hawaiiswim.com waikikiswimclub.com

# Waikiki Swim Club's Christmas Biathlon 2009

**Ala Moana Beach Park**
Diamond Head Concession

**Saturday**
**December 5, 2009**
**7:30 am**

COMPETE INDIVIDUALLY OR ON A TEAM

## COURSE [Race starts at 7:30 am]

The run/swim course consists of a 5K run around Ala Moana Beach Park and a 1K swim fronting the park. The run is first, followed by the swim. The run starts at the Diamond Head Concession. Time Limit: 1 hour 15 minutes.

## ENTRY FEE $25/INDIVIDUAL OR $50/TEAM

A non-refundable fee must accompany each entry form. Entries must be post-marked by Nov. 20. The entry fee includes one t-shirt for each participant. Make check or money order payable to: Waikiki Swim Club. Mail completed entry form and fee to: Sui Lan Ellsworth, 3465 Paty Dr., Hon., HI 96822.

## LATE ENTRIES $40/INDIVIDUAL OR $75/TEAM

Do not mail entries after Nov. 28. Go to Late Entries table on race day. Entries accepted on race day from 6:15 - 7:15 am. No shirt guarantees for late entries.

## RACE NUMBERS

There is no packet pickup. Check-in 6:15 to 7:15 am on race day to receive race number & race instructions.

## AGE GROUPS

INDIVIDUAL: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.
TEAMS: Men, Women & Mixed in the following age groups: 34 & Under, 35-54, 55-74, 75-94, 95-114, & 115+.
[Determined by adding the ages of teammates.]

## AWARDS

1st - 3rd in each division. Awards ceremony will begin as soon as results are available.

**INFO.:** email [preferred]: meisuilan@yahoo.com
or call 988-7390.

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**INDIVIDUAL or TEAM RUNNER** (Last Name) (First Name)

**INDIVIDUAL or TEAM RUNNER** (Phone) Birth Date Age Sex Shirt Size (S M L XL)

**TEAM SWIMMER** (Last Name) (First Name)

Birth Date Age Sex Shirt Size (S M L XL)

Mailing Address City Zip

email Address

TEAM DIVISION: (Check one only) ☐ Male ☐ Female ☐ Mixed

TEAM AGE GROUP: (Check one only) 0-34 ☐ 35-54 ☐ 55-74 ☐ 75-94 ☐ 95-114 ☐ 115+ ☐

* Check Here if you are a Biathlon Series Participant ☐
**[$60/INDIVIDUAL or $120/TEAM** EARLY entry (before Nov. 20) for all 3 races. *go to waikikiswimclub.org for more information.

**RELEASE** In consideration of this application being accepted, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against race officials, volunteers, sponsors, the City & County of Honolulu and the State of Hawaii resulting from involvement with this event. I will additionally permit the free use of my name, photograph and interviews in association with this event in broadcast, telecast, advertisements, films, videotapes or any reproduction thereof. Waikiki Swim Club reserves the right to refuse entry to anyone for any reason.

Signature _____ Date _____

Team mate's Signature (if applicable) _____ Date _____

Parent's Signature if entrant is under 18 years of age. (Runner) _____ (Swimmer) _____