2023 SCHEDULE OF EVENTS

**TUESDAY, NOVEMBER 21**

4:30-7:30 p.m.

Meet-n-Greet Social

Kona Brewing Company, Kailua Kona

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| **WEDNESDAY, NOVEMBER 22** |
| 10 a.m. – 4 p.m. | Souvenir Sales | Outrigger Kona Resort and Spa, Keauhou Ballrooms, Keauhou, HI |
| 10 a.m. – 12:30pm | Registration Veterans by appt. | Outrigger Kona Resort and Spa, Keauhou Ballrooms, Keauhou, HI |
| 1:30 p.m. – 4 p.m. | Registration 1st Time UMWC by appt. | Outrigger Kona Resort and Spa, Keauhou Ballrooms, Keauhou, HI |

**THURSDAY, NOVEMBER 23**

8:00 a.m. – 9:00 a.m. Thanksgiving Breakfast

Outrigger Kona Resort and Spa, Keauhou Ballrooms, Keauhou, HI

9:00Am – 11:00 a.m. Pre-event Briefing

Outrigger Kona Resort and Spa, Keauhou Ballrooms, Keauhou, HI

(**MANDATORY** for each participant & team captain – recommended for all support team members)

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| **FRIDAY, NOVEMBER 24** |
| 5:40 a.m. – 6:15 a.m. | Stage I Swim Check-in | Kailua Pier |
| 6:15 a.m. – 6:20 a.m. | Instructions | Kailua Pier |
| 6:20 a.m. – 6:30 a.m. | Swim Escorts Launch | Kailua Bay |
| 6:30 a.m. SHARP | START STAGE I | Kailua Bay |
| 6:37 a.m. | Sunrise | Island of Hawai’i |
| 8:18 a.m. | Low Tide | Kailua Bay – Keauhou Bay |
| 8 a.m. – 8:45 a.m. | Transition Check-in | Keauhou Bay |
| 12 noon | (Mandatory for all Team Captains) Swim Cutoff (5 -1/2 hours) | Keauhou Bay |
| 1:15 p.m. | High Tide | Kailua Bay – Keauhou Bay |
| 2:00 p.m. | First Finisher Expected | Kilauea Military Camp |
| 5:43 p.m. | Sunset | Kilauea Military Camp |
| 6:30 p.m. | STAGE I CUTOFF (12 hours) | Kilauea Military Camp |

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| **SATURDAY, NOVEMBER 25**5:45a.m. – 6:15 a.m Stage II Check-in Pi’i Mauna Dr., Volcanoes NP(Mandatory for all Team Captains)6:15 a.m. – 6:20 a.m. Instructions Pi’i Mauna Dr., Volcanoes NP 6:20 a.m. Support Teams Depart Pi’i Mauna Dr., Volcanoes NP6:30 a.m. START STAGE II Pi’i Mauna Dr., Volcanoes NP6:38 a.m. Sunrise Island of Hawai’i2:00 p.m. First Finisher Expected Kamehameha Park, Kapa’au5:43 p.m. Sunset Island of Hawai’i6:30 p.m. STAGE II CUTOFF (12 hours) Kamehameha Park, Kapa’au |
| **SUNDAY, NOVEMBER 26**5:25a.m. – 5:40 a.m Stage III Check-in South of Hawi(Mandatory for all Team Captains)5:40 a.m. – 5:50 a.m. Instructions (Athletes & Captains) South of Hawi 6:00 a.m. START STAGE III South of Hawi6:05 a.m. Support Teams Depart South of Hawi6:38 a.m. Sunrise Island of Hawai’i9:00 a.m. First Runner Expected at Halfway Point Waikoloa Beach Resort 12 noon First Finisher Expected Pavilion 1, Old Airport Park5:43 p.m. Sunset Kona Coast, Island of Hawai’i6:00 p.m. STAGE III CUTOFF (12 hours) Pavilion 1, Old Airport Park |
| **MONDAY, NOVEMBER 27**4:00p.m. – 6:00 p.m. Awards Dinner Makae’o Pavilion @ Old Airport Park, Kailua-Kona, HI5:30 p.m. – 9:00 p.m. Awards Presentation Makae’o Pavilion @ Old Airport Park, Kailua-Kona, HI |