

*9th Annual
TCS Biathlon
April 6, 2019*

- 5:30 AM** Check-in @ Kailua Pavilion
by the boat ramp
- 6:00 AM Heat #1**
TCS PE Student Division
(7th-8th grade)
- 6:10 AM Heat # 2**
Open Division
9-12th grade
Family members & Relay
Teams (limited entries
available)
- 7:30-8:30 AM** Celebration

Volunteers Needed

Yes, I would like to be an adult volunteer!

Name _____ Phone _____

- Lifeguard
- Longboard surfer course marker
- Running Course Stations
- Event preparation
- Emergency/First Aid
- Photography assistance
- Wherever I'm needed

For More Information

Carole Chong, TCS Athletic Director
CChong@TCSKailua.net

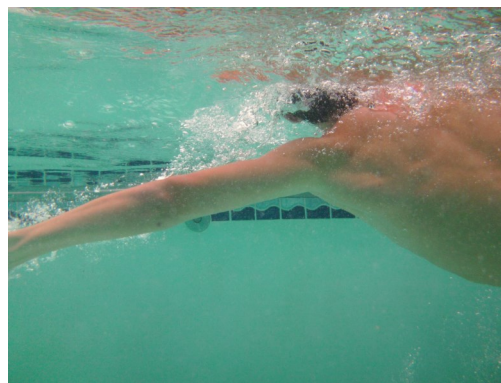
Mikie Fellezs, TCS Swim Instructor
MFellezs@TCSKailua.net



TRINITY CHRISTIAN SCHOOL

As a ministry of Trinity Presbyterian Church, the faculty and staff are grateful of Trinity's standing in Windward Oahu's academic community and hope our program will serve your family's needs. The purpose of Trinity is to assist parents and the church in educating young people with a classical Christ-centered education. We believe students should be actively engaged and find joy in their own learning. A classical education provides a student with tools for learning at developmentally appropriate stages called the trivium: grammar, logic, and rhetoric. Our goal is that each graduate would be a maturing Christian who is a life-long learner, a productive citizen, and one who maintains a healthy lifestyle.

TCSKailua.net



**10th
Annual
TCS
Biathlon**



**Saturday
April 6, 2019
5:30—9:30AM
Kailua Beach**

Heat # 2 Registration Form

Limited entries available for Heat # 2
Open Division/Relay Teams division.

\$10 per person/\$20 per team

Individual Participant:

Relay Participants:

_____ (swimmer)

_____ (runner)

Shirt only: Name _____

Please circle shirt size,
Relay Teams—indicate 2 sizes

Adult T-Shirt Size:

S—M—L—XL—XXL

Youth T-Shirt Size:

S—M—L—XL

Checks only please, made payable to Trinity Christian School. Payment must accompany Registration. Drop off at Makai Office or mail payment to:

Trinity Christian School
Biathlon Registration
875 Auloa Road
Kailua, HI 96734

(Proceeds benefit the Trinity athletic program).

Office Use:

Check # _____ Bib Number _____

PLEASE READ AND SIGN

We cannot process Registration without signature(s).

Waiver: I know that participating in a biathlon is a potentially hazardous activity. I should not enter to swim and run unless I am medically able and properly trained. I also know that, although supervision, as well as police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic as well as swimming in the open ocean. I also assume any and all other risks associated with participating in this event including but not limited to falls, contact with other participants, marine life, the effects of the weather, including high heat and/or humidity, and the condition of the road or the ocean, all such risks being known and appreciated by me.

Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf covenant not to sue, and waive, release, and discharge Trinity Christian School, the Race Officials, Volunteers, any and all sponsors and any and all agents, employees, assigns or anyone acting for or on their behalf from any and all claim of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. In consideration of the opportunity to enter this race. I also understand that in the event this race cannot be held as scheduled due to an act of God or circumstances beyond control, the race is not liable to refund any money donated by me to participate. I also hereby consent to permit emergency treatment in the event of injury or illness.

This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to Trinity Christian School and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.

Signature: _____ (date)

Relay Team Member #2

Signature: _____ (date)

Race Rules

- Check in by 5:30 AM
- Heat #1 start time 6:00 AM
- Heat #2 start time 6:10 AM
- All swimmers start at water's edge
- Swimmers must swim; no walking in water
- No floatation devices, fins, paddles, pace runners, or listening devices
- Athletes must complete the race through the finish chute, with the official biathlon bib/chip attached.

Race Information

- 600 yard swim and 2.9 mile run
- One mandatory beach practice required to be ok'd for the swim portion for the heat 2 Open Division
- Pre-registration is required for race participation
- Boundaries for the swimming will be marked by longboard surfers
- Water stations will be at 2 locations along the running course, staffed with volunteers
- Course Marshall will accompany the last athlete to the finish line