



34TH MALAYSIAN OPEN MASTERS ATHLETICS CHAMPIONSHIPS

ORGANISERS

**MALAYSIAN MASTERS ATHLETIC ASSOCIATION (MMAA)
WITH THE COOPERATION OF
MINISTRY OF YOUTH AND SPORTS MALAYSIA**

ENTRY FORM

DATE

21 – 22 MAY 2022

VENUE

**STADIUM UNIVERSITI MALAYA
PUSAT SUKAN UNIVERSITI MALAYA
KUALA LUMPUR, MALAYSIA**

34th MALAYSIAN OPEN MASTERS ATHLETICS CHAMPIONSHIPS

INDIVIDUAL ENTRY FORM

Full Name

Full Address

Postcode

Country

Date of Birth

Age Group

IC / Passport

Sex

E mail address

No. Tel.

Association*

Events Entered: (Limited to 4 individual events)

1. 2. 3. 4.

Entry fee for per individual event:

- **RM 25.00 per event (for members only*)**
* registered members in MMAA or State Masters Athletic Associations
- **RM 30.00 per event (for non members)**

Relays: - RM 30.00 per team

Insurance - RM6.00 for 2 days (compulsory): 35 - 79yrs will be arranged by the organisers. Athletes 80 yrs and above have to get their own insurance (compulsory) and attach the insurance note with the entry form.

Fees enclosed :

No	Events	Total events	Fee
1	Individual		
2	Insurance	(for athletes 35 – 79yrs) will be arranged	RM6.00
Total Fee payment			

Closing Date: **02nd May 2022**

Late entries : **(until 10th May 2022 only)**

will be charged extra RM 20.00 per event.

All Money Orders / Bank Draft should be made payable to “ POMM “.

(Payment by cheque is not accepted)

Please send the entry form together with the payment to:

Mr. S. Sivapragasam, AMW
Organising Chairman
34th Malaysian Open Masters Athletics Championships
No: 20, SS 3/49
47300, Petaling Jaya
Selangor Darul Ehsan
Malaysia.

H/P No. : 013 3418516

ATHLETE'S DECLARATION

I hereby declare that all particulars given in this form are true and agree to abide by all the rules and conditions as laid down by the organizers. I further declare that I am fit and in good health and absolutely relieve the organizers and such other person involved in the organization of the 34th Malaysian Open Masters Athletics Championships of any responsibility for any injury, loss, or damage to myself or my property which I may sustain in the course or in connection with the said Championships. Once I enter for this championships I agreed to this declaration. I also agree to abide by the SOP for the prevention of pandemic.

I understand that the fees paid is non refundable.

.....

Date:

Signature of participant

NAME :

34th MALAYSIAN OPEN MASTERS ATHLETICS CHAMPIONSHIPS
Rules and Regulations

1. Date and Place: The Championships will be held on 21 – 22 May 2022, at Stadium University Malaya, Kuala Lumpur.
2. Events to be held are as per list attached.
3. Participation: Malaysians - men aged 35 and above & women aged 35 and above. The Organizing Council has the right to accept or reject any entries.
4. All Entries of State Masters Athletics Association members, must come through the State Masters Athletics Association. This is to confirm the athletes' membership in the association.
5. Technical Rules: The competition is held under WMA/AMA and WA rules. The organizers reserve the right to change any rule if there is need due to time constraint.
6. Awards: Medals will be awarded to 1st, 2nd and 3rd winners.
7. Limitations: Individual participation is limited to 4 individual events only.
8. General: The organizers reserve the right to advance the time of track events according to the availability of the track.
9. Where there are fewer than 3 participants in any age group in any event, the organizers reserve the right to cancel the event for that particular age group or to allow the participants to participate in a lower age group in cases where he/she is not entered for in any other event in his/her own age group.
10. Entries without the proper entry fee will not be accepted.
11. All implements for field events and starting blocks will be provided by the organizers. The use of personal implement is not permitted.
12. Only spikes of 6mm, in length or less is permitted on stadium tracks.
13. The organizers shall not be responsible for any INJURY, LOSS, or DAMAGE to a competitor or his property which he may sustain in the course of or in connection with the Championships.
14. The appointed official shall have the right to disqualify any competitor whose performance is considered dangerous to him/herself or to any other competitors.
15. Entry signifies that each competitor will follow the rules of the organizing and technical committees and the SOP for the pandemic.
16. The Championships is open to all men and women born on or before 21. 05. 87, and who are physically fit for competition.
17. All entries must be received on or before **02nd MAY 2022.** Official entry forms or photocopies of the official entry form must be used. Entries without entry fee is considered late entries and extra RM 20.00 will be charged for per event.
18. Certified proof of date of birth (Identity card / birth certificate / passport) should accompany the entry form.
19. All remittances should be in the name of: “ POMM “
20. All entries with payment should be sent to :

