



UNITED STATES BIATHLON ASSOCIATION

PRESENTS

2010 SUMMER BIATHLON NATIONAL CHAMPIONSHIPS

AUGUST 17-21, 2010

at the

Seattle Police Athletic Association
11030 East Marginal Way South

in

Seattle, Washington

www.usbiathlon.org

www.wabiathlon.org

Competitor Entry Form
2010 Summer Biathlon
National Championships
August 17th through 21st, 2010

(Please print clearly)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____ Country _____

Phone _____ E-Mail _____

Gender (circle one) M F Date of Birth/AGE _____ / _____

Team Coach (if applicable) _____

T-Shirt size (circle one) S M L XL

Age Category (circle one)

Junior	(male and female) ages 15 to 20	Master 2	(male and female) ages 41 to 50
Senior	(male and female) ages 21 to 30	Master 3	(male and female) ages 51 to 60
Master 1	(male and female) ages 31 to 40	Master 4	(male and female) ages 61 and up

Competition Schedule;

Tuesday August 17 (afternoon)

Wednesday, August 18

Thursday, August 19

Friday, August 20

Friday, August 20 (evening)

Saturday, August 21

Training and Range Practice

Sprint Competition

Pursuit Competition

Training and Range Practice, Museum of Flight tour

BBQ dinner social

Mass Start Competition

Entry Fees

\$40 for one competition (specify which event) _____

(does not include dinner social)

\$60 for two competitions (specify which events) _____

(does not include dinner social)

\$75 for all three completions (includes dinner social)

\$15 extra adult dinner social ticket

\$10 extra child (14 and under) dinner social ticket

\$13 for Museum of Flight Tour (\$12 for seniors, \$6.50 for 10 and under)

Total enclosed (in U.S. dollars). Please make checks payable to:
or use PayPal to:

(you must have a PayPal Account to use this option)

Washington Biathlon Association

bryn.black@wabiathlon.org (WBA Treasurer)

Entry forms must be received by August 3rd, 2010.

(Note: We are not able/equipped to take credit or debit cards.)

WBA Season Points For the 2010 WBA Summer Biathlon Season, only the Saturday, August 21st competition is a WBA season points event.

Bob Vallor
Washington Biathlon Association
P.O. Box 1716
Issaquah, WA 98027
bob.vallor(at)wabiathlon.org

**WAIVER AND RELEASE OF LIABILITY
PLEASE READ BEFORE SIGNING**

In consideration of being allowed to participate in the USBA Summer Biathlon National Championships, related events and activities, I, _____, the undersigned acknowledge, appreciate and agree that: participants name

1. The risk of injury from the activities involved in this program is significant, including the potential for injury, damage to property, permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce risk, the risk of serious injury does exist. I recognize that biathlon, running and rifle marksmanship can be extremely hazardous. I acknowledge there are risks and hazards associated with involvement in the U.S. Biathlon Associations and the Washington Biathlon Association. I state that I am, and those minors that I sign for are in proper physical condition to participate in strenuous physical activity, and;

2. I knowingly and freely assume all such risks, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation. I acknowledge and accept the risks associated with shooting and running, and;

3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the immediate attention of the nearest official; and

4. I certify that I currently have medical insurance and agree to maintain it at the time of I participate in these competition(s); and

5. I, for myself and on behalf of my heirs, assigns, personal representative and next of kin, hereby release and hold harmless the United States Biathlon Association, the Washington Biathlon Association, the Evergreen State Amateur Athletic Council (the Seattle Sports Commission, the Washington Sports Commission), the Seattle Police Athletic Association, their officers, officials, agents and/or employees, other participants, sponsoring agencies, event venues/facilities, advertisers, sponsors, volunteers and if applicable, owners and lessors of premises used to conduct the event (releasees) with respect to any and all injury, disability, or loss or damage to person or property, whether arising from the negligence of the releases or otherwise, and;

6. I recognize that Biathlon involves the use of firearms and I certify that I am not disabled or barred from using or possessing firearms by any state or federal law or by ruling of any court or by any order of any court.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT AND FULLY UNDERSTAND ITS TERMS. I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND, I SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.

