



2019 48th Maui Channel Swim
Bob Roper Memorial Swim
9.5-mile Channel Crossing Relay
Saturday, August 31, 2019, Labor Day Weekend
Lanai (Club Lanai Pier) to Kaanapali (Black Rock) Maui, HI



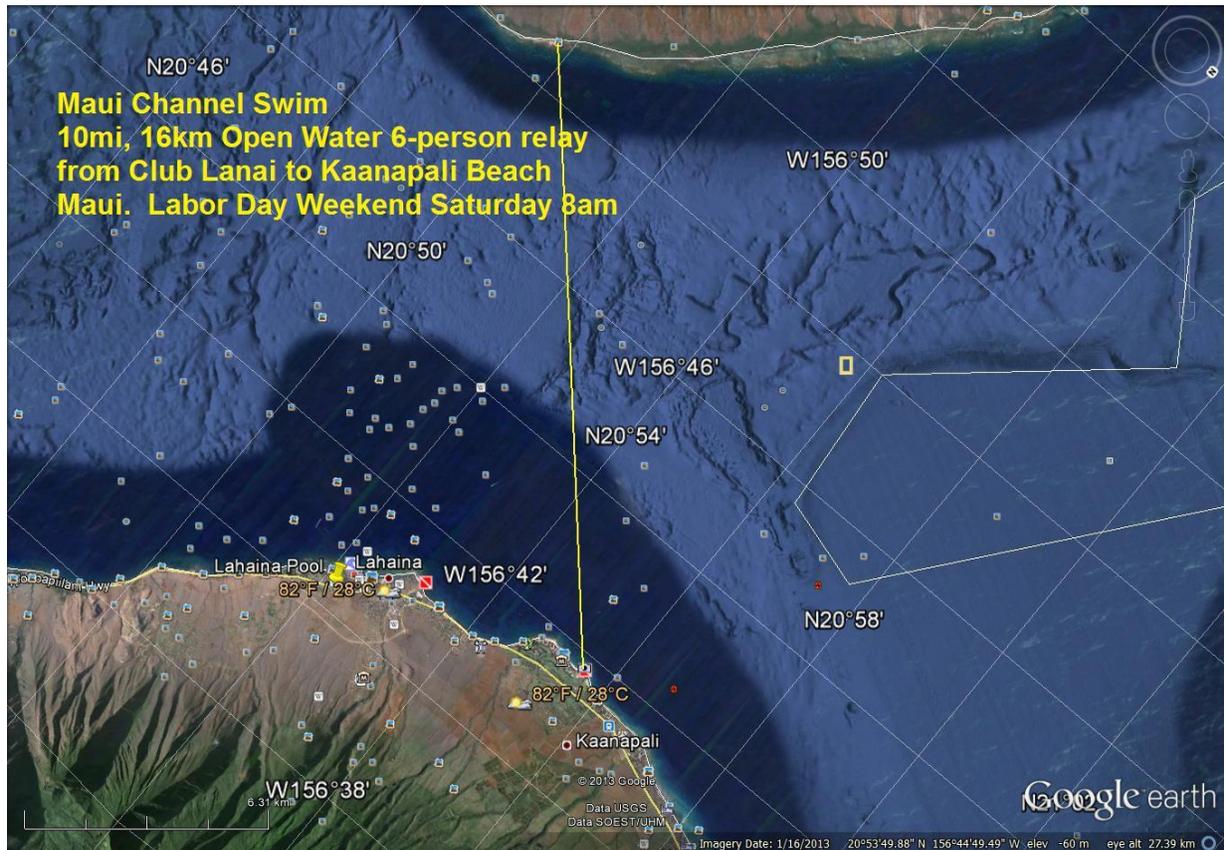


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- 10 Mile, 16km course
- 6-person relay.
- Each swimmer swims 30 minutes ONCE, then rotates through 10-minute swims until complete or 6 hours have passed.

