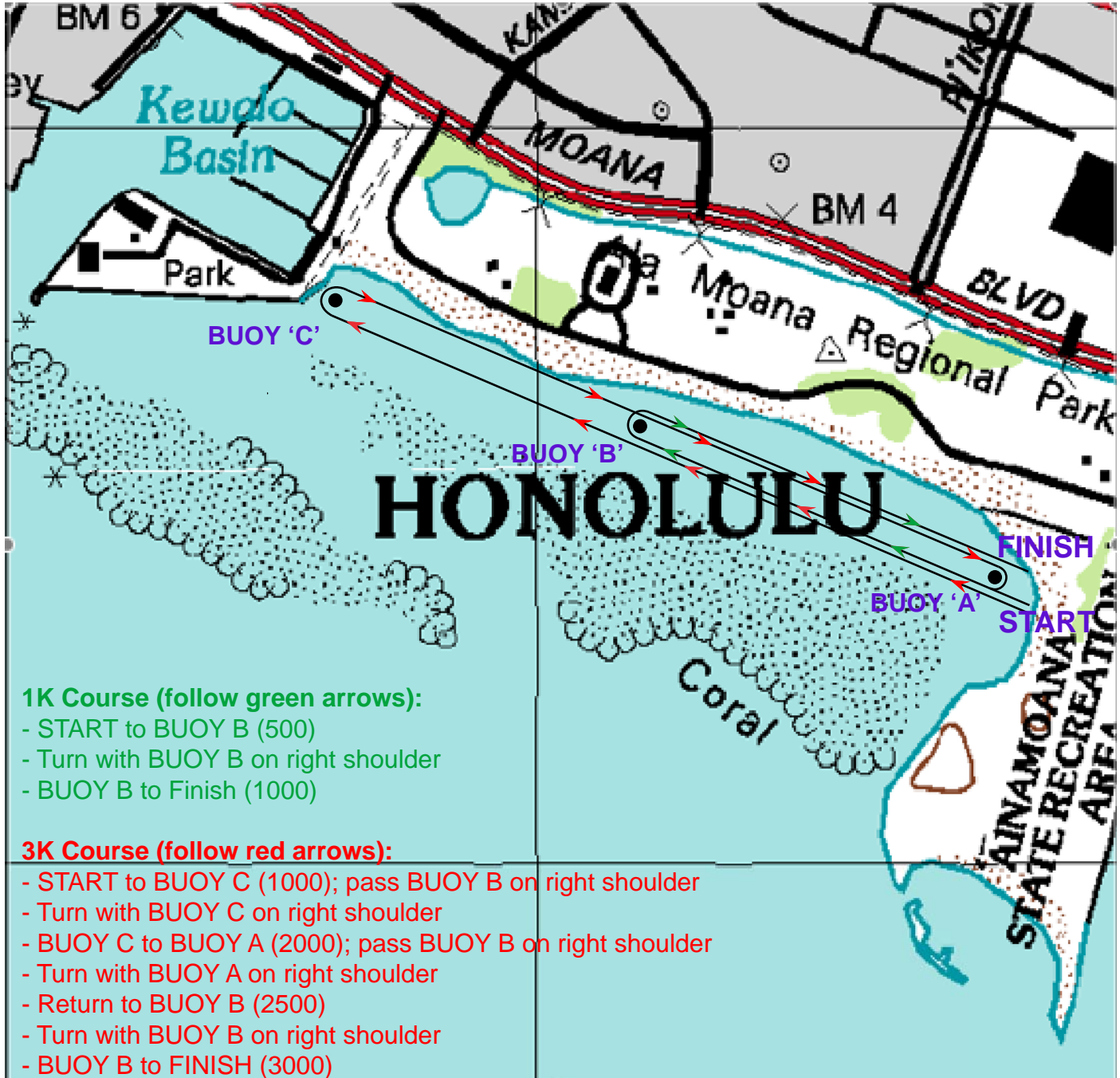


**Hawaiian Swimming
1K and 3K Open Water Race
Sunday - October 14, 2007 - 9:00AM
at Ala Moana Beach Park**



1K Course (follow green arrows):

- START to BUOY B (500)
- Turn with BUOY B on right shoulder
- BUOY B to Finish (1000)

3K Course (follow red arrows):

- START to BUOY C (1000); pass BUOY B on right shoulder
- Turn with BUOY C on right shoulder
- BUOY C to BUOY A (2000); pass BUOY B on right shoulder
- Turn with BUOY A on right shoulder
- Return to BUOY B (2500)
- Turn with BUOY B on right shoulder
- BUOY B to FINISH (3000)