

## F.T.A.A.A WALK CIRCUIT – 2008

1. **Date :**

|     |                |
|-----|----------------|
| C 1 | 23 / 03 / 2008 |
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|     |                |
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| C 2 | 22 / 06 / 2008 |
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|     |                |
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| C 3 | 07 / 09 / 2008 |
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2. **Time**                      7.30 am    7.30 am    7.30 am

3. **Objective:**
- i. To create awareness of the need in the promotion and development of walking events for the nation.
  - ii. To increase the number of participants through training programmes and clinics.
  - iii. To raise the standard of race walking through the organization of proper competitions.
  - iv. To make use of the training programme for talent identification.
  - v. To educate walkers the correct technic of walking thro. Clinics conducted by walk coaches and Ex – International Race Walkers.
  - vi. To organize the beginners programme in such a manner that an element of social gathering and competition are simultaneously conducted at districts, rural and urban areas on a community base concept.

#### 4. CODE, CATEGORIES, AGE, PLACE, DATE

| Code | Category               | Age                       | 1 <sup>st</sup> Circuit          | 2 <sup>nd</sup> Circuit | 3 <sup>rd</sup> Circuit |
|------|------------------------|---------------------------|----------------------------------|-------------------------|-------------------------|
|      |                        |                           | 23 March 2008                    | 22 June 2008            | 7 September 2008        |
|      |                        |                           | Stadium Merdeka,<br>Kuala Lumpur | Tasik Perdana, KL       | Tasik Perdana, KL       |
|      |                        |                           | One Lap is 2.3 km                | One Lap is 2.3 km       |                         |
| A    | Primary School Girls   | 10 – 12 yrs. (Std. 4 – 6) | 800m                             | 1 Lap                   | 1 Lap                   |
| B    | Primary School Boys    | 10 – 12 yrs. (Std. 4 – 6) | 800m                             | 1 Lap                   | 1 Lap                   |
| C    | Secondary School Girls | 13 – 14 yrs. (Form 1- 2)  | 1,200m                           | 1 Lap                   | 1 Lap                   |
| D    | Secondary School Boys  | 13 – 14 yrs. (Form 1- 2)  | 1,200m                           | 1 Lap                   | 1 Lap                   |
| E    | Secondary School Girls | 15 – 16 yrs. (Form 3- 4)  | 1,200m                           | 2 Laps                  | 2 Laps                  |
| F    | Secondary School Boys  | 15 – 16 yrs. (Form 3- 4)  | 1,200m                           | 2 Laps                  | 2 Laps                  |
| G    | Secondary School Girls | 17 – 18 yrs. (Form 5- 6)  | 1,600m                           | 2 Laps                  | 3 Laps                  |
| H    | Secondary School Boys  | 17 – 18 yrs. (Form 5- 6)  | 1,600m                           | 2 Laps                  | 3 Laps                  |
| J    | Women Open             | 19 years – 30 years       | 5,000m                           | 3 Laps                  | 4 Laps                  |
| K    | Men Open               | 19 years – 30 years       | 5,000m                           | 3 Laps                  | 4 Laps                  |

#### 5. Participation System

You can complete in any one of the three circuits, but in order to be eligible for the below indicated vouchers and other prizes in kind should have completed in two of the three circuit as it will show your progress.

#### 6. Prizes / Medals

- a. Medals will be awarded to the first five of each category as a form of encouragement of each circuit.
- b. Also for the final circuit prizes in kind from 1<sup>st</sup>. – 10<sup>th</sup> positions will be awarded.

#### 7. Winners

Please be informed each circuit is conducted on an event concept, but in order to benefit we advice that walkers take part in all three circuits.

#### 8. How is a winner declared

The finishing position any two (2) circuits out of three with the lowest points will be determined as a winner.

#### 9. Entry Fee

Please note there shall be No Entry Fees for all three walk circuits.

#### 10. Entry Forms

*Entry forms are available at:-*

- i. FTAAA Office, 2<sup>nd</sup>. Floor, Wisma OCM, Jln Hang Jebat, 50150 Kuala Lumpur. Tel. No. 03 – 27152843
- ii. All Schools In Kuala Lumpur.  
For enquires :- [sportftaaa@hotmail.com](mailto:sportftaaa@hotmail.com)  
Website :- [www.ftaaa.org.my](http://www.ftaaa.org.my)

#### 11. Closing Date

Three days before the respective circuits.

#### 12. Winners Age Verification

All prize winners must produce Birth Certificate or MyKad for verification at the Technical Secretariat Centre.

