



- 1) **DATE** : 14TH APRIL 2019 (SUNDAY)
 2) **VENUE (Start / Finish)** : Padang Merbok , Kuala Lumpur
 3) **DISTANCE** : 15KM ,10KM, 7KM ,5KM ,3KM
 4) **STARTING TIME** : 6.45AM
 5) **ELIGIBILITY** :
 i) Age qualification will be taken as of 31st December 2019.
 ii) This competition is conducted under a set of competition rules of this event as follows.
 iii) This race is open to all Malaysians and Foreigners.
 6) **CLOSING DATE** : 1st. April 2019 or upon reaching 3,000 participants

7) CATEGORIES, AGE GROUP, DISTANCES, QUALIFYING TIME.

CATEGORIES		AGE GROUP	DISTANCE	QUALIFYING TIME	GATHERING TIME	STARTING TIME
A	Men Open	18 years & above (Born 2001 & Before)	15km	2 Hours	6.15 am	6.45 am
B	Women Open	18 years & above (Born 2001 & Before)	15km	2 Hours	6.15 am	6.45 am
C	Men Jr. Veteran	40 years – 49 year (Born 1970 to 1979)	15km	2 Hours	6.15 am	6.45 am
D	Men Sr. Veteran	50 years & above (Born 1969 & Before)	10km	1hr. 30mins	6.30 am	7.00 am
E	Women Veteran	35 years & above (Born 1984 & Before)	10km	1hr. 30mins	6.30 am	7.00 am
F	Men Junior	13yrs – 17yrs (Born 2002 – 2006)	7km	1hr.00mins	6.40 am	7.10 am
G	Women Junior	13yrs – 17yrs (Born 2002 – 2006)	7km	1hr. 30mins	6.40 am	7.10 am
H	Kids Run (Boys)	9yrs – 12yrs (Born 2007 – 2010)	3km	1hr. 10mins	6.50 am	7.20 am
J	Kids Run (Girls)	9yrs – 12yrs (Born 2007 – 2010)	3km	1hr. 20mins	6.50 am	7.20 am
K	Fun Run (Open)	7yrs & above (Born 2012 & Before)	5km	1hr. 20mins	7.00 am	7.30 am

8) PRIZES (CASH AWARDS)

POS	A (RM)	B (RM)	C (RM)	D (RM)	E (RM)	F (RM)	G (RM)	H (RM)	J (RM)	MEDALS	CERTIFICATES	T-SHIRTS
1 ST	700	700	700	500	500	400	400	150	150	All Participants will receive a finisher medal at the finishing line	All Participants will get E-Certificate	All Registered Participants
2 ND	500	500	500	400	400	300	300	100	100			
3 RD	300	300	300	300	300	200	200	75	75			
4 TH	200	200	200	200	200	150	150	50	50			
5 TH	100	100	100	100	100	100	100	50	50			
GRAND TOTAL : RM 11,550-00												

9) ENTRY FEE –Registration

Category			Entry Fee (RM)	Category			Entry Fee (RM)
A	Men Open	18 years & above (Born 2001 & Before)	60-00	F	Men Junior	13yrs – 17yrs (Born 2002 – 2006)	30-00
B	Women Open	18 years & above (Born 2001 & Before)	60-00	G	Women Junior	13yrs – 17yrs (Born 2002 – 2006)	30-00
C	Men Jr. Veteran	40 years – 49 year (Born 1970 to 1979)	60-00	H	Kids Run (Boys)	9yrs – 12yrs (Born 2007 – 2010)	25-00
D	Men Sr. Veteran	50 years & above (Born 1969 & Before)	50-00	J	Kids Run (Girls)	9yrs – 12yrs (Born 2007 – 2010)	25-00
E	Women Veteran	35 years & above (Born 1984 & Before)	50-00	K	Fun Run (Open)	7yrs & above (Born 2012 & Before)	50.00

Please Note : RM5.00 will be charged for online registration services entry fee for categories F/G/H/J is less it is classified as youth development programme



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HOTEL & RESORTS

10) REGISTRATION CENTRE

- i) FTKLAA Office, 2nd Floor, Wisma OCM, Jalan Hang Jebat, 50150 Kuala Lumpur.
Tel:- 03-2715 2843 Email:- sportftaaa@hotmail.com
- ii) Time : 10.00 am – 5.00 pm (Monday – Friday)
10.00 am – 2.00 pm (Saturday)
- iii) Entry Form can be download from FTKLAA
Website :- www.ftklaa.com

11) ONLINE REGISTRATION- a. www.racexasia.com

Any online registration that is not followed with online payment will become invalid registration. Therefore please ensure to pay online when you register online.