_____ Age: _____ Date Signed: _____
Participant Signature

FOR PARTICIPANTS OF MINORITY AGE (Under the age of 18 at the time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin. I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

_____ Date Signed: _____
Parent/Guardian Signature

COMPETITOR PROFILE

Last Name _____ First Name _____

Hometown _____ State _____ Country _____

Gender (circle one) male female

Competition Class (circle one)

Junior Senior Master 1 Master 2 Master 3 Master 4

How many years have you competed in Biathlon? _____

Please list your prior Biathlon experience _____

How did you get started in Biathlon? _____

What is the highlight of your Biathlon career? _____

Occupation: _____

Hometown Media Outlets: _____

Newspaper e-mail: _____

Other e-mail: _____

Other e-mail: _____

GENERAL INFORMATION

Seattle is a city of six hundred thousand people situated on the east side of Puget Sound. It is a major shipping port as well as the hub of computer and software development and international commerce. There are a multitude of social and cultural things to do in the area. The city's Pike Place Market, the Seattle Center, home of the 1962 World's Fair and the Space Needle (with its observation platform and revolving restaurant), the Pioneer Square area, the Waterfront and the Boeing Field Museum of Flight are just a few of the things that draw thousands of tourists. Seattle sits between Puget Sound and Lake Washington, to the east are suburban communities rising into the beautiful Cascade mountain range. More information will be provided with a race packet at check in.

The competition venue at the Seattle Police Athletic Association (SPAA) complex is located nine miles south of downtown Seattle at the south end of Boeing Field. SeaTac International Airport is just five miles further south. There are numerous lodging options near the SeaTac and in Seattle as well as the Tukwila/Southcenter area east of the airport. All are just minutes from the venue.

The weather in August is generally mild with temperatures that range from the 70's into the 90's. The venue range is enclosed by berms on all four sides, as a result, the wind factor is lessened. The running courses are contained on the SPAA grounds and consist of packed dirt roadways (hill area), asphalt and packed dirt pathways through wooded areas.

The SPAA is a private non-profit range facility that was founded by a group of Seattle Police Officers in 1948. They have been a gracious and welcoming host to Biathlon for eight years. The complex has sets of ranges some reserved for regional law enforcement and others for public use. They staff a 'members only' equipment shop, with excellent prices on ammo, shooting equipment and firearms. They plan to waive the 'members only' restriction and make their services available to Biathletes for this event.

COMPETITION PARTICULARS

Competition Site: The Seattle Police Athletic Association (SPAA) is located at 11030 East Marginal Way S, Seattle, WA. It is south of Boeing Field in an area of light industry. From Interstate-5 take Exit 158 and go west on Boeing Access Rd. to East Marginal Way S then south underneath the light rail tracks. Look for the SPAA, Seattle Jaycees Bingo sign on the left. The complex is set back behind varied businesses

Schedule:

Tuesday, August 17 th	Beginning at 2:30 pm	Check-in, Range and Course Practice
Wednesday, August 18 th		Sprint Format Competition
	Check in and Rifle check	9:00 to 9:30 am
	Zero	9:30 to 10:15 am
	Start Time	10:30 am
	Medal Ceremony	45 minutes after the competition ends
Thursday, August 19 th		Pursuit Format Competition
	Check in and Rifle check	9:00 to 9:30 am
	Zero	9:30 to 10:15 am
	Start Time	10:30 am
	Medal Ceremony	45 minutes after the competition ends
Friday, August 20 th		Range and Course Practice, evening BBQ dinner
	Range and Course open	9:00 am until 3:00 pm
	Museum of Flight tour (optional)	1:00 pm
	BBQ dinner and Social	5:30 to 8:30 pm
Saturday August 21 st		Mass Start Format Competition
	Check in and Rifle check	9:00 to 9:30 am
	Zero	9:30 to 10:15 am
	Start Time	10:30 am
	Medal Ceremony	45 minutes after the competition ends

Eligibility: Biathlon Competitions are open to all members of the United States Biathlon Association (required) who have completed a USBA Rifle Safety Certification Course. Annual and day-at-a-time USBA memberships are available at www.usbiathlon.com. For this event the minimum age is 14 years old (a waiver for younger competitors is available upon approval by the WBA board of directors and requires a justification statement from the competitor and parent or guardian).

