



To:

ALL MASTER ATHLETES

**Dear All,
Greetings!**

INVITATION TO PARTICIPATE IN THE 37TH MIOMAC

We are pleased to inform that the 37th Malaysian International Open Masters Athletics Championships (**37th MIOMAC**) will be held as follows:

DATE : 23rd - 25th MAY 2025
**VENUE : STADIUM TUANKU SYED PUTRA,
KANGAR, PERLIS**

CLOSING DATE : 15TH APRIL 2025

We hereby attach the following documents for your perusal:

1. 37th MIOMAC ENTRY FORM AND RULES & REGULATIONS
2. 37th MIOMAC COMPETITION SCHEDULE
3. MASTER LIST

37th MIOMAC ENTRY Google Form link will be sent soon.
All ***Individual athletes*** are encouraged to fill in the Google Form.

The State and other Teams have a choice of filling in the Google Form or fill in the Master List and send together with the Athlete's Declaration Form, Copy of IC and the Payment slip.

We hope all our master athletes train well and get yourselves fit and healthy to participate and perform excellently in the championships!

Thank you for your cooperation.
See you all in Perlis.

Best regards.

S. SIVAPRAGASAM, AMW
President MMAA



37TH MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS

Entry form

DATE

23rd – 25th May 2025

VENUE

**STADIUM TUANKU SYED PUTRA
KANGAR, PERLIS**

ORGANISER

**MALAYSIAN MASTERS ATHLETIC ASSOCIATION
(MMAA)**

INDIVIDUAL ENTRY FORM

FULL NAME				
FULL ADDRESS				
	POSTCODE		COUNTRY	
DATE OF BIRTH			AGE GROUP	
No. IC			GENDER	Male / Female
E MAIL ADDRESS			TELEPHONE NO	
ASSOCIATION				
EVENTS	1st event	2nd event	3rd event	4th event

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)

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

Insurance for 3 days (compulsory) is RM8.00 for participants 35 – 79 yrs .
Athletes 80 yrs and above have to fill in special declaration form attached.

Closing Date: 15th April 2025

***Late entries :** (until 20th April 2025 only)

* will be charged extra RM 30.00 per event

Insurance - RM8.00 for 3 days (compulsory): 35 - 79 yrs will be arranged by the organisers

Fees enclosed :

Entry Fee	Insurance	Total Fee
RM30.00 x No. of events	RM8.00	RM

Payment Mode: Through Bank Account:

* **Bank Transfer : Acc. No. 100090014016**

(Affin Bank, Bukit Baru, Malacca)

Account Name : POMM (Persatuan Olahraga Master Malaysia)

Payment slip with the participant's name / Associations /Club must be sent to POMM via email: amasiva42@gmail.com .

All participants MUST sign this declaration and send to the organisers after filling in the entry form.

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 37th Malaysian International Open Masters Athletics Championships 2025, 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 also agree to abide by the general SOP for the prevention of any pandemic.

I understand that the fees paid is non refundable.

.....

Date:

Signature of participant

NAME :

**37th MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS
2025
Rules and Regulations**

1. Date and Place: The Championships will be held on **23rd – 25th May 2025**, at Stadium Tuanku Syed Putra, Kangar, Perlis. 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 37th MIOMAC Competition Rules. The organizers reserve the right to change any rule if there is need due to time constraint.
5. Awards: Gold, Silver and Bronze medals will be awarded to the first 3 winners in each event and category.
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. For all throwing events, only 3 throws are allowed for each participant.
10. In the track events, due to time constraints, all runs will be conducted as finals and the winners will be decided based on the best timings.
11. Entries without the proper entry fee will not be accepted.
12. All implements for field events and starting blocks will be provided by the organizers. The use of personal implement is not permitted.
13. Only spikes of 6mm, in length or less is permitted on stadium tracks.
14. 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.
15. The appointed official shall have the right to disqualify any competitor whose performance is considered dangerous to him/herself or to any other competitors.
16. Entry signifies that each competitor will follow the rules of the organizing and technical committees and the general SOP for any pandemic. Any team official or participant if found behaving rudely or abusing the technical officials and the organisers, he /she shall not be allowed to participate or continue participation in the championships.
17. The Championships is open to all men and women born on or before 23. 05. 1990, and are physically and mentally fit to participate in the championships.
18. All entries must be received on or before **15th April 2025.** 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** will be charged for per event.
19. Certified proof of date of birth (Copy of Identity card) should accompany the entry form.
20. All remittances should be in the name of: **“ POMM “** (Persatuan Olahraga Master Malaysia)
21. To register to participate, please fill in the **Google Form** :
And do the payment through Bank transfer as stated above.
22. For any inquiries, please contact:
Mr. S. Sivapragasam, AMW
President MMAA (013 3418516)
Mr. S. Murali
MMAA Treasurer (016 9778424)
Mr. N. Rajasvaran
MMAA Council Member (013 3331020)

