



To:

14<sup>th</sup> May 2019

- 1). President / Secretary  
State Masters Athletic Associations
- 2). MMAA Life Members
- 3). All Malaysian master athletes

***Dear All,  
Greetings from MMAA!***

- 1). This is to inform that the registration of athletes for 21st Asia Masters Athletics Championships will be **open in Mid May 2019**.

Please log into 21st AMAC website : [www.amackuching2019.com](http://www.amackuching2019.com)  
Click at Entries & Registration Page for information on competition.

- 2). **Online Registration will be done by the Affiliates and NOT by individual athlete.**
- 3). For Malaysian athletes, MMAA will do the registration online.
- 4). **Life Members of MMAA / Members of State Masters Athletic Associations:**

The athletes have to download the entry form from [mmaa website](#) , fill in the entry form and attach the followings:

- (i) a copy of IC
- (ii), a passport size colour photo,
- (iii). entry fee

and must send to **the respective state Associations.**

The State Associations have to collect all the above documents, endorse and **send the original forms, all documents and the entry fee** to MMAA **before 15th August 2019**, to the following address: ( for MMAA to do the online registration )

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

**Non Members:**

The athletes have to download the entry form from [mmaa website](#), fill in the form and attach the followings:

- (i). a copy of IC,
- (ii). a passport size colour photo and
- (iii). entry fee

and send direct to MMAA, before **15th August 2019**, to the following address, for online registration:

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

**MMAA website : [www.mmaa.org.my](http://www.mmaa.org.my)**

5). During the 33rd MIOMAC (22 - 23 June 2019), at University Malaya, Entry forms and information will be given to athletes. Entry forms are also available at the state masters athletics associations.

6). For further information please contact:

- 1). Encik Selamat bin Sarif ( 013 607 5669)
  - 2). Mr. C. Chinathamby ( 013 620 9952)
  - 3). Mr. N. Rajasvaran ( 013 333 1020)
- (email : [nrajasvaran@hotmail.com](mailto:nrajasvaran@hotmail.com))

7). **Entry Form for Malaysian Athletes, Events according to Age Groups,** and the **21st AMAC Technical Handbook** which comprises of Competition Rules and Regulations are attached.

**Please read and understand the Competition Rules before filling in the entry form.**

8). **Medals : In all events,** Asian athletes who come within 1st - 3rd placings, will receive Gold, Silver and Bronze medals (including the 9 open events in 5 categories which are open to athletes from outside Asia Regions).

Thank you for your cooperation and best regards.

**S. SIVAPRAGASAM  
PRESIDENT MMAA  
21<sup>ST</sup> AMA CHAMPIONSHIPS DIRECTOR  
14 May 2019**