



38TH MALAYSIAN INTERNATIONAL MASTERS ATHLETICS CHAMPIONSHIPS



Entry form

DATE

5 - 7 June 2026

VENUE

**STADIUM UPM, SERDANG
SELANGOR, MALAYSIA**

ORGANISERS

MALAYSIAN MASTERS ATHLETIC ASSOCIATION (MMAA)

38TH MIOMAC 2026 ENTRY FORM

PERSONAL INFORMATION

| | | | | |
|------------------|--|-----------|-----------|-----------|
| COUNTRY | | | | |
| FULL NAME | | | | |
| ADDRESS | | | | |
| | | | | |
| POST CODE | | CITY | | |
| TELEPHONE NUMBER | | | | |
| E MAIL ADDRESS | | | | |
| DATE OF BIRTH | | | | |
| GENDER | | MALE | | FEMALE |
| EVENTS | | 1st event | 2nd event | 3rd event |
| | | | | 4th event |
| | | | | |

Age group : (Put an "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 | | | | | | | | | | | | | | |

Entry fee for per individual event:

- **RM 30.00 per event (for members only*)**
- * registered members with MMAA or State Masters Athletic Associations
- **RM 40.00 per event (for non members)**
- **USD 15 per event (for foreign participants)**

Relays: RM 40.00 per team (to be paid during Team Managers' meeting)
USD 25 (foreign team – paid during Team Managers' meeting)

Insurance for 3 days (compulsory) is RM6.00 for participants 35 – 79 yrs . Athletes 80 yrs and above have to fill in special declaration form attached.

Fees enclosed :

| Participants | No. of events (X) the fee | Insurance | Total Fee |
|--------------|---------------------------|-----------|-----------|
| Malaysians | _____ x RM30.00 | RM6.00 | |
| Foreigners | _____ x USD 15 | USD 3 | |

Closing Date : 10th May 2026
*Late entries : (until 17th May 2026 only)
* will be charged extra RM 30.00 / USD15 per event.

Payment Mode:

- * **Bank Transfer : Acc. No. 100090014016
(Affin Bank, Bukit Baru, Malacca) – POMM**
- * **Please send the bank slip together with the entry form with your name written on the bank slip.**
- * **Payment by cheque is NOT accepted**

Please send the entry form together with the payment to:

Mr. S. Sivapragasam, AMW
Organising Chairman
38th Malaysian International Masters Athletics Championships
No: 20, SS 3/49
47300, Petaling Jaya
Selangor Darul Ehsan
Malaysia.

H/P No. : 013 3418516

ATHLETE'S DECLARATION (ATHLETES 35 – 79 YRS)

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 38th Malaysian International Masters Athletics Championships (38th MIOMAC) 2026 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. I agree to indemnify, hold harmless and release 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 38th MIOMAC. Once I enter for this championships I agreed to this declaration. I also agree to abide by the general SOP for the prevention of pandemic.
I understand that the fees paid is non refundable.

.....
Signature of participant

Date:

NAME :

38th MALAYSIAN INTERNATIONAL MASTERS ATHLETICS CHAMPIONSHIPS 2026

Rules and Regulations

1. Date and Place: The Championships will be held on **5 - 7 June 2026** at Stadium UPM, Serdang, Selangor. Events to be held are as per list attached.
2. Participation: Master athletes - men & women aged 35 and above. The Organizing Council has the right to accept or reject any entries.
3. All Entries of **State Masters Athletics Association members**, must come through the State Masters Athletics Association. This is to confirm the athletes' membership in the association.
4. Technical Rules: The competition is held under WMA/AMA and WA rules. The organizers reserve the right to change any rule if there is need due to time constraint.
5. Awards: Medals will be awarded to 1st, 2nd and 3rd winners.
6. Limitations: Individual participation is limited to **4 individual** events only.
7. General: The organizers reserve the **right to advance the time of track events according to the availability of the track.**
8. 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.
9. Entries without the proper entry fee will not be accepted.
10. All implements for field events and starting blocks will be provided by the organizers. The use of personal implement is not permitted.
11. Only spikes of 6mm, in length or less is permitted on stadium tracks.
12. The organizers shall not be responsible for any INJURY, LOSS, or DAMAGE to a competitor or his/her property which he/she may sustain in the course of or in connection with the Championships.
13. The appointed official shall have the right to disqualify any competitor whose performance is considered dangerous to him/herself or to any other competitors.
14. Entry signifies that each competitor will follow the rules of the organizing and technical committees and the SOP for the pandemic.
15. The Championships is open to all men and women born on or before **5. 06.1991**, and who are physically fit for competition.
16. All entries must be received on or before **10th May 2026.** Official entry forms or photocopies of the official entry form must be used. Entries without entry fee is considered late entries and extra **RM 30.00 / USD 15** will be charged for per event.
17. Certified proof of date of birth (Identity card / birth certificate / passport) should accompany the entry form.
18. All remittances should be in the name of: **" POMM "**
19. All entries with payment should be sent to :

