will be disqualified and will not receive a time.

TRANSPORTATION

Waikiki Roughwater Swim does not provide any transportation to or from the start or finish line.

PARKING

Parking is available at the Hilton Hawaiian Village, the Hale Koa Hotel and at Kapiolani Park.

Parking will not be validated by the swim but restaurants and shops may validate with purchase.

BELONGINGS

The Waikiki Roughwater Swim Committee will provide a bag service to take personal items (shorts, slippers) from the start to the finish where they may be picked up. We are not responsible for any lost items and request that swimmers not put valuables in the bags.

SPONSORS

Please support our sponsors. Without them this race would not happen or it would cost you a lot more to enter.

Alaska Airlines
Atlantis Submarines
Hale Koa Hotel/Fort Derussy
Hilton Hawaiian Village
Island Triathlon and Bike
New Otani Hotel
Outrigger Canoe Club
Planet Sun
Port Waikiki Cruises
Queen Kapiolani Hotel
Rainbow Aquatics
Straub Hospital

Sports Authority

Swim With Mike Physically Challenged Athletes Scholarship Fund TYR Sports
University of Hawaii Swimming and Diving Team

SEALIFE and CUSTOM FISH ID CARD

We scheduled this race around the box jellyfish window 8-11 days after the full moon and we do not anticipate that they will be around on race day however the ocean is unpredictable so use caution. It is likely that you will see turtles, fish and maybe a dolphin or two. There has never been a shark attack in Waikiki. Dr. Gail Grabowsky (who discovered the box jellyfish's scheduled arrival times) and her students at Chaminade University will be at late registration and at the finish line handing out free Waikiki sealife identification cards.

TIDES

Low Tide: 01:56 am @.3'

High Tide: 9:37 am @ 1.8'

Tide will be rising at the start so it is anticipated that the currents will be somewhat favorable but what do I know?

SURF

2-5 or maybe a tad more predicted as of 8/31. Water is 77-79.

WEATHER

Sunny with a high of 87 and low of 74.

SWIM WITH MIKE

If you have not contributed to Swim With Mike you can do so at the Swim With Mike booth at the finish line, online at www.swimwithmike.org. If you did contribute please stop by the booth and get your goodies and meet our scholarship recipients. We will have some awesome Swim With Mike swag for purchase as well.

Good luck to those swimmers doing the Maui Channel and the Pan Pacific Championship on Maui.

And to the rest of you rest up, hydrate and we will see you on Monday.

Kaia