23. 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 – 49)**,
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)

24. Age Classification

Born From	Born To	Age Group
25.05.85	23.05.90	35 - 39
25.05.80	23.05.85	40 - 44
25.05.75	23.05.80	45 - 49
25.05.70	23.05.75	50 - 54
25.05.65	23.05.70	55 - 59
25.05.60	23.05.65	60 - 64
25.05.55	23.05.60	65 - 69
25.05.50	23.05.55	70 - 74
25.05.45	23.05.50	75 - 79
25.05.40	23.05.45	80 - 84
25.05.35	23.05.40	85 - 89
25.05.30	23.05.35	90 - 94

25. **All state masters athletics associations and clubs must send the master list of participants together with the original declaration forms, IC copies, and payment slip via e mail / post if NOT sending through the Google Form.**

26. **TEAM MANAGERS' MEETING**

22nd May 2025 (Thursday) at Stadium Tuanku Syed Putra, Kangar, Perlis at **5.00 pm.**

27. **NUMBER COLLECTION**

22nd May 2025 (Thursday) from **3.00 pm – 6.00 pm** at Stadium Tuanku Syed Putra, Kangar, Perlis

28. **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.

BORANG DEKLARASI ATLET

(WAJIB UNTUK DIISI OLEH ATLET MASTER YANG BERUMUR 80 TAHUN DAN KE ATAS)

Kepada:

POMM / Penganjur
Kejohanan Olahraga Master Terbuka Malaysia Antarabangsa Ke-37
Tahun 2025

DEKLARASI ATLET MASTER YANG BERUMUR 80 TAHUN DAN KE ATAS YANG MENDAFTAR UNTUK MENYERTAI DALAM KEJOHANAN OLAHRAGA MASTER TERBUKA MALAYSIA ANTARABANGSA KE-37 (23 – 25 MEI 2025) DI STADIUM TUANKU SYED PUTRA, KANGAR, PERLIS)

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

dengan ini mengaku bahawa saya mengambil bahagian dalam Kejohanan Olahraga Master Terbuka Malaysia Antarabangsa Ke-37, 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 :

37th MIOMAC COMPETITION SCHEDULE - 2025

1st DAY : 23rd MAY 2025 (FRIDAY) - MORNING SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
101	0800	2000m Walk	Women	35 – 44
102	0820	Long Jump	Women	65 and above
103	0820	Discus	Men	70 and above
104	0820	2000m Walk	Women	45 – 54
105	0840	2000m Walk	Women	55 – 64
106	0910	2000m Walk	Women	65 and above
107	0920	Long Jump	Women	55 - 64
108	0920	Discus	Men	55 – 69
109	0940	800m	Men	35 – 39
110	0950	800m	Men	40 – 44
111	1000	800m	Men	45 – 49
112	1020	Long Jump	Women	45 - 54
113	1020	Discus	Men	40 – 54
114	1020	800m	Men	50 – 54
115	1030	800m	Men	55 – 59
116	1040	800m	Men	60 – 64
117	1050	800m	Men	65 and above
118	1100	Long Jump	Women	35 – 44
119	1110	200m	Women	70 and above
120	1120	Discus	Men	35 - 39
121	1120	200m	Women	65 – 69
122	1130	200m	Women	60 – 64
123	1140	200m	Women	55 – 59
124	1150	200m	Women	50 – 54
125	1200	200m	Women	45 – 49
126	1210	200m	Women	40 – 44
127	1220	200m	Women	35 – 39

AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
128	1400	200m	Men	35 – 39
129	1410	200m	Men	40 – 44
130	1410	High jump	Men	35 – 49
131	1410	Discus	Women	35 – 49
132	1420	200m	Men	45 – 49
133	1430	200m	Men	50 - 54
134	1440	200m	Men	55 – 59
135	1450	200m	Men	60 – 64
136	1500	200m	Men	65 – 69
137	1500	High Jump	Men	50 – 64
138	1510	200m	Men	70 and above
139	1510	Discus	Women	50 – 64
140	1520	800m	Women	35 – 39
141	1535	800m	Women	40 – 44
142	1550	800m	Women	45 – 49
143	1605	800m	Women	50 – 54
144	1620	800m	Women	55 – 59
145	1620	High Jump	Men	65 and above
146	1620	Discus	Women	65 and above
147	1635	800m	Women	60 – 64
148	1650	800m	Women	65 – 69
149	1705	800m	Women	70 and above

