



31ST MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS

ORGANISERS

MALAYSIAN MASTERS ATHLETIC ASSOCIATION (MMAA)

With the cooperation of

SARAWAK SPORTS COUNCIL (SSC)

ENTRY FORM

DATE

22 - 23 JULY 2017

VENUE

**STADIUM SARAWAK
KUCHING, SARAWAK
MALAYSIA**

INDIVIDUAL ENTRY FORM

Full Name

Full Address

Postcode

Country

Date of Birth

Age Group

IC / Passport No

Sex

E mail address

No. Tel.

Association*

Events Entered: (Limited to 4 individual events)

1. 2. 3. 4.

Entry fee for per individual event:

for Malaysians - **RM 20.00 per event (for members only*)**
RM 25.00 per event (for non members)

* registered members in MMAA or State Masters Athletics Associations

for Foreign participants - **USD 10.00 per event**

Relays: - **RM 30.00** per team for Malaysians
- **USD 20.00** per team for foreign entries.

Fees enclosed :

No	Events	Total events	Fee
1	Individual		
2	Relay		
3	Total Fee payment		

Closing Date: **15th JUNE 2017**

Late entries : **(until 30th June 2015 only)** will be charged extra **RM 20.00** (Malaysians) / **USD 10.00** (Foreigners) 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, A.M.W.
Joint Organising Chairman
31st Malaysian International Open Masters Athletics Championships
No: 20, SS 3/49
47300, Petaling Jaya
Selangor Darul Ehsan
Malaysia.

H/P: 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 31st Malaysian International 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.

I understand that the fees paid is **non refundable**.

.....
Signature of participant

Date:

NAME :

Rules and Regulations

1. **Date and Place:** The Championships will be held on **22 – 23 July 2017**, at **Stadium Sarawak, Kuching, Sarawak, Malaysia**.
2. Events to be held are as per list attached.
3. **Participation:** Malaysians and Foreigners - 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 athlete's membership in the association.**
5. **Technical Rules:** The competition is held under WMA/AMA and IAAF 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.
16. The Championships is open to all men and women born on or before **22. 07. 82**, and who are physically fit for competition.
17. All entries must be received on or before **15th June 2017**. 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 (Malaysians) / USD 10.00 (Foreigners) 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, A.M.W.
Joint Organising Chairman
31st Malaysian International Open Masters Athletics Championships
No: 20, SS 3/49
47300, Petaling Jaya
Selangor Darul Ehsan, **Malaysia**.

H/P No: 013 3418516

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 - 44)
 4 x 100m open
 4 x 400m open

22. Age Classification

Age Group: 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85. 90, and above

Born from	Born to	
23. 07. 77	22. 07. 82	35
23. 07. 72	22. 07. 77	40
23. 07. 67	22. 07. 72	45
23. 07. 62	22. 07. 67	50
23. 07. 57	22. 07. 62	55
23. 07. 52	22. 07. 57	60
23. 07. 47	22. 07. 52	65
23. 07. 42	22. 07. 47	70
23. 07. 37	22. 07. 42	75
23. 07. 32	22. 07. 37	80
23. 07. 27	22. 07. 32	85
23. 07. 22	22. 07. 27	90

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

24. **TEAM MANAGERS' MEETING**

21st July 2017 (Friday), at Stadium Sarawak, Kuching, Sarawak, at **6.00 pm.**

25. **NUMBER COLLECTION:**

21st July 2017 (Friday), from **3.00 pm – 6.00 pm** Stadium Sarawak, Kuching, Sarawak, Malaysia.

26. **OPENING CEREMONY :**

22nd July 2017, 2.00 pm at the stadium. All countries and states please bring **two flags**. **All participants must assemble at the stadium at 1.30 pm.**

27. **BEST TEAM AWARD** will be given to a team for march pass and uniformity, during the Opening Ceremony

1ST DAY : 22 JULY 2017 (SATURDAY)***MORNING SESSION***

NO.	TIME	EVENT	M / W	AGE GROUP
101	0800	3000m Walk	Women	35 – 54
102	0830	3000m Walk	Women	55 and above
103	0845	Shot Put	Women	35 – 54
104	0845	Discus	Men	35 – 59
105	0845	Long Jump	Men	35 – 54
106	0900	5000m Walk	Men	65 and above
107	0940	5000m Walk	Men	50 – 64
108	0945	Shot Put	Women	55 and above
109	0945	Discus	Men	60 and above
110	0945	Long Jump	Men	55 and above
111	0945	Triple Jump	Women	All Age Group
112	1020	5000m Walk	Men	35 – 49
113	1100	1500m	Women	50 and above
114		1500m	Women	35 – 49
115	1120	1500m	Men	55 and above
116		1500m	Men	50 – 54
117		1500m	Men	45 – 49
118		1500m	Men	35 – 44

AFTERNOON SESSION

	1400	OPENING CEREMONY		
119	1520	High Jump	Men	All Age Groups
120	1520	Javelin	Men	All Age Groups
121	1520	Discus	Women	All Age Groups
122	1520	100m	Women	35-39
123		100m	Women	40-44
124		100m	Women	45-49
125		100m	Women	50 and above
126	1540	100m	Men	35-39
127		100m	Men	40-44
128		100m	Men	45-49
129		100m	Men	50-54
130	1600	100m	Men	55-59
131		100m	Men	60-64
132		100m	Men	65 and above
133	1620	400m	Women	35 - 44
134		400m	Women	45 and above
135	1620	400m	Men	35-39
136		400m	Men	40-44
137		400m	Men	45-49
138		400m	Men	50-54
139		400m	Men	55 and above

31ST MIOMAC - PROGRAMME OF EVENTS**2ND DAY : 23 JULY 2017 (SUNDAY)**

MORNING SESSION

NO	TIME	EVENT	M / W	AGE GROUP
201	0800	3000m	Women	50 and above
202	0830	3000m	Women	35 - 49
203	0830	High Jump	Women	All Age Groups
204	0830	Javelin	Women	35 – 54
205	0830	Triple Jump	Men	35 – 59
206	0830	Shot Put	Men	35 – 54
207	0900	200m	Women	35 - 39
208		200m	Women	40 - 44
209		200m	Women	45 - 49
210		200m	Women	50 and above
211	0945	Triple Jump	Men	60 and above
212	0945	Shot Put	Men	55 and above
213	0945	Javelin	Women	55 and above
214	0945	200m	Men	35 - 39
215		200m	Men	40 - 44
216		200m	Men	45 - 49
217		200m	Men	50 - 54
218	1010	200m	Men	55 and above
219	1030	800m	Women	50 and above
220	1100	800m	Women	35 - 49
221	1130	800m	Men	55 and above
222		800m	Men	50 - 54
223		800m	Men	45 - 49
224		800m	Men	40 - 44
225		800m	Men	35 - 39

AFTERNOON SESSION

NO	TIME	EVENT	M / W	AGE GROUP
226	1400	Long Jump	Women	All Age Groups
227	1400	100m H	Women	35 – 44
228		100m H	Men	50 – 64
229		110m H	Men	45 – 49
230		110m H	Men	40 – 44
231		110m H	Men	35 – 39
232	1500	5000m	Men	35 – 49
233	1530	4 x 100m	Women	Open
234	1540	4 x 100m	Men	Open
235	1550	5000m	Men	50 – 59
236	1620	5000m	Men	60 and above
237	1700	4 x 400m	Women	Open
238	1710	4 x 400m	Men	Open
	1720	CLOSING CEREMONY		