

To Mr. M. Gan
From 92



ASEAN VETERANS SPORTS CARNIVAL 2008

ORGANISERS
SELANGOR MASTERS ATHLETICS ASSOCIATION
WITH THE COOPERATION OF
MALAYSIAN MASTERS ATHLETICS ASSOCIATION

DATE
24TH FEBRUARY 2008 (SUNDAY)

VENUE
NATIONAL SPORTS COUNCIL,
BUKIT JALIL, KUALA LUMPUR.

TIME
7.30 AM - 1.00 PM

ACTIVITIES

1. 6.50 AM REGISTRATION OF PARTICIPANTS
2. 7.30 AM AEROBIC EXERCISE
3. 8.00 AM 5 KM VETERANS ROAD RACE
4. 9.30 AM VETERANS TRACK RELAYS
 - MEN 4 X 100M (35 - 49 YRS)
 - MEN 4 X 100M (50 YRS & ABOVE)
 - WOMEN 4 X 100M (35 - 44 YRS)
 - WOMEN 4 X 100M (45 & ABOVE)
 - MEN 4 X 400M (35 - 49 YRS)
 - MEN 4 X 400M (50 YRS & ABOVE)
 - WOMEN 4 X 400M (35 YRS & ABOVE)
- MEDLEY: OPEN (35 YRS & ABOVE MEN / WOMEN)
 - 1ST RUNNER WOMEN 200M,
 - 2ND RUNNER MEN 200M,
 - 3RD RUNNER WOMEN 400M,
 - 4TH RUNNER MEN 800M
5. 11.30 AM FANCY DRESS FOOTBALL (MEN & WOMEN)
FOREIGN VETERANS VS MALAYSIAN VETERANS
6. 12.30 PM PRESENTATION OF PRIZES
AND LUCKY DRAWS
(Food packets will be distributed after the ceremony)



5KM VETERANS ROAD RACE

ORGANISERS : SMAA with the cooperation of MMAA
DATE : 24th FEBRUARY 2008 (SUNDAY)
TIME : 8.00 AM
VENUE : Start / Finish – Gate C, National Sports Council, Bukit Jalil, Kuala Lumpur.

Code	Categories	Distance	Age Qualification	Medals
A	Men Junior Veteran	5 KM	35 – 44 yrs	1 – 20 positions
B	Men Veteran	5 KM	45 – 54 yrs	1 – 20 positions
C	Men Senior Veteran	5 KM	55 yrs and above	1 – 20 positions
D	Women Junior Veteran	5 KM	35 – 44 yrs	1 – 20 positions
E	Women Veteran	5 KM	45 yrs and above	1 – 20 positions

Certificates: All participants who complete the race will be awarded with certificates.

Medals : Finishers Medals will be awarded from 1st to 20th position in all categories.

Entry fee : RM 12.00 for all categories (Malaysian), USD6.00 for foreign participants.
MO / PO/ Cheque /Draft should be made payable to : PAVS

Collection of Numbers: 24th February 2008, from 6. 50 – 7.30 am,
at Gate C, National Sports Council, Bukit Jalil, Malaysia.

Closing Date: 12th February 2008

All forms with Entry Fee should be sent to:

Mr. S. Sivapragasam
Organising Chairman
ASEAN Veterans Sports Carnival
No: 20, SS 3/49, Petaling Jaya
47300 Selangor D.E.

HP: 013 3418516; Fax: 03 78779514

VETERANS TRACK RELAY

ORGANISERS : SMAA with the cooperation of MMAA
DATE : 24TH FEBRUARY 2008 (SUNDAY)
TIME : 9.30 AM
VENUE : STADIUM NATIONAL SPORTS COUNCIL,
 Bukit Jalil, Kuala Lumpur.

EVENT	CATEGORY	AGE GROUP
4 X 100M	MEN	(35 - 49 YRS)
4 X 100M	MEN	(50 & ABOVE)
4 X 100M	WOMEN	(35 - 49 YRS)
4 X 100M	WOMEN	(50 & ABOVE)
4 X 400M	MEN	(35 - 49 YRS)
4 X 400M	MEN	(50 & ABOVE)
4 X 400M	WOMEN	(50 & ABOVE)
MEDLEY (200M, 200M, 400M, 800M)	1 ST 200M (WOMEN) 2 ND 200M (MEN) 3 RD 400M (WOMEN) 4 TH 800M (MEN)	OPEN (MEN & WOMEN 35 YRS AND ABOVE)

Prizes : First 3 Teams from each category

Certificates : All participants will be awarded with Certificate of Participation.

Team : A Team should consists of 4 (Four) runners. A list of runners according to the running order should be submitted to the organiser.

Baton : Every runner should carry the baton in his/her hand throughout the race.

Entry Fee : RM 20.00 for each team (USD 10 for foreign teams). MO / PO should be written under the following name: 'PAVS'

Numbers : Running numbers will be distributed from 7.00 - 8.00 am at Gate C, MSN, Bukit Jalil, Kuala Lumpur.

Closing Date : 12th FEBRUARY 2008

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Mr. S. Sivapragasam
Organising Chairman
ASEAN Veterans Sports Carnival
20 SS 3/49, Petaling Jaya
47300 Selangor DE.

H/P: 013 341 8516

Fax: 03 787 79514

ENTRY FORM

VETERANS TRACK RELAY

Please [] at the appropriate box.

4 X 100M	MEN (35 - 49)	
4 X 100M	MEN (50 & ABOVE)	
4 X 100M	WOMEN (35 - 49)	
4 X 100M	WOMEN (50 & ABOVE)	
4 X 400M	MEN (35 - 49)	
4 X 400M	MEN (50 & ABOVE)	
4 X 400M	WOMEN (50 & ABOVE)	
MEDLEY (200M, 200M, 400M, 800M)	1 ST 200M (WOMEN) 2 ND 200M (MEN) 3 RD 400M (WOMEN) 4 TH 800M (MEN)	

NAME OF THE TEAM / ASSOCIATION / STATE / COUNTRY:

.....

CAPTAIN / MANAGER:

ADDRESS:

.....

TEL NO:

FAX NO:

COMPETITORS NAME:

NO.	NAME	Date of Birth	IC/PP NO.	Sign.

I enclose the entry fee of RM / USD in MO/PO/Cheque:

.....

SIGNATURE of TEAM MANAGER:

5KM VETERANS ROAD RACE

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