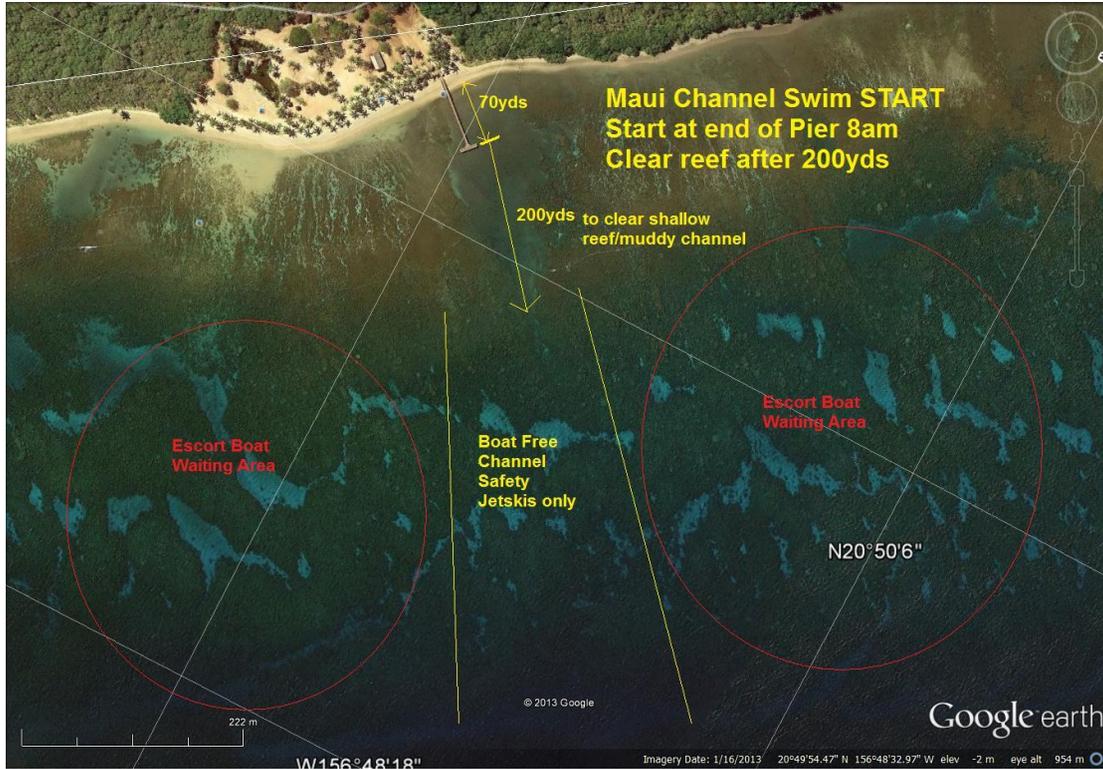


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Event and Safety Plan

Scope and Overview:

This plan describes the safety plan taken by race management to make sure the race meets all the logistics that are in place for ALL members of all teams are safe throughout the race – and that the race is fair.

To do this, in addition to this safety plan, an EXTENSIVE Race “Notice” is prepared with specific information about safety and how each escort boat has the responsibility to be the safety marshals for their swimmers.

Race Plan:

- The race is a 6-person relay or a solo swim from the beach/pier at Club Lanai on Lanai to the beach at Black Rock in Ka’anapali on Maui.
- Each swimmer's first leg is 30 minutes until all 6 swimmers have completed one leg of the race. Succeeding legs are 10 minutes per person, keeping the same swim order, except for the Ka’anapali Beach finish leg. For the final leg, if the swimmer has passed or is close to the final orange buoy and has reached the end of their 30-minute or 10-minute leg, the team captain may elect to have this swimmer complete the race. NO CHANGES, and no boat escort/traffic is allowed inside the final buoy.
- All teams MUST be escorted by a boat, insured, legal to carry passengers with all required safety equipment, with a captain/owner of the boat at the helm (who is the safety officer responsible for all swimmers in the water),
- The boat captain/owner must meet at the captain’s meeting or with the race director before the race for a meeting at an agreed-on location to discuss race safety, responsibilities, logistics and more.
- Each boat must have a basic first aid kit capable of taking care of basic first aid including abrasions, cuts, broken limbs, etc.
- The water is open ocean (saltwater) 10 mile/16 km course from Lanai to Maui.
- The first 200m is out a narrow channel in water clarity that varies based on recent swells in murkiness, clearing by 200-400 yards to crystal clear water.
- The middle of the channel water conditions vary depending on winds (not much on tides) from smooth to choppy with small waves, usually building to large swells/seas of 6-10 feet in the center channel. Staying to the “right”/south of the wind line (blocked by West Maui Mountains) makes for much smoother water. The course is designed such that the West Maui Mountains block the prevailing trade winds that build during the morning (causing rougher seas) wrapping around and closing in behind the competitors as they swim to Ka’anapali.
- During the last part of the course (last mile), coming in to Black Rock, the swells drop but a north wind and usually a strong northern current create choppy waters which last until about the last 300 yards which is shielded from most wind by Black Rock. The last 300 yards is an unescorted swim in clear water ending in a run up the beach to the finish line of approximately 50 yards.



