

# 2011 7<sup>th</sup> Annual Maui 'Aumākua 2.4 Mile Swim



## And Maui Sprint Mile



Labor Day Monday September 5, 2011 8:45am

<b>LOCATION:</b>	South Malu'aka Beach fronting <b>Makena Beach &amp; Golf Resort.</b> Makena, Maui, Hawaii	<b>T I D E</b>	Lo 2:52am 0.17ft	Hi 12:12am 1.58ft	Race- Avg 1ft
<b>DATE &amp; TIME:</b>	<b>Monday LABOR DAY 9/5/11</b> Check-in: 7:00–8:00am Race Instruction: 8:15-30am Race Start: <b>8:45am-ish</b>	Sunrise: 6:10am Moonrise: 1:58pm First Quarter Moon			
<b>COURSES, DISTANCES, &amp; Qualifying Time</b>	<b>2.4 Mile Swim.</b> Rectangular course as shown. <b>You must be able to swim one mile in less than 35 minutes.</b> Depending on the number of entrants, your one-mile time may also be used to split heats. Any other open ocean mile (or longer) swim participation & time may be substituted with approval from the Race Director. <b>1 Mile Sprint.</b> Complete the "yellow" part of the 2.4 mile rectangular course and turn back early. No Qual. time.				
<b>SPECIAL FUN RULE.</b>	For BOTH 2.4 & 1 mile swim near the point at mile 2, and the mile just past the half way mark, there's a submerged arch in the coral reef with an opening depth of approx 12-15 ft. Swim through, get a token from a kayak standing by near the arch, and get 1 (one) minute off your time (see/initial disclaimer at bottom).				



**Preferred Registration method on-line with [www.clubassistant.com](http://www.clubassistant.com)**

<b>AWARDS:</b> 2.4 mi 1 <sup>st</sup> -3 <sup>rd</sup> 1 mile 1 <sup>st</sup> only	Men & Women 10& Under, 11-12, 13-14, 15-18; Masters: 19-24, 25-29 to the top participating age group. Overall top male & female prizes. Race Age is age on last day of 2011.	<b>ELIGIBILITY:</b>	<b>All</b> participants must be members in good standing with United States Masters Swimming, Inc. or USA Swimming, Inc. Swimmers 19 & over that are not registered can sign-up with USMS on race day. One year Hawaiian USMS membership (valid thru 12/31/10) is \$40. One Event \$15. <b>Out of state swimmers must provide evidence of current USMS or USA Swimming registration.</b>
<b>PAYMENT, ENTRIES &amp; Mailing Address:</b> *Shirt & cap may not be available	by Aug12   by Sep5   Race Day \$40   \$50   \$75* Payable & Mailed to: <b>Maui Dolphins Swim Club PO Box 880694 Pukalani, HI 96788</b>	<b>PARKING:</b>	Event parking available at S. Malu'aka Beach Park parking lot (proceed from Wailea along Makena Alanui Road. Turn right approx. ¼ mile past the Makena Beach & Golf Resort entrance (look for event sign). More parking is available at N.Maluaka Beach. You may have to pay to park at the Maui Prince Hotel – unless you stay there ☺.
<b>SANCTIONS:</b> Hawaii Masters Swim Association for USMS #S391-OW002 Hawaiian Swimming for USA Swimming #HI20110905-MAUI		<b>ESCORTS &amp; EQUIPMENT:</b>	Course marshals in kayaks, and certified lifeguards on a jet ski will patrol the course. No hand paddles, fins nor flotation gear permitted. Caps, Goggles, FINA approved body suits (without flotation) are permitted. Course will be closed 2½ hours following the start - swimmers still in the water will be escorted to land. <b>Swim caps are required for safety and to ID your race.</b>
<b>TIMING:</b>	Electronic Timing will be employed. Race numbers will be applied as backup and for safety. Do not apply sunscreen until after your number is applied	<b>SAFETY:</b>	<b>SAFETY IS OUR FIRST PRIORITY.</b> While we will have lifeguards and kayaks on the course, each swimmer is responsible to know his/her abilities, be familiar with open water ocean racing, train appropriately to be in good physical condition for the race, and take any other precautions appropriate to competing in such an event.
<b>INCLUDED:</b>	Awards for all ages. T-shirt and Race Cap & Post race refreshments. Extra T-shirts & caps avail.	<b>CONTACTS:</b>	Malcolm Cooper (808)280-4257 <a href="mailto:malcolmy@hawaii.rr.com">malcolmy@hawaii.rr.com</a> (Race director). Forms and information at <a href="http://www.aumakuaswim.org">www.aumakuaswim.org</a> or the Maui Channel Swim site: <a href="http://www.mauichannelswim.com/">http://www.mauichannelswim.com/</a>

