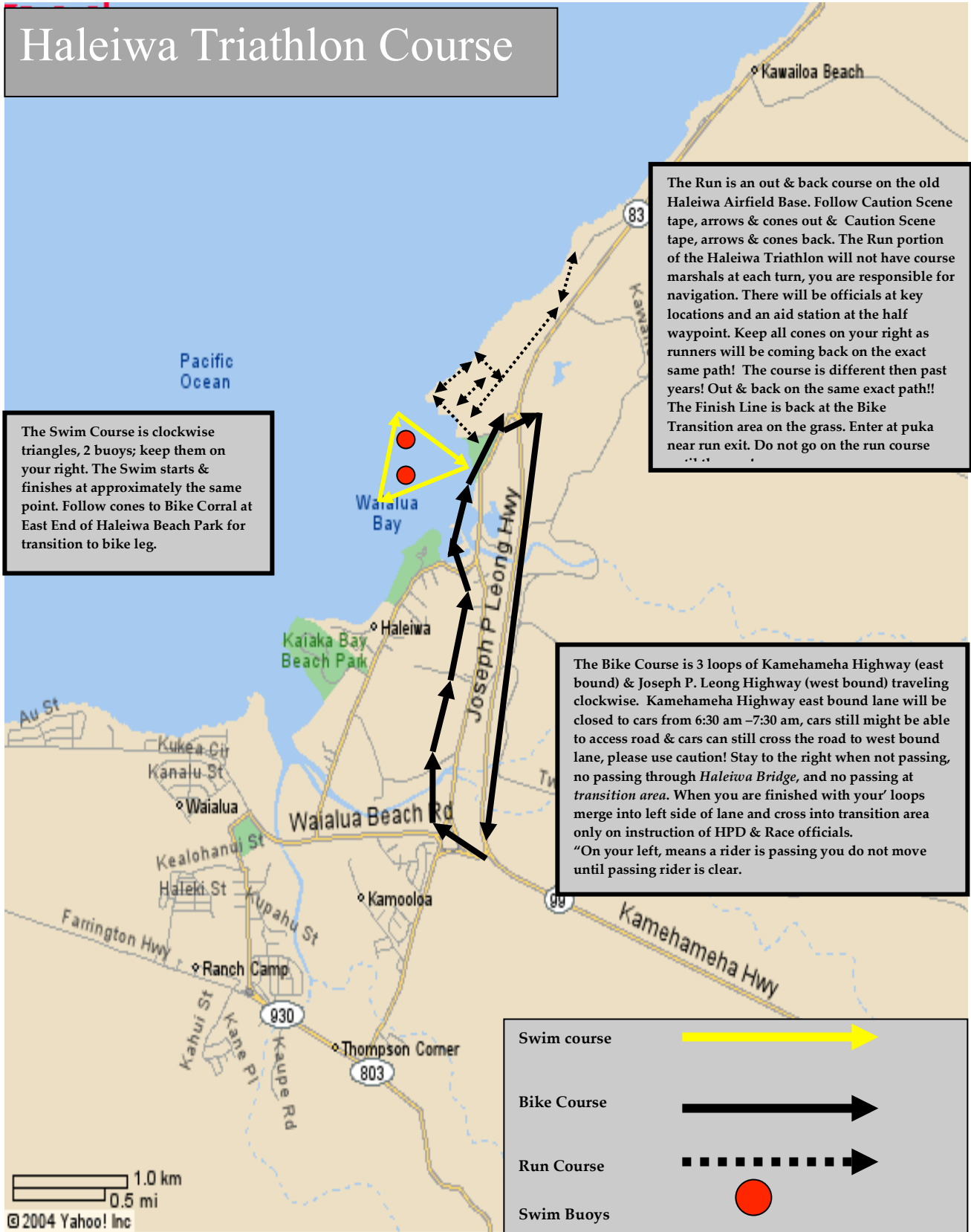


Haleiwa Triathlon Course



The Swim Course is clockwise triangles, 2 buoys; keep them on your right. The Swim starts & finishes at approximately the same point. Follow cones to Bike Corral at East End of Haleiwa Beach Park for transition to bike leg.

The Run is an out & back course on the old Haleiwa Airfield Base. Follow Caution Scene tape, arrows & cones out & Caution Scene tape, arrows & cones back. The Run portion of the Haleiwa Triathlon will not have course marshals at each turn, you are responsible for navigation. There will be officials at key locations and an aid station at the half waypoint. Keep all cones on your right as runners will be coming back on the exact same path! The course is different then past years! Out & back on the same exact path!! The Finish Line is back at the Bike Transition area on the grass. Enter at puka near run exit. Do not go on the run course

The Bike Course is 3 loops of Kamehameha Highway (east bound) & Joseph P. Leong Highway (west bound) traveling clockwise. Kamehameha Highway east bound lane will be closed to cars from 6:30 am -7:30 am, cars still might be able to access road & cars can still cross the road to west bound lane, please use caution! Stay to the right when not passing, no passing through Haleiwa Bridge, and no passing at transition area. When you are finished with your loops merge into left side of lane and cross into transition area only on instruction of HPD & Race officials. "On your left, means a rider is passing you do not move until passing rider is clear.

Swim course	
Bike Course	
Run Course	
Swim Buoys	

1.0 km
0.5 mi
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