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Pre-Race Staging:

- There is a “captain’s meeting” at 5:00 PM, Friday, August 30, 2019, on the grass at the Ka’anapali Beach Hotel. This is a mandatory meeting for all boat captains/owner, and all Team captains; and strongly encouraged for all other team members.
- There’s a pre-race meeting for lead-swimmers only on the beach at 7:45 AM – 15 minutes before race start – below high-water line at Club Lanai. Teams will be counted, swim caps & suits inspected, numbers verified on swimmers, and any final instructions given to swimmers.

Key Personnel:

- Race Director – Ian Emberson (808) 652-4740
- Officials Boat – captain Joe Reicht (808) 658-0116
- Course Advisor – Malcolm Cooper (808) 280-4257
- Race Referee – Sandy Drake, Maui Dolphins Swim Club; HI Swimming Official’s Chair. (808) 298-8091
- On-course Water Patrol (jet ski) and course monitoring – Greg Jenkins (808) 271-8722
- Timer – Coco Emberson (808) 639-1109
- Radio VHF 71
- Coast Guard – VHF Channel 16
- Fire-Rescue and Emergency Medical Services call 911. Best access to emergency services may be Ka’anapali Beach Hotel if close to finish, Mala Wharf typically fastest if mid-channel. Ambulance. Other locations depend upon the intentions of the boat captain. Notify Water Patrol on VHF Channel 71 for assistance.

General Meetings:

5:00pm, Friday, August 30 – Ka’anapali Beach Hotel. Mandatory Team & Boat Captain/owner meeting. Highlight the following:

- For each team, the BOAT CAPTAIN/owner is the SAFETY OFFICER responsible for each team’s safety from when they “pick up swimmer”, through the last swimmer dropped at the beach.
- All Outboard boats are highly recommended to have properly installed propeller guards “prop guards”.
- Each boat must have a basic first aid kit.
- All engine propellers must be disengaged or off when swimmers are within 20 feet of the boat. (Turning off engines risks difficulty restarting resulting in swimmers moving ahead too far from the escort boat).
- There will be jet skis and water patrol boat(s) monitoring VHF Channel 71 to help with relaying issues, locating a swimmer if necessary, transporting someone quickly, and checking for safety issues on boats.
- Race Day (Saturday, August 31 ~8:00 AM start) 7:00-7:45 AM Club Lanai Pier – Boat Arrival.
- Each Boat checks in by Radio with “lead/officials” boat.
- Depending on availability, there will be a backup boat to take on passengers if their boat becomes disabled or, for any reason, is not seaworthy. However, this is not guaranteed.



