

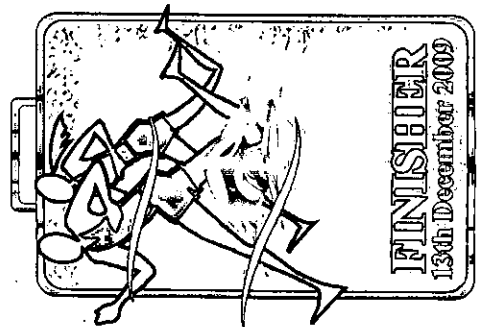
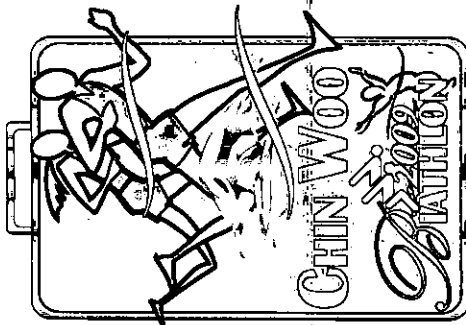
## RULES & REGULATIONS

### SWIMMING:

- 1) All participants must be ready 20 minutes prior to the commencement of the swim.
- 2) Each swimmer must wear the swim wear.
- 3) No fins, paddles, pool buoys, snorkels, wet suit or other swimming aids are allowed.
- 4) Any assistance required during the swim will result in immediate disqualification (with the exception of medical aid)

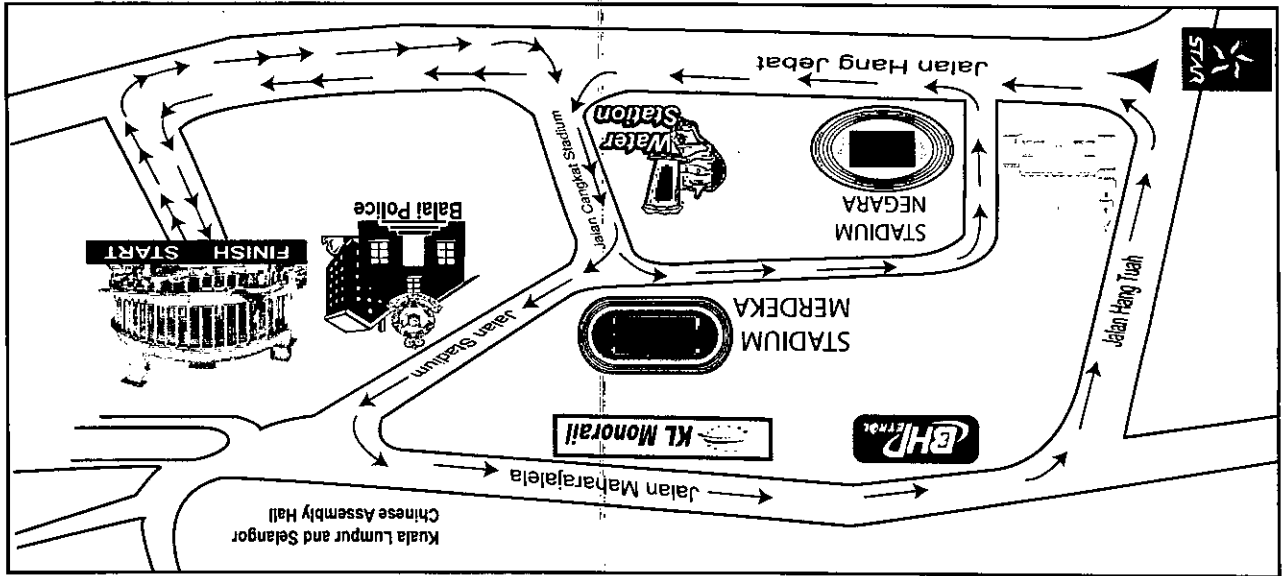
### RUN

- 1) After swimming all participants must wear running shorts.
- 2) Runners must wear their registration numbers on the front of their running vests at all times.
- 3) Support vehicles or pacers are not allowed. other swimming aids are allowed.



