



22nd MALAYSIAN OPEN MASTERS ATHLETIC CHAMPIONSHIPS

ORGANISERS

PERLIS STATE GOVERNMENT AND
MALAYSIAN MASTERS ATHLETICS ASSOCIATION

With the cooperation of
MINISTRY OF YOUTH AND SPORTS MALAYSIA
and
PERLIS STATE SPORTS COUNCIL

ENTRY FORM

DATE

19 – 20th JULY 2008

VENUE

STADIUM UTAMA KANGAR,
KANGAR, PERLIS



22nd MALAYSIAN OPEN MASTERS ATHLETIC CHAMPIONSHIPS
19 – 20th JULY 2008
STADIUM UTAMA KANGAR, PERLIS.

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MALAYSIAN YOUTH AND SPORTS MALAYSIA & PERLIS STATE SPORTS COUNCIL

INDIVIDUAL ENTRY FORM

Full Name

Full Address

Postcode Country

Date of Birth Age Group

IC / Passport No Sex

Telephone No Fax

Association

Events Entered: (Limited to 4 individual events)

1. 2.
 3. 4.

I need accommodation / do not need accommodation.

Fees enclosed :

Entry Fees: individual event/s	:	RM/US \$:
 Relay/s	:	RM/US \$:
Accommodation:	Payment enclosed	:	RM/US \$:
	Total	:	RM/US \$
			=====

N.B.: Entry fee for per individual event:

- for Malaysians - **RM 12.00**
- for foreign participants - **1st Event USD 10.00**
- **2nd, 3rd, 4th Events USD 6.00 per event**

Relays: RM25.00 per team for Malaysians; USD 10.00 per team for foreign entries.

Closing Date: 25TH JUNE 2008

Late entries (until 5TH JULY 2008 only) will be charged extra RM10.00 (Malaysians) / US\$ 6.00 (Foreigners) per event.

All cheques/Money Orders/Bank Draft should be made payable to "**POMM**".

Please send the entry form together with the payment to:

Mr. S. Sivapragasam
Organising Co-Chairman
22nd Malaysian Open Masters Athletic Championships
No: 20, SS 3/49
47300, Petaling Jaya
Selangor Darul Ehsan
Malaysia.

S. Sivapragasam: H/P: 013 341 8516 Fax: 03 78779514

S. Selvaraj West: H/P: 017 3100 473 (Accommodation Chairman)

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 organisers.

I further declare that I am fit and in good health and absolutely relieve the organisers and such other person involved in the organisation of the 22nd Malaysian Open Masters Athletic 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:

22nd MALAYSIAN OPEN MASTERS ATHLETIC CHAMPIONSHIPS

Rules and Regulations

1. **Date and Place:** The Championships will be held on 19 – 20th JULY 2008, at Stadium Utama Kangar, Perlis.
2. Events to be held is as per list attached.
3. **Participation:** Men aged 35 and above; women aged 35 and above.
Malaysian: Open to all individuals who are citizens of Malaysia.
Foreign : Entries should be validated by the national veteran/master governing body where National Veterans/Masters Association exist.
4. **Technical Rules:** The competition is held under WMA and IAAF rules. The Organisers reserve the right to change any rule if the need be due to time constraint.
5. **Awards:** Medals will be awarded to 1st, 2nd and 3rd placings.
6. **Limitations:** Individual participation is limited to 4 individual events.
7. **General:** The organisers reserve the right to advance the time of track events according to the availability of the track.
8. Where there are fewer than 3 participants in any age group in any event, the organisers 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 is not entered for in any other event in his own age group.
9. **Entries without the proper entry fee will not be entertained.**
10. All implements for field events and starting blocks will be provided by the organisers. The use of personel implement is not permitted.
11. Only spikes of 6mm, in length or less is permitted on stadium tracks.
12. The organisers 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 official shall have the right to disqualify competitors whose performance is considered dangerous to themselves or to any other competitor.
14. Entry signifies that each competitor will follow rules of the organising and technical committees.
15. The Championships is open to all men and women born on or before 19. 07. 73, and who are physically fit for competition.
16. All entries must be received on or before **25th JUNE 2008**. Official entry forms or photocopies of the official entry form must be used. **Entries without entry fee is considered late entries and extra RM10.00 (Malaysians) / US \$6.00 (Foreigners) will be charged for per event.**
17. Certified proof of date of birth (eg. Identity card / birth certificate / passport) should accompany the entry form.
All remittances should be in the name of: "**POMM**"
18. **All entries with payment should be sent to :**