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- At the start, boats must leave a 100yd wide channel (patrolled by jet ski) while spotting their swimmers for 20 minutes. (This gives time for swimmers to spread out in space, leaving room for boats without endangering swimmers.)
- The lead off swimmer MUST wear a bright color swim cap with their race number large and very legible. Minimum in height of 3.5" with a minimum of .25" stroke permanent marker. Number shall be visible from both sides of cap (e.g., on the left and right side of cap). Cap should be a bright color consisting of green, pink, orange, or yellow. No dark colors such as blue, black, gray, brown, or red.
- If ANY BOAT or TEAM decides to leave the race for whatever reason, they MUST notify the Finish Line by radio.
- DLNR has defined an area where boats may enter the beach area to pick up/drop off swimmers for ~100yds SOUTH of a buoy off Black-Rock. NO SWIMMING in this area.
- There will be an Orange Tetrahedral buoy 200yds off shore at the finish (approx. 200yds south of Black Rock). Swimmers MUST swim between this buoy and Black Rock. Another round buoy will be near shore marking the line where NO BOATS may enter ... swimmers must stay in this area.
- At the finish – from the orange tetrahedral buoy to land – 1-2 kayakers or paddleboarders will be available to help escort swimmers to the beach.
- Each boat must display the Team Number on the side of the boat or flag to be flown from the boat, so race number is easily visible
- This race is conducted in the open ocean, without immediate access to emergency health care. While every effort will be made to assist getting emergency care to a boat ASAP, boats must be prepared for normal emergencies.
- This race is conducted in the open ocean with all associated hazards:
 - 6-10ft (2-3m) waves with occasional larger waves or sets of waves (swell) in the middle of the channel. These waves will break – especially in windier conditions – near the crest.
 - Intense Tropical Sunlight for 3+ hours (beware and be prepared to deal with sunstroke, heat stroke, heat exhaustion, sunburn, dehydration).
 - Sea-Life. Turtles, Jellyfish, Man-O-War, Dolphins, and Sharks have all been seen during this race various years at various times.
 - Jellyfish (and man-o-war) can be encountered while swimming. It is common on a long swim center channel to have areas where “bits” of jellyfish or man-o-war tentacles (and their nematocysts) can give little stings or “wrap” a piece around an arm, leg, body or face. The pain typically dissipates with time. Do NOT rub it (fires off more nematocysts increasing sting). Treatment is similar to “Box Jellyfish” below.
 - BOX Jellyfish are a particular hazard – and significantly more painful and dangerous. Peaking 8-10 days after full moon – in 2019 August 15 and September 13. (A box jellyfish calendar can be found at <http://www.waikikiaquarium.org/interact/box-jellyfish-calendar/>) While Box jellyfish are most prevalent on Oahu (Waikiki), they can be in the open ocean. They normally settle in to deep water as the sun rises but some can remain near the surface. “The tentacles of jellies and their relative, the Portuguese man-of-war, are lined with microscopic stinging cells (nematocysts) that are activated by



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touch or chemical cues. Each cell fires a barbed thread that can penetrate the skin and deliver toxin that causes a burning sensation and, sometimes, more severe reactions. Many lifeguards and doctors recommend rinsing the area with seawater, then applying a paste of unseasoned meat tenderizer and vinegar to the sting—this helps deactivate the toxin. However, sensitivity varies from individual to individual; some may be highly allergic to jellyfish or man-of-war stings or even to the treatment listed here and need physician's care. Use this treatment at your own risk and consult your physician in all cases."

- Sharks. There are many types of sharks. Near shore 4-6' reef sharks (Black Tip, White Tip) are not uncommon usually roaming near the bottom. In the center channel larger (10-20') sharks can be encountered. It is up to the swimmer and captain to determine if and when waters are safe if a shark is encountered. (N.B.; If leaving the water waiting for a shark (or your boat) to leave the area, boats may move parallel to the finish line only or face disqualification).

Race Day: (Saturday, August 31 ~8:00 AM start)

7:00-7:45 AM – Club Lanai Pier – Boat Arrival.

- Each Boat Checks in by Radio with "lead/officials" boat.
- 7:30 AM Send lead-off swimmer to beach
- 7:45 AM Non-lead-off swimmers warming up back to boats
- 7:45-8:00 AM Final Instructions to lead swimmers. Check-in number of swimmers. Verify caps and suits meet regulations.

8:00 AM – START (approximately at 8:00 AM)

8:00 AM – FINISH: Every 30 minutes for 6 cycles (3 hours), then every 10 minutes, swimmers have +/-30 second window for relay exchange (TAG).

11:00 AM (estimate) – first relay team completes race.

2:00 PM All relays MUST be completed by this time. Relays failing to do so will be disqualified and their times NOT recorded in race results. Any boat in this situation will be notified by the Finish Line personnel by Radio.

6:00 PM – AWARDS will be given out at dinner on the grass at Ka'anapali Beach Hotel at the banquet.

Venue Plan:

- The venue is the 'Au'Au Channel one way from Lanai to Maui (Club Lanai Pier to Ka'anapali Beach by Black Rock).

Warm-Up and Start:

- Warm-ups for all swimmers are in the reef area just offshore. Anchored boats and jet skis serve as water patrol for the race.
- A red flag will mark 1-minute to start. A horn and green flag will be sounded and dropped at the start.



