

## **TRIKAUAI SWIM DETAILS – Additional Information Addressing Common Questions**

- This swim is approximately 1/4 mile, and strong swimmers finish this leg in approximately 8 minutes.
  - The exact distance is determined by the outside break (where the waves are), and current ocean conditions.
  - The buoys are typically setup inside of the break in order to avoid any dangerous situations.
  - The course is setup so that you swim with the current as much as possible.
- Water temperature is approximately 72° and in the small amount of time you are in the water you do not really lose body heat.
  - Due to the temperature, wetsuits are not necessary, and are not recommended since they can be cumbersome during the transition.
  - If a wetsuit is part of your normal training, you are welcome to use it.
- Assist devices (snorkel, mask, fins, etc.) are permitted.
  - If you use any assist devices, we send you out last in a separate heat that includes other people using assist devices.
  - Our goal here is to make everyone feel comfortable enough to be willing to take on something challenging so that they can gain confidence in themselves by experiencing new conditions.
  - Participants using assist devices are not allowed to receive awards for placing in their division since this would be unfair to others not using those devices.
- Water safety volunteers are stationed such that the entire course is covered and all participants are monitored.
  - Should you have any difficulty, assistance will be available for you to continue or stop as you feel comfortable.