Mr. S. Sivapragasam
Organising Co-Chairman
22nd Malaysian Open Masters Athletic Championships
No: 20, SS 3/49
47300, Petaling Jaya
Selangor Darul Ehsan, Malaysia.

S. Sivapragasam: H/P No: 013 341 8516 Fax: 03 78779514
S. Selvaraj West: H/P No: 017 310 0473 (Accommodation Chairman)

19. List of Events to be held:

MEN

100m, 200m, 400m, 800m
1500m, 5000m, 5KM Walk
Long Jump
Triple Jump
High Jump
Shot Put
Discus Throw
Javeline Throw
100m Hurdle (50 – 64)
110m Hurdle (40 – 49)
4 x 100m open
4 x 400m open

New Event: Medley Relay Open

(200m – Women, 200m – Men, 400m – Women, 800m – Men)

WOMEN

100m, 200m, 400m, 800m
1500m, 5000m, 3KM Walk
Long Jump
Triple Jump
High Jump
Shot Put
Discus Throw
Javeline Throw
100m Hurdle (35 - 45)
4 x 100m open
4 x 400m open

20. Age Classification

Age Group:

35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, and above

Born from	Born to	
20. 07. 68	19. 07. 73	35
20. 07. 61	19. 07. 68	40
20. 07. 58	19. 07. 63	45
20. 07. 51	19. 07. 58	50
20. 07. 48	19. 07. 53	55
20. 07. 41	19. 07. 48	60
20. 07. 38	19. 07. 43	65
20. 07. 31	19. 07. 38	70
20. 07. 28	19. 07. 33	75
20. 07. 21	19. 07. 28	80
20. 07. 18	19. 07. 23	85
20. 07. 11	19. 07. 18	90

21. MANAGERS' MEETING

18th JULY 2007, at 22nd MOMAC Secretariat, Perlis Sports Council Office (Close to the Stadium Utama Kangar) Kangar, Perlis, at 6.00 pm.

22. NUMBER COLLECTION:

18th JULY 2007, from 2.00 pm – 5.30 pm. at 22nd MOMAC Secretariat, Perlis Sports Council Office (Close to the Stadium Utama Kangar), Kangar, Perlis.

23. OPENING CEREMONY

19th JULY 2008, at 2.00 pm (All managers / state representatives / clubs – please bring along your country / state / club flag). All participants should assemble at the stadium at 1.30 pm. The best team will be awarded a special prize.

**22nd MOMAC
PROGRAMME OF EVENTS
1ST DAY : 19th JULY 2008 (SATURDAY)**

MORNING SESSION

NO.	TIME	EVENT	M / W	AGE GROUP
101	0730	3 Km Walk	W	All Age Groups
102	0830	5 Km Walk	M	All Age Groups
103	0830	Shot Put	W	All Age Groups
104	0830	Discus	M	All Age Groups
105	0845	Long Jump	M	All Age Groups
106	0945	1500m	W	All Age Groups
107	1015	Triple Jump	W	All Age Groups
108	1015	1500m	M	55 & Above
109		1500m	M	50-54
110		1500m	M	45-49
111		1500m	M	40-44
112		1500m	M	35-39