Mr. S. Sivapragasam, AMW

Organising Chairman

38th Malaysian International 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

20. List of Events

MEN: 100m, 200m, 400m, 800m, 1500m, 3000m Run, 3000m Walk,
Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw,
100m Hurdle (50 – 69), 110m Hurdle (35 – 49)
4 x 100m open, 4 x 400m open ,

WOMEN : 100m, 200m, 400m, 800m, 1500m, 2000m Run, 2000m Walk,
Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw,
100m Hurdle (35 - 39), 80m Hurdle (40 – 59), 4 x 100m open, 4 x 400m open

MIXED RELAY: 1st runner: 200m (female) , 2nd runner: 200m (male),
3rd runner: 400m (female), 4th runner : 800m (male)

21. Age Classification

| Born From | Born To | Age Group |
|-----------|---------|-----------|
| 7.06.86 | 5.06.91 | 35 - 39 |
| 7.06.81 | 5.06.86 | 40 - 44 |
| 7.06.76 | 5.06.81 | 45 - 49 |
| 7.06.71 | 5.06.76 | 50 - 54 |
| 7.06.66 | 5.06.71 | 55 - 59 |
| 7.06.61 | 5.06.66 | 60 - 64 |
| 7.06.56 | 5.06.61 | 65 - 69 |
| 7.06.51 | 5.06.56 | 70 - 74 |
| 7.06.46 | 5.06.51 | 75 - 79 |
| 7.06.41 | 5.06.46 | 80 - 84 |
| 7.06.36 | 5.06.41 | 85 - 89 |
| 7.06.31 | 5.06.36 | 90 - 94 |
| 7.06.26 | 5.06.31 | 95 - 100 |

22. All state masters athletics associations and clubs **MUST** send the master list of participants together with the original declaration forms, IC/passport copies, and payment.

23. TEAM MANAGERS' MEETING

4th June 2026 (Thursday), at Stadium UPM, Serdang, at **5.00 pm.**

24. NUMBER COLLECTION

4th June 2026, from 3.00 pm – 6.00 pm Stadium UPM, Serdang

25. INSURANCE

The organizer will arrange group insurance for the participants who are **35 – 79 yrs.**

As for participants 80 yrs and above they have to fill in the special declaration form attached.

Kepada:

POMM / Penganjur
Kejohanan Olahraga Master Malaysia Antarabangsa Ke-38
Tahun 2026

DEKLARASI ATLET MASTER YANG BERUMUR 80 TAHUN DAN KE ATAS YANG MENDAFTAR UNTUK MENYERTAI DALAM KEJOHANAN OLAHRAGA MASTER MALAYSIA ANTARABANGSA KE-38 (5 – 7 Jun 2026, STADIUM UPM, SERDANG, SELANGOR)

Saya (Nama)
(No.KP:.....)

dengan ini mengaku bahawa saya mengambil bahagian dalam Kejohanan Olahraga Master Malaysia Antarabangsa Ke-38, dengan rela hati dan atas minat dan kehendak diri saya sendiri. Saya mengaku bahawa saya ada dalam keadaan sihat dan cergas untuk mengambil bahagian dalam kejohanan ini. *Saya tidak akan menyalahkan pihak penganjur kejohanan ini serta mana-mana pihak yang terlibat dalam penganjuran kejohanan ini, atas apa-apa kecelakaan yang mungkin berlaku ke atas diri saya sendiri sepanjang kejohanan ini. Saya juga mengaku bahawa saya tidak akan membuat sebarang tuntutan dan apa-apa faedah dari mana-mana pihak sekiranya berlaku sebarang kemalangan, kematian, ke atas diri saya. Ini adalah keputusan saya sendiri untuk menyertai dalam kejohanan ini atas minat dan kemahuan saya.*

Tandatangan peserta:

Nama peserta :

Tarikh :

Tandatangan ahli keluarga :

Sila nyatakan hubungan dengan peserta:

Nama :

No. KP :