

Waikiki Swim Club  
presents the

Sunday, Feb. 14, 2010  
Ala Moana Beach Park



**5K RUN/  
1K SWIM**

**TEAM OR  
INDIVIDUAL**

**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 postmarked by Feb. 1. 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: WSC c/o Steve Rudolph, 511 Hahaione St. - 17C, Honolulu, HI 96825

**LATE ENTRIES \$40/INDIVIDUAL OR \$75/TEAM**

Do not mail entries after Feb. 6. 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: Divisions: Married, Just friends, Sweetheart, Family (parent & child) & Open • Age Groups: 50 & under, 51-70, 71-90, 91-110, 111-130, 130+ [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: meisuilan@yahoo.com

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

(First Name)

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L
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XL
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**INDIVIDUAL or TEAM RUNNER** (Phone)

Birth Date

Age

Sex

Shirt Size

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**TEAM SWIMMER** (Last Name)

(First Name)

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XL
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Birth Date

Age

Sex

Shirt Size

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Mailing Address

City

Zip

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email Address

TEAM DIVISION (check one only)	0-50	51-70	71-90	91-110	111-130	130+
MARRIED						
JUST FRIENDS						
SWEETHEART						
FAMILY (parent & child)						
OPEN						



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.

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

I HAVE READ AND UNDERSTAND THE WAIVER BELOW

Parent's Signature if entrant is under 18 years of age. \_\_\_\_\_

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.