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Expected Race Day Environmental Parameters:

- Expected Water Temperature – 77-79F
- Expected Air Temperature – 80-85F
- Sun – Expect mostly clear skies – all participants and officials should wear sunscreen and cover up as much as possible.
- Expected Wind – Probable trade winds LIGHT from the north at the start. Trades build and wrap around West Maui Mountains towards Lahaina as the race continues.
- Sea Life – This is a Hawaii open ocean saltwater close-to-shore environment. Near shore, it is virtually certain that small fish 1” to 18” will be seen by competitors; possibly turtles 2-5 head-to-tail in length.
 - i) It is possible but unlikely that swimmers will see manta rays, eagle rays, eels, or black/white tip reef sharks. (Reef sharks normally only in the reefs.)
 - ii) It is also possible, although unlikely, a boat or boats will encounter tiger sharks in the channel, but they are there.
 - iii) Man-o-war and Box Jellyfish. Man-o-war pieces can accumulate if there are south or southwest (aka Kona) winds. These can be tiny pieces or longer strands that can “wrap”. You’ll feel these like small stings or a line of stings around an arm. If allergic to bee-stings, and you feel any issue with difficulty breathing, flag for help. BOX JELLYFISH are a strong and dangerous jellyfish that show up 10-12 days after full moon and generally head back to deeper waters after sunrise. Some can be “caught” near shore. Waikiki is notorious for large infestations of box jellyfish every month peaking 10-11 days after full moon. Maui occasionally see a few. We will monitor for box jellies.
- Tides – Starting ~0.1ft above avg, rising to ~1ft by end of competition.
- Water Clarity – dependent on recent swell, wind and rain. Typical clarity is poor within 200yds of Lanai, clear (70-100ft or more) the rest of the way.
- Ocean water quality for the race area is monitored by the State Health Department. No special testing is required.



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Administration:

- Pre Race meeting Friday night, August 30, to discuss all safety and race issues 5:00 PM at Kaanapali Beach Hotel on the grass.
- Pre-Race (morning of swim) inspection of boats before start.
- Pre-Race (morning of swim) meeting with lead-off swimmers on the beach at Club Lanai ... includes Athlete Check, Suit Inspection, Athletes Numbering, Swim Cap Issue.
- Spectators may observe from any boats at discretion of boat captain as long as sufficient safety material (life jackets) are aboard. The beach at Ka'anapali is open and spectators are welcome to observe finish from there.
- Communication during the race is by radio to all boats that should be monitoring throughout the race.

Facilities:

- Toilets – available at the hotel ... and whatever facilities are available on each team's escort boat.
- Showers – outdoor open showers to rinse.

Parking:

- Available at Ka'anapali Beach Hotel. There is a fee for parking both for hotel guests and visitors.

Safety During the Race:

- **Boats Independent for safety in the channel**
- Each Team is escorted by an insured boat captained by a captain or owner responsible for the safety of his/her passengers – including having a boat in proper condition to carry passengers with all the required safety equipment; and any passenger beside the boat that is swimming.
- Boat captains are instructed pre-race of their responsibilities, the communication on VHF Channel 71, and if necessary to contact Coast Guard Channel 16.
- In an emergency, boat captains can call 911 by phone or the Coast Guard on VHF Channel 16. (911 can help guide the boat to the quickest/best place to meet Fire-Rescue and Emergency Medical Services if needed). Notify Water Patrol on VHF Channel 71 for assistance.
- Boats can also contact Water Patrol jet skis and boat below.

Water Patrol:

- Water Patrol service will be provided from approximately 7:00 AM to 2:00 PM (or at the time when race officials officially end the race). There will be water patrol jet ski(s) with approved operators, monitoring VHF Channel 71 with the intention of rendering aid, if necessary, to swimmers and escort boats.
- Prior to, and during the start of the race, only one (1) Water Patrol jet ski will be designated to access the near-shore waters of Lanai (only if necessary). Water Patrol will provide the coordination in the start channel protecting swimmers until they are "picked up" by their boats.