'Aumākua: Family or personal gods, deified ancestors who might assume the shape of sharks (all islands except Kaua'i), owls (as at Mānoa, O'ahu and Ka'u and Puna, Hawai'i), hawks (Hawai'i) 'elepaio, 'iwi, mudhens, octopuses, eels, mice, rats, dogs, caterpillars, rocks, cowries, clouds, or plants. A symbiotic relationship existed; mortals did not harm or eat 'aumākua (they fed sharks), and 'aumākua warned and reprimanded mortals in dreams, visions, and calls.



# The Maui 'Aumākua 2.4 Mile Swim And Maui Sprint Mile

Labor Day Monday Sept 5, 2011 8:45am

Preferred Registration Method online at [www.clubassistant.com](http://www.clubassistant.com)



<b>Event</b> (Check One)	<input type="checkbox"/> Maui 'Aumākua 2.4 Mile Swim <input type="checkbox"/> Maui Sprint Mile				<b>Time</b> For 2.4 eligibility	<input type="checkbox"/> 1650y <input type="checkbox"/> 1500m <input type="checkbox"/> Open Mile <input type="checkbox"/> 2.4m <input type="checkbox"/> 5k	
<b>Name</b>					<b>USA/USMS#</b>		
<b>Address</b>	Street				<b>Birthdate</b>		
Country	City	State	Zip		<b>Race Age</b>		<b>Sex</b>
<b>Phone</b>	Home		Cell		<b>Last Open Water Swim</b>		
			(in case we need to contact race day)				
<b>T Shirt(s)</b>	<b>Quantity and Size(s):</b>	S	M	L	XL	XXL	<b>Swim Club Name/No.</b>
<b>Payment</b>	<b>Race (\$40 by 8/11, \$50 by 9/5, \$75)</b>				<b>Coach Name</b>		<b>Email(s)</b>  (To send entry confirmation, race instructions, updates & results)
	<b>Extra T-Shirts (\$15 each)</b>						
	<b>Extra Swim Caps (\$5 each)</b>						
	<b>Total</b>						
	<b>Cash</b>	<b>Check</b>	<b>#</b>				

**WAIVER:** All swimmers must sign the appropriate liability waiver below in order to participate. If registered as an athlete member of both USMS and USA swimming, you may only swim for one indicated by your USMS/USA number above.

**USMS Waiver**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

**USA Swimming Waiver** (Parent or legal guardian must also sign for swimmers under 18.)

I hereby release USA Swimming, the Local Swimming Committee (LSC) and any other participating organization from any claims and damages received by me as a result of my participation in the race and furthermore, hold them harmless and indemnified from any damages. In addition, I agree to abide by and be governed by the rules of USA Swimming.

Signature \_\_\_\_\_ Date: \_\_\_\_\_ Signature of Parent of Guardian \_\_\_\_\_

**The Arch Read & Initial warning below:**

**Caution:** You may be tired at this point during the race. Even if you are familiar with diving to a depth of ~15 feet, your fatigue may make the dive more difficult or even dangerous. You may not gain any significant time doing this and we recommend against doing this unless you are practiced, know your limits, and feel rested enough to make it safe at the time. When diving to a depth of 15 feet without equalizing ear pressure, you can permanently damage your ear drum; and the pressure on your eyes can be painful – especially from small & hard goggles.

**Caution:** the arch is ~4' high and 8' wide at a depth of ~15 feet with jagged edges from coral and rocks sticking out. Touching coral can also kill the coral.

**Initials** \_\_\_\_\_



**Local Accommodations:** The Maui 'Aumakua Swim starts on the beach at the **Maui Beach and Golf Resort Hotel**, it's best to contact reservations directly <http://makenaresortmaui.com/> Toll Free: (800) 321-MAUI. **Pictures will be posted on-line after the event.**

**Monday**  
**5-Sep-11 1<sup>st</sup> Qtr Moon**  
 ☀ Sunrise: 6:10am Sunset: 6:35pm  
 🌙 MoonRise: am  
 Lo 02:52 / 0.17 ft HI 12:12 / 1.58 ft

[Makena Beach and Golf Resort](http://www.makenaresortmaui.com/)

**Sponsors:** Patti Hawkins Designs

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