



# 8TH TRACK MEET. 2008

For members & members' children under 12 of Pacesetters Athletic Club, Malaysia only.

4.00pm 28th June, Panasonic Sports Complex, Persiaran Perkilangan, Sec. 21, Shah Alam industrial Site, 40300 Shah Alam. **Fun Run starts at 4.00pm.**

[www.pacesetters.com.my](http://www.pacesetters.com.my)

## Entry Form

### Competitor's Particulars

If you are a non-member & child under 12, for items 2,3 & 4, fill in details of your parent.

1: Name.....

2: Membership No..... 3: Expiry Date.....

4: Area Group:.....

Sex: female [ ] male [ ]

Date of Birth..... Age (see note 4).....

Telephone No..... E-mail Address.....

Men & Boys	Please tick box			Women & Girls
	50m	100m	400m	
60 & above				
50-59				50 & above
40-49				40 - 49
30-39				30 - 39
18-29				18 - 29
Under 18				Under 18
Under 15				Under 15
			200m	
Under 12				Under 12
Under 9				Under 9
Under 6				Under 6
		4 X 100m	4 X 400m	
# 35 & above (Masters)				# 35 & above (Masters)
# Open				# Open
# Under 15				
# Name of relay team for 4 x 100m:				
# Name of relay team for 4 x 400m:				

FREE!  
☺

Other Events	Tick box	Name of relay team
Under 12 Mixed Relay (4 x 100m)		
Family Relay (4 x 100m)		
Open Mixed Relay 200m,400m,600m,800m		

For Official Use

Please turn over to complete form.

Cheque no.....

Bib no.....

Cash Received RM

Received by.....

## Waiver Clause

In consideration of the acceptance of my entry, I release and discharge Pacesetters Athletic Club Malaysia of all liabilities, damages, costs or expenses which I may have against them arising out of my participation in this competition.

Signature of competitor.....

### Authorisation by parent/guardian of competitor below the age of 18

I,.....  
parent/guardian of the competitor authorise his/her participation in the Pacesetters Track Meet, 2008.

Signature of parent/guardian.....

1. **Rules.** Guided by IAAF rules as much as possible.

2. **Entry Fee.** RM10 before 16<sup>th</sup> June. **RM15 from 16th June to closing date 22<sup>nd</sup> June.** Each competitor is allowed to participate in all individual and team events in his/her age group. Free for the Under Six 50 meter event. **Lane allocation for competitors will be done before the competition day.** As such no late entries will be accepted. The organisers may accept late entries for relay events only at its sole discretion

3. **Eligibility.** All members with valid membership expiring December 2008 or later and children of members who are under 12. Persons 12 and over must be members.

4. **Age groups.** rule 1: Age as 31<sup>st</sup> Dec 2007 for all age groups "Under 18" and below. rule 2: All others, as at 28<sup>h</sup> June 2008. Where there is a conflict, rule 1 shall prevail. Therefore, those born 31.12.89 or earlier are considered 18 or older.

5. **Medals.** Medals are given to the first 3 placing in each event.

6. **Postal Entries.** Postal entries, together with cheques payable to Pacesetters Athletic Club Malaysia, to be sent to Michael Gan at 251 Jln Bungur Rosa, Sierramas, Sg. Buloh, 47000 Selangor DE to reach before the closing date. Collect bibs at the sports complex on 28<sup>th</sup> June at 3.00pm. Enquiries: email: [m\\_gan@yahoo.com](mailto:m_gan@yahoo.com) tel: 012-225 0289

7. **Timing, Heats and Positions** All times taken are hand-timed. Should there be more than 8 competitors/teams for a particular event, it will be run over 2 or more rounds (heats) and the times recorded will be the basis to determine the positions of the event. To expedite the running of the events, events with few competitors/teams may be started together.

8. **President's Cup** The President's Cup goes to the Area Group champion, the Area Group with the most points at the end of the competition.

### 9. Area Groups

1. Bukit Aman
2. Taman Tasik Permaisuri
3. Subang Jaya
4. Bukit Gasing & Lembah Kiara
5. Forest Reseach Institute & Klang & all other Area Groups

Your Area Group shall be as filled by you in the Entry Form but if left blank shall be as in the PACM database.

### 10. Points System

Individual Events – First-10, Second-6, Third-4, Fourth-2 & Fifth-1

Team Events – First-20, Second-12, Third-8, Fourth-4 & Fifth-2

Fun Run – 1 point for each registered competitor subject to note 16.

Cooler Area Group – 20 points. See note 16.

11. **Relays** All team members must be registered competitors. Each Area Group may form up to **two teams only** in each event. In the interest of participation, Area Groups not having sufficient runners to form a team may borrow runners from another Area Group to complete the team (combined team). The combined teams are eligible for medals but not the points to determine the Area Group champion. In such a situation the next team would be moved up. For example: Bukit Gasing is first, a mixed team is second, Bukit Aman third, Permaisuri fourth and FRIM fifth. Then for the purpose of points, Bukit Aman is second, Permaisuri third and FRIM fourth.

12. **Cancellation of Events and regrouping of team events** An event may be cancelled if there are fewer than three entries as at the official closing date. The organisers may consolidate the team events into a wider age group in if there are fewer than 3 teams. Group Leaders would be notified to regroup their teams in such an instance.

13. **The 2.3 km Fun Run** The objective of the 2.3km fun run is to encourage mass participation and as a warm up for the sprint events later. Each registered competitor finishing within 25 minutes of the start time will score a point for his or her Area Group.

### 14. Other Events

**Under 12 Mixed relay** 2 girls and 2 boys aged under 12.

**Family Relay** This is a fun event and the usual rules will not be too strictly enforced. The definition of "Family" has been stretched to recognise teams formed in past years. Now, each team shall have a married woman, a married man and two children below 12 years of age. At least one member of the family must be a PACM member and a registered competitor. No points are given for this event. "Real Families" will be differentiated from "Adopted Families".

**Open Mixed Relay 200m, 400m, 600m, 800m** 2 women/girls and 2 men/boys. 1<sup>st</sup> leg – 200m, 2<sup>nd</sup> leg – 400m, 3<sup>rd</sup> leg 600m, 4<sup>th</sup> leg - 800m.

15. **Sportswoman and Sportsman** There is a prize (at this point, not known) each of the Sportswoman and Sportsman of the Meet.

16. **Cooler Area Group** There is a prize and 20 points for the Cooler Area Group. Think face paint, ribbon necklace or wristbands, cheerleaders etc. Judging will be based on creativity rather than cost of effort.