2nd DAY : 24th MAY 2025 (SATURDAY) - MORNING SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
201	0800	3000m Walk	Men	35 - 49
202	0800	Javelin	Women	35 - 44
203	0800	Long Jump	Men	35 - 44
204	0830	3000m Walk	Men	50 - 59
205	0900	3000m Walk	Men	60 - 69
206	0910	Long Jump	Men	45 - 54
207	0910	Javelin	Women	45 - 54
208	0930	3000m Walk	Men	70 and above
209	1010	Javelin	Women	55 - 64
210	1010	Long Jump	Men	55 - 64
211	1010	400m	Women	35 - 39
212	1020	400m	Women	40 - 44
213	1030	400m	Women	45 - 49
214	1030	High Jump	Women	60 and above
215	1040	400m	Women	50 - 54
216	1050	400m	Women	55 - 59
217	1100	Javelin	Women	65 and above
218	1100	Long Jump	Men	65 and above
219	1100	400m	Women	60 and above
220	1100	High Jump	Women	45 - 59
221	1110	400m	Men	65 and above
222	1120	400m	Men	60 - 64
223	1130	400m	Men	55 - 59
224	1140	400m	Men	50 - 54
225	1150	High Jump	Women	35 - 44
226	1150	400m	Men	45 - 49
227	1200	400m	Men	40 - 44
228	1210	400m	Men	35 - 39
229	1220	4 x 100m	Women	Open
230	1230	4 x 100m	Men	Open

AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
231	1400	100m	Women	35 - 39
232	1400	Javelin	Men	35 - 49
233	1400	Shot Put	Women	35 - 44
234	1410	100m	Women	40 - 44
235	1420	100m	Women	45 - 49
236	1430	100m	Women	50 - 54
237	1440	100m	Women	55 - 59
238	1450	100m	Women	60 - 64
239	1450	Shot Put	Women	45 - 59
240	1500	Javelin	Men	50 - 64
241	1500	100m	Women	65 and above
242	1510	100m	Men	35 - 39
243	1520	100m	Men	40 - 44
244	1530	100m	Men	45 - 49
245	1540	100m	Men	50 - 54
246	1540	Shot Put	Women	60 and above
247	1550	100m	Men	55 - 59
248	1600	Javelin	Men	65 and above
249	1600	100m	Men	60 - 64
250	1610	100m	Men	65 and above
251	1620	2000m	Women	35 - 44
252	1640	2000m	Women	45 - 54
253	1700	2000m	Women	55 - 64
254	1720	2000m	Women	65 and above

3rd DAY : 25th MAY 2025 (SUNDAY) - MORNING SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
301	0800	1500m	Women	65 and above
302	0800	Shot Put	Men	35 – 49
303	0800	Triple Jump	Men	70 and above
304	0815	1500m	Women	60 – 64
305	0830	1500m	Women	55 – 59
306	0845	1500m	Women	50 – 54
307	0900	1500m	Women	45 – 49
308	0900	Shot Put	Men	50 – 59
309	0900	Triple Jump	Men	60 – 69
310	0915	1500m	Women	40 – 44
311	0930	1500m	Women	35 – 39
312	1000	1500m	Men	65 and above
313	1000	Shot Put	Men	60 – 74
314	1015	Triple Jump	Men	50 – 59
315	1015	1500m	Men	60 – 64
316	1030	1500m	Men	55 – 59
317	1045	1500m	Men	50 – 54
318	1100	Shot Put	Men	75 and above
319	1100	Triple Jump	Men	35 – 49
320	1100	1500m	Men	45 – 49
321	1115	1500m	Men	40 – 44
322	1130	1500m	Men	35 – 39
323	1140	Medley Relay (200m, 200m, 400m, 800m)	Open	Open

AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
324	1400	Triple Jump	Women	35 - 49
325	1400	80m H (.762)	Women	40 – 49
326	1415	100m H (.840)	Women	35 - 39
327	1425	100m H (.840)	Men	65 - 69
328	1435	100m H (.840)	Men	60 – 64
329	1450	100m H (.914)	Men	55 - 59
330	1500	Triple Jump	Women	50 - 64
331	1500	100m H (.914)	Men	50 – 54
332	1515	110m H (.991)	Men	45 - 49
333	1525	110m H (.991)	Men	40 - 44
334	1535	110m H (.991)	Men	35 - 39
335	1550	3000m	Men	70 and above
336	1600	Triple Jump	Women	65 and above
337	1620	3000m	Men	55 – 69
338	1645	3000m	Men	45 – 54
339	1705	3000m	Men	35 – 44
340	1725	4 x 400m	Women	Open
341	1735	4 x 400m	Men	Open
		VICTORY CEREMONY & CLOSING		

