



SUNDAY MAY 4, 2025

SAND ISLAND PIER (HEALANI CANOE CLUB SITE)

REGISTRATION: 7:00 a.m. - 8:00 a.m.

\$60 for KEIKI CREWS

\$180 for JUNIOR CREWS

\$210 for ADULT CREWS

SHORT COURSE

7 MILES - START TIME: 9:00 a.m.

DIVISIONS:

WOMEN / MEN / MIX

JR (15-18) | NOVICE | 60 | 70

KEIKI COURSE

**1 MILE - START TIME: 5 MIN AFTER
ALL SHORT COURSE CREWS FINISH**

DIVISIONS:

KEIKI

10u | 14u | KAPAKAHI CREW (any age and gender)

LONG COURSE

9 MILES - START TIME: 5 MINS AFTER ALL KEIKI FINISH

DIVISIONS:

WOMEN / MEN

MIX

OPEN | 40 | 50 | UNLIMITED (open only)

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- Awards for top 3 finishers & goodie bags for all Keiki paddlers -
- Crew gift guaranteed for the first 40 Jr/Adult entries -
- Lunch and drink to follow for all participating paddlers -



For more info or additional questions, please contact
Kapuni Patcho at (808) 690-4643 or email healanicanoeclub@gmail.com