AFTERNOON SESSION

1400-1530		OPENING CEREMONY		
113	1530	High Jump	M	All Age Groups
114	1530	Javelin	M	All Age Groups
115	1530	100m	W	35-39
116		100m	W	40-44
117		100m	W	45-49
118		100m	W	50 & Above
119	1550	100m	M	35-39
120		100m	M	40-44
121		100m	M	45-49
122		100m	M	50-54
123	1620	Discus	W	All Age Groups
124	1620	100m	M	55-59
125		100m	M	60-64
126		100m	M	65 & Above
127	1630	400m	W	All Age Groups
128		400m	M	35-39
129		400m	M	40-44
130		400m	M	45-49
131		400m	M	50-54
132		400m	M	55 & Above

**22nd MOMAC
PROGRAMME OF EVENTS
2nd DAY : 20th JULY 2008 (SUNDAY)**

MORNING SESSION

NO	TIME	EVENT	M / W	AGE GROUP
201	0800	5000m	W	All Age Groups
202	0845	200m	W	35-39
203		200m	W	40-44
204		200m	W	45-49
205		200m	W	50 & Above
206	0915	High Jump	W	All Age Groups
207	0915	Javelin	W	All Age Groups
208	0915	200m	M	35-39
209		200m	M	40-44
210		200m	M	45-49
211		200m	M	50-54
212	0945	200m	M	55 & Above
213	0945	Triple Jump	M	All Age Group
214	1000	800m	W	All Age Groups
215	1030	800m	M	55 & above
216		800m	M	50-54
217		800m	M	45-49
218		800m	M	40-44
219		800m	M	35-39

AFTERNOON SESSION

NO	TIME	EVENT	M / W	AGE GROUP
220	1400	Long Jump	W	All Age Groups
221	1400	Shot Put	M	All Age Groups
222	1400	4 x 100m	W	Open
223	1415	4 x 100m	M	Open
224	1430	100m H	W	35-39
225		100m H	M	50-64
226		110m H	M	45-49
227		110m H	M	40-44
228		110m H	M	35-39
229	1530	Medley Relay	M/W	Open
230	1600	5000m	M	All Age Groups
231	1645	4 x 400m	W	Open
232	1700	4 x 400m	M	Open
	1730	CLOSING CEREMONY		

ACCOMMODATION
PERLIS YOUTH AND SPORTS DEPARTMENT'S HOSTEL,
KANGAR, PERLIS
RATE PER NIGHT – PER PERSON

- Small dorm - 8 persons (non – air cond.) USD 4.00
- Dorm - 12 persons (non – air cond) USD 4.00

- Please fill the following form and sent to the Organising Co-Chairman (address as above) with a deposit of **50%** before **25th June 2008**. Accommodation is available for only **80 persons** – and will be allocated on **"first come first serve"** basis.
- All cheques / Money Orders / Bank Draft should be made payable to **"POMM"**

ACCOMMODATION BOOKING FORM

(NO DEPOSIT, NO RESERVATION)

NAME :

ADDRESS:

.....

POSTCODE: COUNTRY:

TEL. NO: FAX :

DURATION: FROM TO (DAYS:))

AMOUNT PAYABLE: USD DEPOSIT SENT : USD

BANK DRAFT/ MONEY ORDER / CHEQUE NO:

NAME : (PASSPORT NO:))

SIGNATURE : DATE :

OTHER ACCOMMODATION AVAILABLE NEAR THE VENUE

1. HOTEL PUTRA PALACE - Tel: 04 – 9767755 (about 2KM from the venue)
Room Rate: USD 50 (twin sharing)
2. SRI GARDEN HOTEL - Tel: 04 – 9773188 (about 3 KM from the venue)
Room Rate: USD 30 (twin sharing)
3. FEDERAL HOTEL - Tel: 04-9766884 / 9766288 (about 3 KM from the venue)
Room Rate: USD 25 (twin sharing)

*** Please contact directly the above hotels for early reservation.**