Lodging: The nearest lodging is along International Blvd. near SeaTac International Airport, about five miles south from the race site. The Marriott Hotels have contacted us regarding their interest in serving as a host hotel. This has not been finalized. Watch our website (www.wabiathlon.org) for more details.

BBQ Dinner: A BBQ dinner will be held on Friday evening from 5:30 to 8:00 pm at the SPAA range in the picnic park area east of the Biathlon range and Competition Center.

Boeing Museum of Flight Tour: A tour of the Museum of Flight will be held Friday afternoon, before the BBQ dinner. The museum is about one mile north of the range and features many exhibits plus aircraft from the beginning of manned flight to spacecraft. Featured aircraft include an XR-71 Blackbird, a Concorde SST and the very first Air Force One, a Boeing 707 from the Kennedy Administration. Much of this summer, a Boeing B-17, a B-25 and a B-24 Liberator, WWII bombers will be visiting along with a North American P-51 Mustang. All four of these are fully operational and rides may be available (albeit pricey). See www.museumofflight.org for more information. The tour cost is \$13 for adults, \$12 for senior citizens and \$6.50 for youth.

Ammunition: WBA will sell ammunition at cost at the race site. If you are supplying your own ammo it must be available for inspection by the range officials.

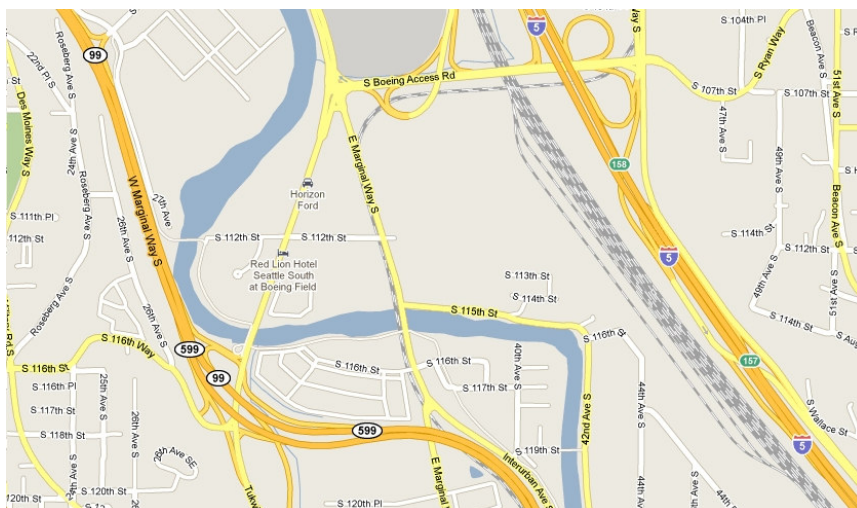
Volunteers: Volunteers are always needed. Please contact race director Bob Vallor e-mail bob.vallor@wabiathlon.org if you are travelling with someone who can help. Volunteering is a great way to get to see the competition up close and to get to know the sport.

Safety Certification: USBA Safety Certification is required. Please contact WBA in advance if you need take this required course.

WASHINGTON CUP Series Points: The Saturday (August 21st) competition is race #3 of the 2010 WBA Summer Biathlon Series. Points are awarded based on finish position. After the final competition of the season, points will be totaled and the master male, master female, senior male, senior female, junior male, junior female, youth men, youth women, youth boys and youth girls biathletes with the most points will be named Washington Cup 2010 Champions. The IBU International Point System will be used.



SPAA Range



Map of Venue Region

Biathlon Etiquette

Course and Racing

When on the course during a race, warming up or cooling down, always use courtesy and follow the rules of competition. When someone calls "track" move to the side and let them by. You are not required to get completely off the trail, just give them room to get by. In some areas it is not required that you yield track (the finish and the handover zone in a relay race), but if you are not moving quickly and/or not in competition with the person calling "track", it is appropriate to yield even in those areas that do not require it. If you do not audibly call "track", do not expect someone to move aside simply because you are behind them. It is your responsibility to know the course. Make sure you get your questions answered at pre-race meetings. Know what laps you must or run and what order they are in. Do not ask course, penalty loop or range officials where you go next. It is not likely they will know what lap you're on or where you need to go. You must know this before you begin to race. If you go off course, you must run back to where you went off course and continue. You cannot ask for, or receive, special dispensation for having run the wrong, or longer loops. Even though you might have run the correct distance, you cannot run the loops in the wrong order. Do not discard items in the trail and do not ask the Course Officials to take or be responsible for any equipment you discard off the trail or loop. If you must discard something, try to do so as you enter the range near your gear so you can find it later.

