

MALAMA PONO 'IA KAWELE'A

OC1/V1: HAWAII KAI TO MAGIC ISLAND

OC6: MAGIC ISLAND

SATURDAY MARCH 31, 2018

\$180 PER CREW, \$150 FOR KIDS CREWS, OC1/V1 \$40

SHORT COURSE (9AM):

REGISTRATION:

7:00 AM- 8:00 AM

COACHES MEETING:

8:30AM

DIVISIONS:

WOMEN KOA

WOMEN NOVICE

MEN NOVICE

WOMEN 50

WOMEN 55

WOMEN 60

MEN 65

MEN 70

MIX NOVICE

JUNIOR MIX (15-18)

MIX OPEN

MIX 45

MIX 55

MIX 65

LONG COURSE (HALF AN HOUR AFTER LAST CREW):

REGISTRATION:

7:00 AM - 30 MINS PRIOR TO COACHES MEETNG

COACHES MEETING:

20 MINS AFTER LAST CREW ON SHORT COURSE.

DIVISIONS:

MEN KOA

JUNIOR MEN (15-18)

JUNIOR WOMEN (15-18)

MEN UNLIMITED

WOMEN UNLIMITED

MEN OPEN

WOMEN OPEN

MEN 40

WOMEN 40

MEN 50

MEN 55

MEN 60

OC1/V1 DIVISION (SAME DISTANCE AS SHORT, RUN IN EITHER COURSE):

MEN 170 LBS & UNDER

MEN 171-240 LBS

MEN 241 LBS PLUS

WOMEN 140 LBS & UNDER

WOMEN 141-220 LBS

WOMEN 221 LBS PLUS

FOOD AND AWARDS TO FOLLOW THE RACE

FOR MORE INFORMATION CONTACT: GINO DAYTON 306-9461

EMAIL: Keolaokekai18@Gmail.com

Registration Link Available March 18, 2018

<https://goo.gl/forms/9DC8A1YR9CoLK75h1>