Mr. S. Sivapragasam, AMW
Organising Chairman
34th Malaysian Open Masters Athletics Championships
No: 20, SS 3/49, 47300, Petaling Jaya
Selangor Darul Ehsan, Malaysia.

H/P No: 013 3418516 / 013 3331020 (Mr. N. Rajasvaran)
E mail : amasiva42@gmail.com

21. List of Events

MEN: 100m, 200m, 400m, 800m, 1500m, 5000m Run, 5000m Walk, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw, 100m Hurdle (50 – 64), 110m Hurdle (35 – 49), 4 x 100m open, 4 x 400m open

WOMEN : 100m, 200m, 400m, 800m, 1500m, 3000m Run, 3000m Walk, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw, 100m Hurdle (35 - 39), 4 x 100m open, 4 x 400m open

22. Age Classification

Born From	Born To	Age Group
22.05.82	21.05.87	35+
22.05.77	21.05.82	40+
22.05.72	21.05.77	45+
22.05.67	21.05.72	50+
22.05.62	21.05.67	55+
22.05.57	21.05.62	60+
22.05.52	21.05.57	65+
22.05.47	21.05.52	70+
22.05.42	21.05.47	75+
22.05.37	21.05.42	80+
22.05.32	21.05.37	85+

23. All state masters athletics association and clubs please send the master list of your participants together with the original entry forms and payment.

24. TEAM MANAGERS' MEETING

20th MAY 2022 (Friday), at Stadium University Malaya, Kuala Lumpur at 6.00 pm.

25. NUMBER COLLECTION

20th MAY 2022 (Friday), from 3.00 pm – 6.00 pm Stadium University Malaya, Kuala Lumpur.

26. **Vaccination: Only those who have received 2 doses of vaccination will be allowed to participate.**

***Please send your vaccination certificate together with the entry form.**

27. INSURANCE

All participants must be **covered with insurance** for the duration of participation.

The organizer will arrange insurance for the participants who are **35 – 79 yrs**, and the amount is **RM 6.00 for 2 days, and paid by participants (compulsory)**.

As for participants 80 yrs and above they have to get their own insurance and send the insurance note with the entry form (compulsory).

1ST DAY : 21 MAY 2022 (SATURDAY) - MORNING SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
101	0800	3000m Walk	Women	35 – 54
102	0800	Shot Put (4 Kg)	Women	35 - 39
103	0800	Discus (2 Kg)	Men	35 - 49
104	0800	Long Jump	Men	35 - 39
105	0830	3000m Walk	Women	55 and above
106	0845	Shot Put (4 Kg)	Women	40 - 49
107	0845	Discus (1.5 Kg)	Men	50 - 59
108	0845	Long Jump	Men	40 - 49
109	0900	5000m Walk	Men	65 and above
110	0930	Shot Put (3 Kg)	Women	50 - 59
111	0930	Discus (1 Kg)	Men	60 - 69
112	0930	Long Jump	Men	50 - 59
113	0940	5000m Walk	Men	50 – 64
114	1015	Long Jump	Men	60 and above
115	1015	Discus (1 Kg)	Men	70 and above
116	1015	Shot Put (3 Kg)	Women	60 - 74
117	1020	5000m Walk	Men	35 – 49
118	1100	Shot Put (2 Kg)	Women	75 and above
119	1100	1500m	Women	50 and above
120	1115	1500m	Women	35 – 49
121	1130	1500m	Men	55 and above
122	1145	1500m	Men	50 – 54
123	1200	1500m	Men	45 – 49
124	1215	1500m	Men	35 – 44

AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
125	1400	100m	Women	35 - 39
126	1415	100m	Women	40 – 44
127	1430	100m	Women	45 - 49
128	1430	High Jump	Men	35 - 59
129	1430	Javelin (800gm)	Men	35 - 49
130	1430	Discus (1 Kg)	Women	35 - 49
131	1430	Triple Jump	Women	35 - 49
132	1445	100m	Women	50 and above
133	1500	100m	Men	35 - 39
134	1515	100m	Men	40 - 44
135	1515	Javelin (700 gm)	Men	50 - 59
136	1515	Discus (1 Kg)	Women	50 - 59
137	1515	Triple Jump	Women	50 - 59
138	1530	100m	Men	45-49
139	1545	100m	Men	50-54
140	1600	100m	Men	55-59
141	1600	High Jump	Men	60 and above
142	1600	Javelin (600 gm)	Men	60 - 69
143	1600	Discus (1 Kg)	Women	60 - 74
144	1600	Triple Jump	Women	60 - 74
145	1615	100m	Men	60-64
146	1630	100m	Men	65 and above
147	1645	400m	Women	35 - 44
148	1645	Javelin (500 gm)	Men	70 – 79
149	1645	Discus (0.75 Kg)	Women	75 and above
150	1645	Triple Jump	Women	75 and above
151	1700	400m	Women	45 and above
152	1715	400m	Men	35-39
153	1730	400m	Men	40-44
154	1730	Javelin (400 gm)	Men	80 and above
155	1745	400m	Men	45-49
156	1800	400m	Men	50-54
157	1815	400m	Men	55 and above

2ND DAY : 22 MAY 2022 (SUNDAY) - MORNING SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
201	0800	3000m	Women	50 and above
202	0800	High Jump	Women	35 - 39
203	0800	Javelin (600 gm)	Women	35 - 49
204	0800	Triple Jump	Men	35 - 49
205	0800	Shot Put (7.26 Kg)	Men	35 - 49
206	0830	3000m	Women	35 - 49
207	0845	Javelin (500 gm)	Women	50 - 59
208	0845	Triple Jump	Men	50 - 59
209	0845	Shot Put (6 Kg)	Men	50 - 59
210	0900	200m	Women	35 - 39
211	0915	200m	Women	40 - 44
212	0930	200m	Women	45 - 49
213	0930	Shot Put (5 Kg)	Men	60 - 69
214	0930	Triple Jump	Men	60 - 74
215	0930	Javelin (500 gm)	Women	60 - 74
216	0945	200m	Women	50 and above
217	1000	High Jump	Women	60 and above
218	1000	200m	Men	35 - 39
219	1015	Javelin (400 gm)	Women	75 and above
220	1015	Triple Jump	Men	75 and above
221	1015	Shot Put (4 Kg)	Men	70 - 79
222	1015	200m	Men	40 - 44
223	1030	200m	Men	45 - 49
224	1045	200m	Men	50 - 54
225	1100	Shot Put (3 Kg)	Men	80 and above
226	1100	200m	Men	55 and above
227	1115	800m	Women	50 and above
228	1130	800m	Women	35 - 49
229	1145	800m	Men	55 and above
230	1200	800m	Men	50 - 54
231	1215	800m	Men	45 - 49
232	1230	800m	Men	40 - 44
233	1245	800m	Men	35 - 39

AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
234	1400	Long Jump	Women	35 - 49
235	1400	100m H (.840)	Women	35 - 39
236	1415	100m H (.840)	Men	60 - 64
237	1430	100m H (.914)	Men	50 - 59
238	1445	Long Jump	Women	50 - 59
239	1445	110m H (.991)	Men	45 - 49
240	1500	110m H (.991)	Men	40 - 44
241	1515	110m H (.991)	Men	35 - 39
242	1530	Long Jump	Women	60 - 74
243	1530	5000m	Men	35 - 49
244	1600	4 x 100m	Women	Open
245	1615	Long Jump	Women	75 and above
246	1615	4 x 100m	Men	Open
247	1630	5000m	Men	50 - 59
248	1700	5000m	Men	60 and above
249	1745	4 x 400m	Women	Open
250	1800	4 x 400m	Men	Open
1815	Presentation of Prizes			