## MAP/ROUTE FOR CHIN WOO BIATHLON 2009

- KIDS CATEGORY
- TEENS, OPEN & VETERAN CATEGORY



# CHIN WOO Triathlon 2009 BIATHLON





CHIN WOO BIATHLON

DATE : 13th December 2009 (Sunday)  
 VENUE : Stadium Chin Woo, Jalan Hang Jebat, Kuala Lumpur  
 TIME : 7:30 am

ENTRY FORM

CHIN WOO BIATHLON 2009

1. EVENT VENUE: Stadium Chin Woo, Jalan Hang Jebat,  
 50150 Kuala Lumpur.  
 (Start at Chin Woo Swimming Pool)

2. CODE, CATEGORY, AGE GROUP & DISTANCE

CODE	CATEGORY	AGE GROUP	DISTANCE	
			Swim	Run
A	Kid Boy	13 and below	400 m	3 Km
B	Kid Girl	14 and below	400 m	3 Km
C	Teen Boy	14 to 18	500 m	5 Km
D	Teen Girl	15 to 18	500 m	5 Km
E	Men Open	19 and above	800 m	7 Km
F	Women Open	19 and above	800 m	7 Km
G	Men Veteran	40 and above	800 m	7 Km
H	Women Veteran	35 and above	800 m	7 Km

3. AGE QUALIFICATION: Taken as at : 13th December 2009.

4. ENTRY FORMS: Forms are available from

a) Chin Woo Athletic Association Selangor  
 Stadium Chin Woo, Jalan Hang Jebat-  
 50150 Kuala Lumpur.  
 Tel: 603-2070 5025 Fax: 603-2072 4602  
 Email: lester@cwprint.com.my

b) Contact Don Khor Mobile: 019-363 9167  
 or Lester Thum Mobile: 012-317 7033

5. ENTRY FEES RM40 for public and RM30 for Chin Woo members with valid membership, expiring December 2009 or later.

6. RACES SAFETY: The organizer shall not be liable for any damages whatsoever, resulting from injury, whether fatal or other wise, of any participants or damages to or loss of such person's property.

7. EVENT ORGANIZER: The organizer reserves the right to limit and refuse entry, postpone or change the venue, date and time of the competition for the whatever reasons.

8. MEDALS: Finisher's medals are awarded to the all finishers.

9. CERTIFICATES: Certificates will be issued to all finisher.

10. END OF COMPETITION: The race is officially over 2 hour after the last category starting time.

12. DRINKS STATION: There will be one drink station on the route at approximately 3km mark.

11. RACE PACK COLLECTION: All participants must collect their race kit from secretary at Chin Woo Athletic Association Selangor, Stadium Chin Woo, Jalan Hang Jebat on 12 December 2009 (Saturday) from 2pm till 7pm.

CLOSING DATE: 7th December, 2009 (for 200 entries, whichever comes first)

CATEGORY PARTICIPATION

I wish to participate in the following event:

CODE	CATEGORY	Public Entry Fees	Chin Woo Members Fees
A	KID BOY (Age 13 and below)	RM 40	RM 30
B	KID GIRL (Age 14 and below)		
C	Teen Boy 14 - 18 (Age 14 to 18)		
D	Teen Girl 15 - 18 (Age 15 to 18)		
E	Men Open (Age 19 and above)		
F	Women Open (Age 19 and above)		
G	Men Veteran (Age 40 and above)		
H	Women Veteran (Age 35 and above)		

WAIVER CLAUSE

I, the participant, hereby agree to abide by the rules and condition of the race. I certify that all the particulars are correct. I am entering the competition at my own risk and shall not hold the organizer and sponsors responsible for any accident/injury/death/loss of property however caused before, during and after the competition.

Signature \_\_\_\_\_

Date \_\_\_\_\_

AUTHORISATION BY PARENTS/GUARDIAN OF PARTICIPANTS UNDER 18 YEARS OLD

I, parent/guardian of the above named, authorize his/her participation in the

CHIN WOO BIATHLON 2009

Signature \_\_\_\_\_  
 Date \_\_\_\_\_  
 I/C/ Passport No. \_\_\_\_\_

FULL NAME \_\_\_\_\_  
 MAILING ADDRESS \_\_\_\_\_  
 POST CODE \_\_\_\_\_  
 TELEPHONE NO. \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

NATIONALITY (please tick)  
 MALAYSIAN  OTHERS (please specify) \_\_\_\_\_

I/C NO./PASSPORT NO. \_\_\_\_\_

DATE OF BIRTH  
 DAY \_\_\_\_\_ MONTH \_\_\_\_\_ YEAR \_\_\_\_\_ AGE \_\_\_\_\_ SEX  M  F

CHIN WOO MEMBER'S NO./ EXPIRY  
 \_\_\_\_\_ / \_\_\_\_\_

ENTRY FEES  
 CASH/CHEQUE/PO \_\_\_\_\_

FOR OFFICE USE ONLY

Payments by cheque payable to:  
**Chin Woo Athletic Association, Selangor**  
 mail or Hand-in entries to  
**Chin Woo Athletic Association Selangor**  
 Stadium Chin Woo, Jalan Hang Jebat  
 50150 Kuala Lumpur.  
 Tel: 603-2070 5025 Fax: 603-2072 4602