



**8th SABAH MASTERS ATHLETICS OPEN CHAMPIONSHIPS
SAMOC 2018
PROGRAMME OF EVENTS**

1. **Date and Place:** The Championships will be held on **28-29 April 2018, Stadium Likas, Kota Kinabalu, Sabah, Malaysia**
2. Events to be held are as per list attached.
3. **Participation:** Men aged 35 and above & women aged 35 and above.
Malaysian: Open to all individual who are citizens of Malaysia.
Foreign: Entries should be validated by the national veteran/masters governing Body where National Veterans/Masters Association exist.
4. **Technical Rules:** The competition is held under WMA and IAAF rules. The Organizer reserve the right to change any rule if there is need due to time constraint.
5. **Awards:** Medals will be awarded to 1st, 2nd and 3rd winners.
6. **Limitations:** Individual participation is limited to 4 individual events.
7. **General:** The organizers reserve the **right to advance the time of track events** according to the availability of the track.
8. Where there are less than 3 participants in any age group in any event, the organizer 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.
9. **Entries Without The Proper Entry Fee Will Not Be Accepted.**
10. All implements for field events and starting blocks will be provided by the organizer. The use of personal implement is not permitted.
11. Only spikes of 7mm, in length or less is permitted on the stadium track.
12. The organizer 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.
13. The appointed officials shall have the right to disqualify any competitor whose performance is considered dangerous to him/herself or to any other competitors.
14. Entry signifies that each competitor will follow rules of the organizing and technical committees.
15. The Championships is open to all men and women born on or before 28.04.1983, and who are physically fit for competition.



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16. All entries must be received on or before **20th March 2018**. Official entry forms or photocopies of the official entry forms must be used. **Certified proof of date of birth (Identity card / birth certificate / passport) should accompany the entry form.**

17. All remittances should be in the name of: **"Persatuan Olahraga Masters Negeri Sabah (SAMAS)" Maybank Account Number : 560148685348**

18. **All entries with payment receipts should be sent to:**

Ms. Laura Dosui
Organizing Secretary
8th Sabah Masters Open Athletics Championships 2018
Lot 18, Hse 49, Taman Golden City Luyang,
88100 Kota Kinabalu
Sabah, Malaysia.
H/P No. +60186678640 Fax No. (6088) 498158

19. **For local participants (Sabahan) the form can be send through**

- a. **Ms Juliana Gumpil 013-8885388 (Penampang)**
- b. **Mr. Maulani Diman 019-8110755 (Kota Belud)**
- c. **Mr. Rahim Selamat 010-7991885 (Keningau)**
- d. **Ms. Tay Yu Eng 016-8217238 (Tuaran)**
- e. **Lucy Yong 019-8415923 (Papar)**
- f. **Maryem Joinol 014-2043390 (Kota Kinabalu)**

20. List of Events

Bil	Events	Age Group	
		Male	Female
1	100m, 200m, 400m	All	All
2	800m	All	All
3	1500m	All	35-69
4	3000m	35-69	35-69
5	3000m walk	-	All
6	5000m walk	All	-
7	80m Hurdles	-	40-60+
8	100m Hurdles	50-69	35-39
9	110m Hurdles	35-49	-
10	Long Jump, Triple Jump	All	All
11	High Jump	All	All
12	Shotput	All	All
13	Discuss	All	All
14	Javeline	All	All
15	4X100m	Total 180 years	Total 160 years
16	4X400m	Total 180 years	Total 160 years



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21. Age Classification

Bil	Age	Date of Birth	
		Born From	Born To
1	35-39	29.04.78	28.04.83
2	40-44	29.04.73	28.04.78
3	45-49	29.04.68	28.04.73
4	50-54	29.04.63	28.04.68
5	55-59	29.04.58	28.04.63
6	60-64	29.04.53	28.04.58
7	65-69	29.04.48	28.04.53
8	70-74	29.04.43	28.04.48
9	75-79	29.04.38	28.04.43
10	80-84	29.04.33	28.04.38

22. Vest Number Collection

27 April 2018 (Time:3.00pm-6.00pm at Stadium Likas, Grand Stand Lobby)

23. Managers meeting

27 April 2018 (Friday at Stadium Likas Conference Room at 6.30pm)



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1st DAY: 28th APRIL 2018 (SATURDAY)

MORNING SESSION

NO.	TIME	EVENT	M/W	AGE GROUP
101	0700	3000m walk	Women	55 and above
102	0730	3000m walk	Women	35-54
103	0745	Shot Put	Women	All Age Groups
104	0750	Discus	Men	All Age Groups
105	0755	Long Jump	Men	All Age Groups
106	0800	100m	Women	35-49
107	0820	100m	Women	50 and above
108	0830	Triple Jump	Women	All Age Groups
109	0835	5000walk	Men	All Age Groups
110	0900	1500m	Women	50-69
111		1500m	Women	35-49
112	1020	1500m	Men	55 and above
113		1500m	Men	50-54
114		1500m	Men	45-49
115		1500m	Men	35-44

AFTERNOON SESSION

116	1400	High Jump	Men	All age groups
117	1400	Javelin	Men	All age groups
118	1400	Discus	Women	All age groups
119	1400	4X100m	Women	Junior Under 20 (A) 20-29 Years (B) 30-34 Years (C)
120		4X100m	Men	Junior Under 20 (A) 20-29 Years (B) 30-34 Years (C)
121	1450	100m	Men	35-39
122		100m	Men	40-44
123		100m	Men	45-49
124		100m	Men	50-54
125		100m	Men	55-59
126		100m	Men	60-64
127		100m	Men	65 and above
128	1520	400m	Women	35-49
129		400m	Women	50 and above
130		400m	Men	35-49
131		400m	Men	50-59
132		400m	Men	60 and above



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2nd DAY: 29th APRIL 2018 (SUNDAY)

MORNING SESSION

NO.	TIME	EVENT	M/W	AGE GROUP
201	0700	3000m	Women	50 and above
202	0730	3000m	Women	35-49
203	0800	200m	Women	35-39
204		200m	Women	40-44
205		200m	Women	45-49
206		200m	Women	50 and above
207	0800	High Jump	Women	All Age Groups
208	0800	Javelin	Women	All Age Groups
209	0800	Triple Jump	Men	All Age Groups
210	0830	200m	Men	35-39
211		200m	Men	40-44
212		200m	Men	45-49
213		200m	Men	50-54
214	0900	200m	Men	55 and above
215	0915	800m	Women	50 and above
216	0930	800m	Women	35-49
217	0945	800m	Men	55 and above
218		800m	Men	50-54
219		800m	Men	45-49
220		800m	Men	40-44
221		800m	Men	35-39

AFTERNOON SESSION

222	1340	Long Jump	Women	All age groups
223	1340	Shot Put	Men	All age groups
224	1340	80m H	Women	40-60+
225	1340	100m H	Women	35-44
226		100m H	Men	50-64
227		110m H	Men	45-49
228		110m H	Men	40-44
229		110m H	Men	35-39
230	1440	4X100m	Women	Open
231	1450	4X100m	Men	Open
232	1500	3000m	Men	35-49
233	1520	3000m	Men	50 and above
234	1540	4X400m	Women	Open
235	1550	4X400m	Men	Open
	1630	CLOSING CEREMONY		