Note:

- i) No refund will be made for wrongful or multiple registration.
- ii) Substitution and changing of categories is NOT allowed. Therefore please ensure to select the category that you are eligible to participate in, correctly. Otherwise you will have to re-register.
- iii) Entries closes on **1st April 2019 or upon reaching 3000 participants.**

12) CERTIFICATES

- i) E-certificate within 15 days from the event day.

13) RACE KIT COLLECTION

DATE	TIME	PLACE
12 & 13 April 2019	10.00AM – 6.00PM	Foyer, First Floor, Wisma OCM, Jalan Hang Jebat, K.Lumpur

14) RUNNERS INCENTIVES

NO	INCENTIVES	15KM	10KM	7km	3km	5km
1	Dry fit R/Neck T-Shirt	√	√	√	√	√
2	Light Breakfast	√	√	√	√	√
3	Goodie Bag	√	√	√	√	√
4	Finisher Medals	√	√	√	√	√
5	Insurance	√	√	√	√	√
6	Position Trophies (First - Five only)	1 st – 5 th (Position Trophies)	1 st – 5 th (Position Trophies)	1 st – 5 th (Position Trophies)	1 st – 5 th (Position Trophies)	---
7	Prizes in Kind	1 st – 5 th	1 st – 5 th	1 st – 5 th	1 st – 5 th	---
8	Prizes (Cash)	1 st – 5 th	1 st – 5 th	1 st – 5 th	1 st – 5 th	---
9	Personalized Bib Numbers	√ (A - C)	√ (D - E)	---	----	---
10	Normal Bib Numbers	---	----	(F – G)	(H - J)	K
11	Timing Chip	√ (A – C)	√ (D – E)	Manual Timing (First five only)	Manual Timing (First five only)	No Timing
12	Certificate with timing	√ (A – C)	√ (D – E)	E – Certificates as in Para 12	E – Certificates as in Para 12	E – Certificates as in Para 12

15) Enquiries

For all enquiries:

- (i) Email us at : enquire@racexasia.com (For on-line registration)
- (ii) Manual Registration : 03-2715 2843 (FTKLAA)
- (iii) FTKLAA Email :- sportftaaa@hotmail.com

16) Prize Giving

- i) All prize winners must produce their my card or passport for age verification.
- iii) Winners must ensure to collect their cash awards after the Victory Ceremony
- iv) All uncollected cash awards will be forfeited.
- vii) Only 1st to 5th prize winners will be announced on the race day.

17) ROUTE

The route takes you along some Jungle Paths, slopes as well as roads. (As a guide the route is attached).

18) REFRESHMENT STATIONS

Refreshments stations will be made available on route and finish.

19) END OF COMPETITION

The Run 15km will be officially over after 2 hour from the start time.

20) LUCKY DRAWS

Lucky Draws are to be conducted after the Awards Victory Ceremony.

CLOSING DATE1st April 2019 or upon
reaching 3000 participants**ENTRY FORM
INDIVIDUAL PARTICIPANTS**

For Official Use

RULES

The competition shall be held under a set of competition rules of this event.

CATEGORY PARTICIPATION

I wish to participate in the following event (Please tick (✓) in the appropriate box)

Cheques & Banker's Cheque (crossed) payable to FEDERAL TERRITORY AMATEUR ATHLETIC ASSOCIATION

CATEGORIES		DISTANCE	AGE GROUP	ENTRY FEE	TICK HERE
A	Men Open	15km	18 years & above (Born 2001 & Before)	RM 60-00	
B	Women Open	15km	18 years & above (Born 2001 & Before)	RM 60-00	
C	Men Jr. Veteran	15km	40 years – 49 year (Born 1970 to 1979)	RM 60-00	
D	Men Sr. Veteran	10km	50 years & above (Born 1969 & Before)	RM 50-00	
E	Women Veteran	10km	35 years & above (Born 1984 & Before)	RM 50-00	
F	Men Junior	7km	13yrs – 17yrs (Born 2002 – 2006)	RM 30-00	
G	Women Junior	7km	13yrs – 17yrs (Born 2002 – 2006)	RM 30-00	
H	Kids Run (Boys)	3km	9yrs – 12yrs (Born 2007 – 2010)	RM 25-00	
J	Kids Run (Girls)	3km	9yrs – 12yrs (Born 2007 – 2010)	RM 25-00	
K	Fun Run (Open)	5km	7yrs & above (Born 2012 & Before)	RM 50-00	

