



**33<sup>RD</sup> MALAYSIAN INTERNATIONAL OPEN MASTERS  
ATHLETICS CHAMPIONSHIPS**

**ORGANISER**

**MALAYSIAN MASTERS ATHLETIC ASSOCIATION (MMAA)**

**ENTRY FORM**

**DATE**

**22 - 23 JUNE 2019**

**VENUE**

**STADIUM UNIVERSITI MALAYA  
PUSAT SUKAN UNIVERSITI MALAYA  
KUALA LUMPUR  
MALAYSIA**

33<sup>rd</sup> MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS

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**INDIVIDUAL ENTRY FORM**

Full Name

Full Address

Postcode  Country

Date of Birth  Age Group

IC / Passport No  Sex

E mail address  No. Tel.

Association\*

**Events Entered: (Limited to 4 individual events)**

1. .... 2. .... 3. .... 4. ....

Entry fee for per individual event:

for Malaysians - **RM 20.00 per event (for members only\*)**  
\* registered members in MMAA or State Masters Athletic Associations

**RM 25.00 per event (for non members)**

for Foreign participants - **USD 10.00 per event**

Relays: - **RM 30.00** per team for Malaysians  
- **USD 20.00** per team for foreign entries.

**Fees enclosed :**

No	Events	Total events	Fee
1	Individual		
2	Relay		
<b>Total Fee payment</b>			

**Closing Date:** **22<sup>nd</sup> MAY 2019**

**Late entries :** **(until 4<sup>TH</sup> JUNE 2019 only) will be charged extra RM 20.00 (Malaysians) / USD 10.00 (Foreigners) per event.**

All Money Orders / Bank Draft should be made payable to “ **POMM** “.

**(Payment by cheque is not accepted)**

Please send the entry form together with the payment to:

Mr. S. Sivapragasam, AMW  
Organising Chairman  
33<sup>rd</sup> Malaysian International Open Masters Athletics Championships  
No: 20, SS 3/49  
47300, Petaling Jaya  
Selangor Darul Ehsan  
Malaysia.

**H/P No. : 013 3418516 / 03 20221470 / 013 3331020 (Mr. N. Rajasvaran)**

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**ATHLETE’S DECLARATION**

I hereby declare that all particulars given in this form are true and agree to abide by all the rules and conditions as laid down by the organizers. I further declare that I am fit and in good health and absolutely relieve the organizers and such other person involved in the organization of the 33<sup>RD</sup> Malaysian International Open Masters Athletics Championships of any responsibility for any injury, loss, or damage to myself or my property which I may sustain in the course or in connection with the said Championships. Once I enter for this championships I agreed to this declaration.

I understand that the fees paid is **non refundable**.

.....  
Signature of participant

Date: .....

**NAME :** .....

**33<sup>RD</sup> MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS**  
**Rules and Regulations**

1. **Date and Place:** The Championships will be held on **22 – 23 JUNE 2019**, at **Stadium Universiti Malaya, Kuala Lumpur, Malaysia**.
2. Events to be held are as per list attached.
3. **Participation:** Malaysians and Foreigners - men aged 35 and above & women aged 35 and above. **The Organizing Council has the right to accept or reject any entries.**
4. **All Entries of State Masters Athletics Association members, must come through the State Masters Athletics Association. This is to confirm the athlete's membership in the association.**
5. **Technical Rules:** The competition is held under WMA/AMA and IAAF rules. The organizers reserve the right to change any rule if there is need due to time constraint.
6. **Awards:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> winners.
7. **Limitations:** Individual participation is limited to **4 individual events only**.
8. General: The organizers reserve the **right to advance the time of track events** according to the availability of the track.
9. Where there are fewer than 3 participants in any age group in any event, the organizers reserve the right to cancel the event for that particular age group or to allow the participants to participate in a lower age group in cases where he/she is not entered for in any other event in his/her own age group.
10. **Entries without the proper entry fee will not be accepted.**
11. All implements for field events and starting blocks will be provided by the organizers. The use of personal implement is not permitted.
12. Only spikes of 6mm, in length or less is permitted on stadium tracks.
13. The organizers shall not be responsible for any INJURY, LOSS, or DAMAGE to a competitor or his property which he may sustain in the course of or in connection with the Championships.
14. The appointed official shall have the right to disqualify any competitor whose performance is considered dangerous to him/herself or to any other competitors.
15. Entry signifies that each competitor will follow the rules of the organizing and technical committees.
16. The Championships is open to all men and women born on or before **22. 06. 84**, and who are physically fit for competition.
17. All entries must be received on or before **22<sup>ND</sup> MAY 2019**. Official entry forms or photocopies of the official entry form must be used. **Entries without entry fee is considered late entries and extra RM 20.00 (Malaysians) / USD 10.00 (Foreigners) will be charged for per event.**
18. **Certified proof of date of birth ( Identity card / birth certificate / passport ) should accompany the entry form.**
19. All remittances should be in the name of: “ **POMM** “
20. **All entries with payment should be sent to :**

Mr. S. Sivapragasam, AMW  
Organising Chairman  
33<sup>rd</sup> Malaysian International Open Masters Athletics Championships  
No: 20, SS 3/49, 47300, Petaling Jaya  
Selangor Darul Ehsan, **Malaysia**.

