



**21<sup>ST</sup> AMAC ENTRY FORM**  
**FOR MALAYSIANS**

**PERSONAL INFORMATION**

Representing Country				Passport size coloured photo
Full Name as in Passport				
Gender (Please mark "X" in the box )	Male [   ]	Female [   ]		
Date of Birth	Day (DD)	Month (MM)	Year (YYYY)	
Age (as of 2 <sup>nd</sup> December 2019)				

IC Number			
Contact Number			
Email address			
Address			
City / State / Country		Post code	
Member of MMAA / State Masters Athletic Association	Yes / No : If Yes, state the name of the association: .....		

**EMERGENCY CONTACT DETAILS**

Name		Tel. No.	
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Accompanying Person 1: Name		
Option (Please mark "X" in the box )	Accreditation Card only RM 20 [   ]	Accreditation Card +Dinner RM 120.00 [   ]
Accompanying Person 2: Name		
Option (Please mark "X" in the box )	Accreditation Card only RM 20 [   ]	Accreditation Card +Dinner RM 120.00 [   ]

**AGE GROUP : BASED ON YOUR AGE ON 2<sup>ND</sup> DECEMBER 2019 ( Mark "X" )**

Gender	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100+
Men														
Women														

**EVENTS: Please mark "X" before each event you wish to enter**

X	EVENT	Best performance in 2017 - 2018
	100 M	
	200 M	
	400 M	
	800 M	
	1500 M	
	5000 M	
	5000M Track Walk	
	3000 M Steeplechase	
	2000 M Steeplechase	
	80 M Hurdles	
	100 M Hurdles	
	110 M Hurdles	
	200 M Hurdles	
	300 M Hurdles	
	400 M Hurdles	
	4 x 100 M	
	4 x 400 M	
	High Jump	
	Long Jump	
	Triple Jump	
	Pole Vault	
	Shot Put	
	Discus	
	Javelin	
	Hammer	
	Asia Masters 10 K	

**ENTRY FEE**

ITEM	AMOUNT	TOTAL
AMA Fee *	RM 40.00	RM 40.00
Administration Fee *	RM 20.00	➤ <b>Paid by MMAA (for members only)</b>
1 <sup>st</sup> Event *	RM 40.00	RM 40.00
2 <sup>nd</sup> Event	RM 20.00	
3 <sup>rd</sup> Event	RM 20.00	
4 <sup>th</sup> Event	RM 20.00	➤ <b>Exempted (for members only)</b>
Relay Event	RM 80.00 per team	<b>Paid by MMAA</b>
Asia Masters 10K **	RM 20.00	
Late Entry Fee (2 <sup>nd</sup> - 7 <sup>th</sup> Sept)	RM 60.00 per event	
Accompanying person ***	RM 20.00 / RM 120.00 per person	
Welcome Banquet	-	<b>Free</b>
<b>TOTAL FEE</b>		

- \* Compulsory fees
  - \*\* If an athlete registers for only Asia Masters 10K, it will be considered as 1<sup>st</sup> event and the entry fee will be RM 40.00
  - \*\*\* Accompanying Person is required to have the accreditation card for RM 20.00 per person; and if wishes to attend the banquet, an additional RM 100.00 per person is chargeable.
- Members : registered with MMAA and or with State Masters Athletic Associations.
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### **ATHLETE'S CONSENT**

I hereby apply for entry to the 21<sup>st</sup> AMAC 2019 on the following terms and conditions which form a binding agreement between me, AMA, MMAA and 21<sup>st</sup> AMAC organisers.

I will abide by the IAAF rules and regulations as modified for 21<sup>st</sup> AMAC by AMA and any special rules specified for this competition. I am physically and mentally fit to compete in the 21<sup>st</sup> AMAC safely without causing injury to myself or other participants. I agree and consent to accept medical treatment arranged by the organisers. In the event of any emergency medical treatment or services provided to me requiring the payment of fees, I agree to pay these fees upon request. I agree to indemnify, hold harmless and release the AMA, MMAA and the organisers from and against any injury, loss, damage, liability, cost, expense, demand, claim or action whether arising at common law or under statute that I may suffer or incur arising out of or in connection with my participation in the 21<sup>st</sup> AMAC including as a result of the negligence, breach of statutory duty or any act or mission of AMA , MMAA and the organisers.

I acknowledge that Drug Testing will be conducted at random under the IAAF Anti-Doping Rules and Regulations and hereby give my consent to be subject to any drug testing requirements at the said championships.

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Signature

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Date

**Note:**

1. Members of masters athletic associations, please send the entry form, copy of IC, 1 passport size colour photo, together with the entry fee to your state associations, by **10<sup>th</sup> August 2019.**
2. Non Members, please send the entry form , copy of IC, 1 colour photo and the entry fee to MMAA , by **15<sup>th</sup> August 2019:**

**Championships Director  
21<sup>st</sup> AMAC Secretariat  
No. 1.7, 1<sup>st</sup> Floor, Jalan Hang Jebat  
Wisma OCM, 50150 Kuala Lumpur.**