



**WOMEN'S RACE - SATURDAY 08/19/23**  
**KAILUA BAY IRON 9.5 MILE RACE**

**ENTRY FEE \$220 PER CREW**

**JUNIOR, OPEN, UNLIMITED (OPEN ONLY), KOA ,40+,50+,55+,60+(Women only), 65+**

**Unlimited start 30 mins after Spec Wa'a**  
**AWARDS TO FOLLOW**

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**CANVAS REQUIRED**

**RACE DAY CHECK IN 7:00 AM-8:00 AM**

**COACHES MEETING 8:30 AM**

**RACE START 9:00 AM**

**LUNCH PROVIDED BY**

**KALAPAWAI MARKET**

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**REGISTER ON-LINE @ [HCRA Paddler](#)**

**\*SELECT THE RD/LD ICON IN THE UPPER LEFT HAND CORNER\***

**\*NO DAY OF REGISTRATION\***

**MORE INFO: Rachel (808)954-5425/ [Nokailuamaiau@gmail.com](mailto:Nokailuamaiau@gmail.com)**