**H/P No: 013 3418516 / 013 3331020 (Mr. N. Rajasvaran)**  
**E mail : amasiva42@gmail.com**

## 21. List of Events

### MEN

100m, 200m, 400m, 800m  
1500m, 5000m Run , 5000m Walk  
Long Jump  
Triple Jump  
High Jump  
Shot Put  
Discus Throw  
Javelin Throw  
100m Hurdle (50 – 64)  
110m Hurdle (35 – 49)  
4 x 100m open  
4 x 400m open

### WOMEN

100m, 200m, 400m, 800m  
1500m, 3000m Run, 3000m Walk  
Long Jump  
Triple Jump  
High Jump  
Shot Put  
Discus Throw  
Javelin Throw  
100m Hurdle (35 - 44)  
4 x 100m open  
4 x 400m open

## 22. Age Classification

Born from	Born to	Age Group
23. 06. 79	22. 06. 84	35-39
23. 06. 74	22. 06. 79	40-44
23. 06. 69	22. 06. 74	45-49
23. 06. 64	22. 06. 69	50-54
23. 06. 59	22. 06. 64	55-59
23. 06. 54	22. 06. 59	60-64
23. 06. 49	22. 06. 54	65-69
23. 06. 44	22. 06. 49	70-74
23. 06. 39	22. 06. 44	75-79
23. 06. 34	22. 06. 39	80-84
23. 06. 29	22. 06. 34	85-89
23. 06. 24	22. 06. 29	90-94

23. **All state masters athletics association and clubs please send the master list of your participants together with the original entry forms and payment.**

24. **TEAM MANAGERS' MEETING**

**21<sup>st</sup> JUNE 2019 (Friday)**, at Stadium Universiti Malaya, Kuala Lumpur at **5.00 pm.**

25. **NUMBER COLLECTION:**

**21<sup>st</sup> JUNE 2019 (Friday)**, from **3.00 pm – 6.00 pm** Stadium Universiti Malaya, Kuala Lumpur, Malaysia.

### 33<sup>rd</sup> MIOMAC - PROGRAMME OF EVENTS

#### 1<sup>ST</sup> DAY : 22 JUNE 2019 (SATURDAY) **MORNING SESSION**

<b>NO.</b>	<b>TIME</b>	<b>EVENT</b>	<b>M / W</b>	<b>AGE GROUP</b>
101	0800	3000m Walk	Women	35 – 54
102	0830	3000m Walk	Women	55 and above
103	0845	Shot Put	Women	35 – 54
104	0845	Discus	Men	35 – 59
105	0845	Long Jump	Men	35 – 54
106	0900	5000m Walk	Men	65 and above
107	0940	5000m Walk	Men	50 – 64
108	0945	Shot Put	Women	55 and above
109	0945	Discus	Men	60 and above
110	0945	Long Jump	Men	55 and above
111	0945	Triple Jump	Women	All Age Group
112	1020	5000m Walk	Men	35 – 49
113	1100	1500m	Women	50 and above
114		1500m	Women	35 – 49
115	1120	1500m	Men	55 and above
116		1500m	Men	50 – 54
117		1500m	Men	45 – 49
118		1500m	Men	35 – 44

#### **AFTERNOON SESSION**

119	1430	High Jump	Men	All Age Groups
120	1430	Javelin	Men	All Age Groups
121	1430	Discus	Women	All Age Groups
122	1430	100m	Women	35-39
123		100m	Women	40-44
124		100m	Women	45-49
125		100m	Women	50 and above
126	1500	100m	Men	35-39
127		100m	Men	40-44
128		100m	Men	45-49
129		100m	Men	50-54
130	1530	100m	Men	55-59
131		100m	Men	60-64
132		100m	Men	65 and above
133	1600	400m	Women	35 - 44
134		400m	Women	45 and above
135	1620	400m	Men	35-39
136		400m	Men	40-44
137		400m	Men	45-49
138		400m	Men	50-54
139		400m	Men	55 and above

33<sup>RD</sup> MIOMAC - PROGRAMME OF EVENTS

**2<sup>nd</sup> DAY : 23 JUNE 2019 (SUNDAY)**

***MORNING SESSION***

<b>NO</b>	<b>TIME</b>	<b>EVENT</b>	<b>M / W</b>	<b>AGE GROUP</b>
201	0800	3000m	Women	50 and above
202	0830	3000m	Women	35 - 49
203	0830	High Jump	Women	All Age Groups
204	0830	Javelin	Women	35 – 54
205	0830	Triple Jump	Men	35 – 54
206	0830	Shot Put	Men	35 – 54
207	0900	200m	Women	35 - 39
208		200m	Women	40 - 44
209		200m	Women	45 - 49
210		200m	Women	50 and above
211	0945	Triple Jump	Men	55 and above
212	0945	Shot Put	Men	55 and above
213	0945	Javelin	Women	55 and above
214	0945	200m	Men	35 - 39
215		200m	Men	40 - 44
216		200m	Men	45 - 49
217		200m	Men	50 - 54
218	1010	200m	Men	55 and above
219	1030	800m	Women	50 and above
220	1100	800m	Women	35 - 49
221	1130	800m	Men	55 and above
222		800m	Men	50 - 54
223		800m	Men	45 - 49
224		800m	Men	40 - 44
225		800m	Men	35 - 39

***AFTERNOON SESSION***

<b>NO</b>	<b>TIME</b>	<b>EVENT</b>	<b>M / W</b>	<b>AGE GROUP</b>
226	1400	Long Jump	Women	All Age Groups
227	1400	100m H	Women	35 – 44
228		100m H	Men	50 – 64
229		110m H	Men	45 – 49
230		110m H	Men	40 – 44
231		110m H	Men	35 – 39
232	1500	5000m	Men	35 – 49
233	1530	4 x 100m	Women	Open
234	1540	4 x 100m	Men	Open
235	1550	5000m	Men	50 – 59
236	1620	5000m	Men	60 and above
237	1700	4 x 400m	Women	Open
238	1710	4 x 400m	Men	Open
	1720	<b>Presentation of Prizes</b>		