

Kailua Masters Swim Club Presents

# *The Popoia Swim*

May 9, 2010, 8 a.m.

1.6 miles (approximately) around Flat Island

[www.kailuamasters.org](http://www.kailuamasters.org)

Register On-line at [www.active.com](http://www.active.com)

**Registration Fees:**

Early bird registration (until Mar 1st): **\$30**

Regular registration until May 8th: **\$40**

Race day: **\$45.**

**\$5** military discount.

**Registration** and numbering begin at 6:30 a.m.. **Pre-race announcements** at 7:45 a.m. **Course:** starts and finishes at Kailua Beach Park behind Kalapawai Market. The course runs around Popoia (Flat Island) and along Kailua Beach.

**Electronic timing** New this year, we are providing chip timing with results at [www.timelinehawaii.com](http://www.timelinehawaii.com)

**Awards:** Men and Women age group winners and runners-up, overall winners, military, and Mothers' Day awards for winners of Mothers Divisions (under 40 and over 40). The awards ceremony will immediately follow the race. Refreshments will be provided.

**TO REGISTER BY MAIL**

Name: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Sex: \_\_\_\_\_ Mothers' Division: Y / N

Address: \_\_\_\_\_ Military Y / N

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Race Day Contact: Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

T-shirt size: S M L XL

Make Checks Out To: **Kailua Masters Swim Club**

Mail to: KMSC  
Attn: Popoia Swim  
P.O. Box 1927  
Kailua, HI 96734

**WAIVER: I have read and understand the waiver below**

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

Parent's Signature if entrant is under 18 years of age: \_\_\_\_\_

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Waiver and release statement: I agree to comply with the rules, regulations, and event instructions of the Popoia Swim. I know that swimming in the ocean is a potentially hazardous activity. I am aware of and assume all risks of swimming this event, including but not limited to contact with other participants and jellyfish, the effects of weather including surf conditions and 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 have against Kailua Masters Swim Club, 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 Popoia Swim. 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.