NAME IN FULL (BLOCK LETTERS)

ADDRESS (BLOCK LETTERS) NOTE:- KINDLY FILL YOUR ADDRESS CORRECTLY FOR THE MAILING OF CERTIFICATES

TELEPHONE NO. :

HAND PHONE NO. :-

NATIONALLY :

I/C NO./PASSPORT NO.:-

DATE OF BIRTH :

AGE :

SEX :

M

F

E-MAIL ADDRESS :

T-SHIRTS

SIZE (UNISEX)	XS	S	M	L	XL	XXL	XXXL
CHEST WITH	36	38	40	42	44	46	48
PLEASE TICK (✓)							

Note : All chest with measurement given above are circumference measurement from armpit to armpit in inches.

EMERGENCY CONTACT
PERSON :

RELATIONSHIP :-

CONTACT NO:-

MEDICAL CONDITIONS
(IF ANY)

CLOSING DATE

1st April 2019 or upon
reaching 3000 participants

ENTRY FORM SCHOOLS & BULK ENTRIES

DATE : 14TH APRIL 2019 (SUNDAY)

TIME : 7.10 AM VENUE: START & FINISH (Padang Merbok , Kuala Lumpur)

CODE	CATEGORY	DISTANCE	ENTRY FEE	TICK
F	Men Junior – 13yrs – 17yrs (Born 2002 – 2006)	7KM	RM 30-00	
G	Women Junior – 13yrs – 17yrs (Born 2002 – 2006)	7KM	RM 30-00	
H	Kids Run (Boys)	3KM	RM 25-00	
J	Kids Run (Girls)	3KM	RM25.00	
K	Fun Run (Open)	5km	RM50.00	

(Use separate forms for each category)

SCHOOL NAME AND ADDRESS IN FULL

Postcode : Telephone No.: E- mail :

NO	NAME PARTICIPANT (BIG LETTER)	MYKAD NO AND DATE OF BIRTH	T-SHIRT SIZES FIRST COME FIRST SERVE BASIS	PARTICIPANT NO. (LEAVE IT BLANK)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

We have read the rules and regulations and agree to participate on the understanding that we will adhere to ALL the rules and regulations.

(NAME OF TEACHER)

(SIGNATURE)

DATE

SCHOOL CHOP

Waiver Clause

This is to certify that I,..... IC / Passport No..... have read and understood the rules and regulation pertaining to my participation in the **GO FOR IT FTKLAA CROSS COUNTRY 2019** organized under the competition rules.

In consideration of the acceptance of my entry, I for my heirs, executors & administrators, release and forever discharge the organizers, their partners, sponsors, appointed staff and officials of all liabilities, claims, actions, damage, costs or expenses which I may have against them, arising out of my participation in this event, including travel to and from this event and including all injuries that may be suffered by me before, during and after the event.

I understand that this indemnity includes any claims based on negligence, action or inaction of any of the above parties. I recognise the difficulties of the event and attest that I am sufficiently physically fit to compete safely in the **GO FOR IT FTKLAA CROSS COUNTRY 2019** and I have not been advised otherwise by a qualified medical professional. Whilst every reasonable precaution will be taken by the organizers to ensure the participants safety, participants are strongly encouraged to go for a medical examination and/or consult their medical practitioner prior to registration and before the actual race day.

The organizers reserve the right to delay the commencement of the race in the event of heavy rain or thunder storm or extreme weather condition. Should the heavy rain, thunder storm or extreme weather condition persist after delay, the organizers reserve the right to cancel the race without any refund. In the event of heavy rain or thunder storm or catastrophic or natural disaster resulting in a postponement or cancellation of the above event, the organizers shall not be held responsible for any claims whatsoever in any form made by any individual or parties concerned.

The organizers reserves the right to use any photograph (including those of participants), motion pictures, recordings, or any other media records of the event taken before, during and after the event, for any legitimate purpose including commercial advertising and distribution to sponsors.

Signature:
(Participant)

Date:.....

For Participants Under 18 Years of Age

I,..... parents/guardian of the above named authorise to his/her participation in the **GO FOR IT FTKLAA CROSS COUNTRY 2019**.

Signature:
(Parents/Guardian)

Date:.....