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- For the channel portion of the race, all Water Patrol jet ski(s) will serve to assist escort boats with swimmer accountability and safety.
- At the race finish, only water patrol jet ski(s) will be designated to access the near-shore waters of Maui (as needed), with other available water patrol resources remaining in the channel to provide service to those race participants that have not finished. At least one water patrol jet ski will be located in the last 200yds area to assist kayaks if necessary when boats are in the finish zone.
- In the event of an emergency all water patrol resources may be summoned to render aid or provide backfill water patrol coverage at any location of the swim race. Other than in the event of an emergency, and when safe to do so, water patrol jet ski will operate at slow no wake whenever near-shore, near swimmers, or as required by law.

Finish Kayak Escorts:

- Kayaks and stand-up paddle boards will be provided from the orange buoy to the beach over the last 200yds of the course where boats are not allowed and while the jet skis are monitoring the competitors still out on the course. One jet ski will stay in the same area when boats are there.

Course Officials:

- Course officials including the race director will be on an “officials boat” with contact cell: Ian Emberson (808) 652-4740 or via VHF Channel 71; Timer: Coco Emberson (808) 639-1109; Water Patrol VHF Channel 71.
- Other course officials will also be on this boat or others.
- Finish – timer will be on the beach. Race Referee will station herself where she believes most effective.

Weather Contingencies:

- Most weather conditions will not require cancelling of the race. But they are listed here...
- Strong current – current is typically north to south through the channel getting stronger near shore. Captains and Teams are informed about this and try to anticipate a finish that “flows” into the finish line.
- High Surf – High surf is a rarity and only a dangerous concern near shore. If necessary, the start can be moved away from land. High surf at the finish is even more rare. If surf does exist, the kayak escort will help swimmers time the finish into the beach.
- Murky Waters (from run-off or surf) – the water is often a bit murky for the first 200-300 yards then clears up to the beach at the finish.
- High Winds – if winds reach a point to make chop unsafe for the boats ... or swimmers are unsafe getting in and out of their boats, the boat captain has the right and responsibility to remove his swimmers from the race. If a swimmer is too weak to continue in heavy seas due to high winds, the boat or team captain will bring him/her in.
- Hurricane – The race will be cancelled and evacuated following directions from County officials in case of Hurricane. If a hurricane is passing nearby causing expected strong or unusual currents Ocean Safety considers dangerous, the race may be cancelled or adjusted for safety.



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- Tsunami – The race will be cancelled and evacuated following directions from State and County officials in case of Tsunami.
- Lightning or dangerous conditions at sea – the boat captain is responsible for the safety of his passengers and will pull swimmers out of the water and get to safety away from unsafe conditions as best he/she can.

Closing the Course:

- Lightning or dangerous conditions during the event – As determined by Race Director, Safety Director and Head Referee the course will be cleared. A “CLEAR THE COURSE” call will be made with a series of 3 long blasts on air horns or whistles, waving of the Yellow Flags as well as announced over all radios from the Command Center. Swimmers will head directly into shore area, and seek immediate shelter, closest to their shore arrival. Immediately as soon as conditions are acceptable, ALL competitors should seek any meet official, and inform them of their safe arrival to shore. All boats are to remain on the course until ALL swimmers have made it to shore or picked up by any of the course, safety and officials boats. Any boat that picks up a swimmer should immediately notify race officials through the Command Center, with the name/number of their athlete. A complete race will be determined by the rules of USA Swimming. If the race is ruled incomplete, the day and time of the restarted race will be determined by the Head Referee, Race Committee and Race Director.

Course Evacuation Plan: (The following priorities will occur in the order listed below, if the Safety Officer, Meet Referee, or Meet Director becomes aware of any situation requiring abandonment (including inclement weather):

1. Radio Communication to Officials and Safety Personnel on Course.
2. Any Race Official, Boat Captain, Safety Personnel, Water Patrol, etc. should issue 3 loud short blast whistle command, and instruct all swimmers to evacuate the course. If safe and practicable to do so, communicate course evacuation actions or information on VHF Channel 71.
3. Announcer instructs all swimmers, safety personnel, and Officials, to exit the course. If the reason for abandonment is inclement weather, announcer will instruct all athletes, coaches, parents, and meet personnel to go to the shelter, team bus, or vehicles, until inclement weather passes.
4. Everyone will be instructed to go to vehicles, until safe conditions return.