Range

The Chief of Range is in charge of safety and function. Their primary job is to observe and immediately correct any and all safety violations on the range. Some safety violations are grounds for disqualification. Under the rules and terms of insurance there isn't room for giving you a break. It is not appropriate to ask for one or to argue with the Chief of Range at any time. The Range falls in the official 'silent zone' (From 10 meters before the entry to 10 meters past the exit). During a race it is a rules violation for anyone to give you assistance or advice in that zone. Do not ask other racers, spectators or officials for information on your shooting, how you're doing, where you go next, etc. It is your responsibility to select a lane with a target that has been reset and has its reset bar flag visible below the target. Only when you are held up by an official, or directed to a lane that is not ready for use, are you allowed a time credit. You must call "Alibi" to get a clock put on your delay. It is your responsibility to note how many targets you have left standing as you leave the shooting point. As racers are coming into the range, targets must be reset quickly. Range officials cannot be asked or expected to wait to reset your target until after you've left the range area. There just isn't time with new racers coming in to shoot.

Penalty Loop

The penalty loop is a fairly condensed and narrow lane of travel. Before the race, make sure you are familiar with how to enter and exit the loop. The Controllers cannot tell you how many loops you owe and are preoccupied with keeping track of the movement of many other racers. Do not block the trail, yield when you hear someone call "track". Do not discard items in the penalty loop and do not ask the Controllers to take or be responsible for any equipment you discard off of the loop.

Pre Race Zero

Zero lanes will be assigned immediately prior to zero and posted on the bulletin boards at the range. Unless you are assigned an individual lane, assume that you are sharing a lane to zero with others. Get in, get your shots off and then get off the mat and let someone else use the lane. You can get some running in and come back when the other competitor gets their time in. Alternate. Be sure to confer with those zeroing on the same lane as to which paper targets each of you will use. Move through the range at zeroing just as you would during a race. One, 5 shot, magazine only, then get off the mat to make way for the next person. One way traffic only. Do not linger in the running lane; do not leave equipment in the way. Competitors will be coming in with elevated heart rates, ready to shoot. If you are on the mat, they cannot get their shots in while their heart rate is still up, giving them a less effective zero. No zeroing scopes are allowed at the shooting point, on the mat or in the running lane. They are only allowed behind it. Coordinate with another racer to assist you at the scope, or simply go to the scope after firing your 5 rounds. (Note that it is ineffective to have someone "call" your shots individually, it makes you "shade" and will negatively impact your zero.) If using a club scope, understand that it is there to be shared. Do not touch or use a privately owned scope without clear permission from the owner. This is common courtesy. ASK before using. Do not ask a range official to give you permission to use someone's personal scope, or any other personal equipment.

Equipment

This may be one of the most significant areas of etiquette. Do not touch, pick up, or use the personal equipment of another biathlete, especially a rifle. This can lead to a sharp rebuke, as many biathletes are very particular about their equipment. They have made a very significant investment in it. Rifles in particular have many personalized adjustments that can be moved out of alignment. If you are using club equipment, obtain permission to use it and do not modify it in any way without permission of the Chief of Range or the Chief of Competition. This goes double if you are borrowing someone else's personal rifle. If you borrow equipment and make adjustments to it (only with permission) do your best to return it to the condition it was in when you got it. This is especially significant when it comes to stock length spacers, weights and magazines.

Set-Up and Break-Down

Biathlon Races are organized and staged by volunteers. You are not bound by any laws or rules to help set up the range, course, rifle racks and all the other necessary items to have a race, or to stay after to help take it all down. But, if you don't, more work is put on others. You may not think others notice your failure to pitch in, but they do. Common courtesy dictates that all who participate in races should plan to arrive early enough to help with set-up, and arrange their schedules to make it possible to stick around at the end to help break-down. No one wants to set-up and break down for those who always have a "good excuse" and do not help. This behavior will cause the workhorse volunteers to get fed up and quit, and then no one will get to race.