



25<sup>th</sup> Annual 2023

Full Event Details at [www.NaWahineRacingHi.com](http://www.NaWahineRacingHi.com)



# Na Wahine Sprint Triathlon

Hawaii's premier all-women's triathlon.

Sunday • July 30, 2023 • Kapiolani Park • 6:15 AM • 5K 7:15 AM

CHOOSE FROM ONE OF 2 EXCITING EVENTS:

### SPRINT DISTANCE TRIATHLON [500m Swim / 12 mi Bike / 5K Run]

Entree Fees	Before Jan. 1, 2023	Before May 1, 2023	Before Jul. 21, 2023
Individual	\$130	\$150	\$160
Relay Team	\$160	\$180	\$190

### WOMEN'S 5K FUN RUN [Boys & Girls (Age 5-10) / Women (Age 11 & up)]

Entree Fees	Before Jan. 1, 2023	Before May 1, 2023	Before Jul. 21, 2023
Individual	\$45	\$60	\$75

#### T-Shirts

- Women's cut shirts - run small so choose a size that works
- 5K - Women's cut shirts
- Men's cut shirts also available

\* Each Team member must either be a USAT member or must purchase a one-day \$15 license.

USAT Lisc # \_\_\_\_\_



Online registration closes at midnight.

**RACE DAY ENTRY  
ADD \$30**

*ENTRY FEE includes  
finisher shirt, swim-  
ming cap, live music,  
great refreshments  
and lots of fun. Late  
entry not guaran-  
teed finisher shirt.*

Race  
Entry :\$ \_\_\_\_\_

USAT:\$ \_\_\_\_\_

Total  
Enclosed: \$ \_\_\_\_\_

#### SPONSORS



NO REFUNDS • Make check payable to: NA WAHINE RACING LLC, 330 Cooke St., Honolulu, HI 96813

_____	_____	_____	_____
<b>INDIVIDUAL or RELAY TEAM CAPTAIN</b> - Last Name	First Name	Age on 12/31/2023	Birthdate
_____	_____	_____	_____
Address	City	State	Zipcode
_____	_____	_____	_____
<b>Email</b> (required for confirmation)	Phone (Day)	<b>XS S M L XL</b>	T-Shirt Size (circle one) Women's Cut
_____	_____	_____	_____
SIGNATURE* (Parent or guardian must sign if entrant is under 18 yrs old)	Date	*I hereby agree to sign the USA Triathlon waiver at packet pick-up. Try Fitness reserves the right to use any images, quotes or other material acquired from the Na Wahine Festival, for promotional purposes without notification or written consent from the participants.	
_____	_____	_____	_____
<b>RELAY MEMBER #2</b> - Last Name, First Name	SIGNATURE	Age on 12/31/2022	Birthdate
_____	_____	_____	_____
USAT# _____	<b>XS S M L XL</b>	T-Shirt Size (circle one)	
_____	_____	_____	_____
<b>RELAY MEMBER #3</b> - Last Name, First Name	SIGNATURE	Age on 12/31/2022	Birthdate
_____	_____	_____	_____
USAT# _____	<b>XS S M L XL</b>	T-Shirt Size (circle on)	

MAIL IN ENTRY MUST BE POSTMARKED BY JULY 21, 2023 • ONLINE REGISTRATION: <https://f1register.com/615>