#### 13. Collection of numbers (bibs), pins & etc.

All participants will collect their numbers (bibs) on the day of the circuit or when you forward your entry forms. Same numbers will be used for all the three circuits.

# F.T.A.A.A WALK CIRCUIT – 2008

**CLOSING DATE-**

Three days before the date of respective circuit.

**ENTRY FORM**

**FOR OFFICIAL USE**

**RULES**

The Competition shall be held under MAAU Rules.

**CATEGORY PARTICIPATION**

I wish to participate in the following Category. (Please Tick) in the appreciate box

**FULL NAME (BLOCK LETTERS)**

**MAILING ADDRESS**

Post Code:

**TELEPHONE NO.**

**NATIONALITY**

**MyKad NO. / BIRTH CERTIFICATE NO.**

**DATE OF BIRTH**

| Code              | Category                        | Place                            |      |                         |      |                         |      |
|-------------------|---------------------------------|----------------------------------|------|-------------------------|------|-------------------------|------|
|                   |                                 | 1 <sup>st</sup> Circuit          |      | 2 <sup>nd</sup> Circuit |      | 3 <sup>rd</sup> Circuit |      |
|                   |                                 | 23 March 2008                    |      | 22 June 2008            |      | 7 September 2008        |      |
|                   |                                 | Stadium Merdeka,<br>Kuala Lumpur |      | Tasik Perdana, KL       |      | Tasik Perdana, KL       |      |
| One Lap is 2.3 km |                                 |                                  |      |                         |      |                         |      |
|                   |                                 | M                                | Tick | Lap                     | Tick | Lap                     | Tick |
| <b>A</b>          | 10 – 12 yrs. (Std. 4 – 6) Girls | 800                              |      | 1                       |      | 1                       |      |
| <b>B</b>          | 10 – 12 yrs. (Std. 4 – 6) Boys  | 800                              |      | 1                       |      | 1                       |      |
| <b>C</b>          | 13 – 14 yrs. (Form 1- 2) Girls  | 1,200                            |      | 1                       |      | 1                       |      |
| <b>D</b>          | 13 – 14 yrs. (Form 1- 2) Boys   | 1,200                            |      | 1                       |      | 1                       |      |
| <b>E</b>          | 15 – 16 yrs. (Form 3- 4) Girls  | 1,200                            |      | 2                       |      | 2                       |      |
| <b>F</b>          | 15 – 16 yrs. (Form 3- 4) Boys   | 1,200                            |      | 2                       |      | 2                       |      |
| <b>G</b>          | 17 – 18 yrs. (Form 5- 6) Girls  | 1,600                            |      | 2                       |      | 3                       |      |
| <b>H</b>          | 17 – 18 yrs. (Form 5- 6) Boys   | 1,600                            |      | 2                       |      | 3                       |      |
| <b>J</b>          | 19 years – 30 years (Women)     | 5,000                            |      | 3                       |      | 4                       |      |
| <b>K</b>          | 19 years – 30 years (Men)       | 5,000                            |      | 3                       |      | 4                       |      |

**WAIVER CLAUSE**

This is to certify that I, ..... MyKad No. / B.C. No. .... have read and understood the rules and regulations pertaining to my participation in the Federal Territory Amateur Athletics Association Walk Circuits.

\* In consideration of acceptance of my entry, I for my heirs, executors & administrators, release and forever discharge the FTAAA Kuala Lumpur their partner, sponsors, their appointed staff and officials of all liabilities, claims, actions, damage, costs or expenses which I may have against them arising out of in any way connected with my participation in this event, including travel to and from this event and including all injuries that may be suffered by me before, during and after this event.

\* I understand that this indemnity includes any claims based on negligence, action or inaction of any of the above parties.

\* I recognize the difficulties of the event and attest that I am sufficiently fit physically to compete safely in FTAAA Walk Circuit 2008.

Signature of Participant: .....

Date:.....

**FOR PARTICIPANTS UNDER 18 YEARS**

This is to certify that I ..... MyKad No. / B.C. No. .... Parent / Guardian of the Participant, whose particulars appears above, confirm that I fully understand and appreciate the effect the above waiver and hereby agree and declare on behalf of the participant that the Waiver Clause will have been binding affect on the participant I hereby consent to his / her participation in FTAAA Walk Circuit 2008.

Signature of Parent / Guardian:.....

Date:.....

Entry Forms are to be forwarded to  
**THE COMPETITION CHAIRPERSON**  
 FTAAA Office, 2<sup>nd</sup> Floor, Wisma OCM  
 Jalan Hang Jebat, 50150 Kuala Lumpur.