

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 aged below 18

I,.....
parent/guardian of the competitor authorise his/her participation in the Pacesetters Track Meet, 2010.

Signature of parent/guardian.....

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

2. **Entry Fee.** RM10 before 18th Jan. **RM15 from 19th Jan to closing date 26th Jan.** 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.

3. **Eligibility.** All members with valid membership expiring **June** 2010 or later and children of members who are under 12. **Children aged 12 and older must be members.**

4. **Age groups. rule 1:** Age as 31st Dec 2009 for all age groups "Under 18" and below. **rule 2:** All others, as at 31st Jan 2010. Where there is a conflict, rule 1 shall prevail. Therefore, those born 31.12.91 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 31st Jan at 7.00am. Enquiries: email: m_qan@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.

Cooltest 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. 1st leg – 200m, 2nd leg – 400m, 3rd leg 600m, 4th leg - 800m.

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