

**ORGANISED BY:**

(Federal Territory Kuala Lumpur Athletic Association)



**WITH COLLABORATION:**

(Ministry of Federal Territory)



(Dewan Bandaraya Kuala Lumpur)



- 1) **DATE** : 26<sup>th</sup> February 2017 (SUNDAY)
- 2) **VENUE** : START & FINISH – PADANG MERBOK, KUALA LUMPUR.
- 3) **TIME** : 7.30 AM

**REGISTRATION**

**Walk-in Registration Counter**

FTKLAA Office, 2<sup>nd</sup> Floor, Wisma OCM, Jalan Hang Jebat, 50150 Kuala Lumpur.

Tel:- 03-2715 2843 , Email:- [sportftaaa@hotmail.com](mailto:sportftaaa@hotmail.com) , Website:- [www.ftklaa.com](http://www.ftklaa.com) for more details.

**Operating hours:- Monday – Friday 10.00 am – 5.00 pm Saturday 10.00 am – 2.00 pm**

Online Registration can be done at [www.myraceonline.com](http://www.myraceonline.com)

**4) CODE, CATEGORIES, AGE GROUP, DISTANCES, QUALIFYING TIME.**

COD	CATEGORIES	AGE GROUP	DISTANCE	QUALIFYING TIME	REPORTING TIME	STARTING TIME
A	Men Open	18yrs & above (Born 1999 & Before)	12km	1hr. 30mins	7.00am	7.30am
B	Women Open	18yrs & above (Born 1999 & Before)	12km	1hr. 40mins	7.00am	7.30am
C	Men Junior Veteran	40yrs - 49yrs (Born 1968 -1977)	12km	1hr. 50mins	7.00am	7.30am
D	Men Senior Veteran	50yrs & above (Born 1968 & Before)	12km	1hr. 20mins	7.15am	7.40am
E	Women Veteran	40yrs & above (Born 1977 & Before)	12km	1hr. 20mins	7.15am	7.40am
F	Men Junior	13yrs – 17yrs (Born 2000 - 2004)	7km	1hr. 10mins	7.15am	7.40am
G	Women Junior	13yrs – 17yrs (Born 2000 - 2004)	7km	1hr. 10mins	7.15am	7.40am
H	Family Participants Family : 2 adults (Parents / Guardians) & 1–3 children.	Children aged 5yrs-12yrs old (Refer to rule no.16)	3km	1hr	7.30am	7.50am

**5) ELIGIBILITY**

- 5.1 **Federal Territory AmBank City Day Run 2017** shall be conducted under the rules of Malaysian Athletics Federation (MAF) and also a set of competition rules. Age qualification will be taken as of 31<sup>st</sup> December 2017.
- 5.2 **This competition is open to all Malaysian and Foreigners with Malaysian work permit & PR Status only (kindly produce during number collection)**
- 5.3 You can only complete in one (1) category according to age Group and awards be issued to entry category.

**6) PRIZES (CASH AWARDS)**

POS.	A (RM)	B (RM)	C (RM)	D (RM)	E (RM)	F (RM)	G (RM)	H (Medals)	MEDALS	CERTIFICATES	T-SHIRTS
1 <sup>ST</sup>	700	700	700	400	400	400	400	1 <sup>st</sup> – 5 <sup>th</sup> teams will get Position Medals and prizes in kind.	(i) All finishers category A-H.	(i) All Runners to complete the race within set times (ii) Category A–G will receive E-certificate. (iii) Category H on the spot.	All Registered Participants
2 <sup>ND</sup>	500	500	500	300	300	300	300				
3 <sup>RD</sup>	300	300	300	250	250	250	250				
4 <sup>TH</sup>	200	200	200	150	150	150	150				
5 <sup>TH</sup>	100	100	100	100	100	100	100				
<b>TOTAL</b>	<b>1800</b>	<b>1800</b>	<b>1800</b>	<b>1200</b>	<b>1200</b>	<b>1200</b>	<b>1200</b>	<b>TOTAL CASH : RM 10,200-00</b>			

**Sponsors in kind**



- (7) **FINISHER MEDAL**  
 7.1 Finisher Medals will be distributed at the finish line to all participants as indicated in Para (6).  
 7.2 No claims will be entertained thereafter.
- (8) **CERTIFICATES**  
 8.1 For Category A - G runners will receive E-certificates within days 30 days after the competition.  
 8.2 For Category H (Family Participants) certificates will be issued on the spot.  
 8.3 No claims will be entertained thereafter.
- (9) **REGISTRATION**  
 9.1) **Walk-in Registration Counter**  
 FTKLAA Office, 2<sup>nd</sup> Floor, Wisma OCM,  
 Jalan Hang Jebat, 50150 Kuala Lumpur.  
 Tel:- 03-2715 2843  
 Email:- sportftaaa@hotmail.com  
 Website:- [www.ftklaa.com](http://www.ftklaa.com)  
 Operating hours:- 10.00 am – 5.00 pm (Monday – Friday)  
 10.00 am – 2.00 pm (Saturday)
- 9.2) **On-line**  
 Online Registration can be done at [www.myraceonline.com](http://www.myraceonline.com)

(10) **ENTRY FEE -Registration**

Code	Category	Normal Reg. 1/12/2016 – 31/1/2017	Late Reg. 1/2/2017 – 12/2/2017
A	Men Open	RM 55-00	RM 60-00
B	Women Open	RM 55-00	RM 60-00
C	Men Junior Vet.	RM 55-00	RM 60-00
D	Men Senior Vet.	RM 55-00	RM 60-00
E	Women Veteran	RM 55-00	RM 60-00
F	Men Junior	RM 30-00	RM 35-00
G	Women Junior	RM 30-00	RM 35-00
H	Family Participants Family : 2 adults (Parents/Guardians) & 1-3 children.	RM 200-00 per team	RM 250-00 per team

Please Note RM 5.00 will be charges for online registration services.

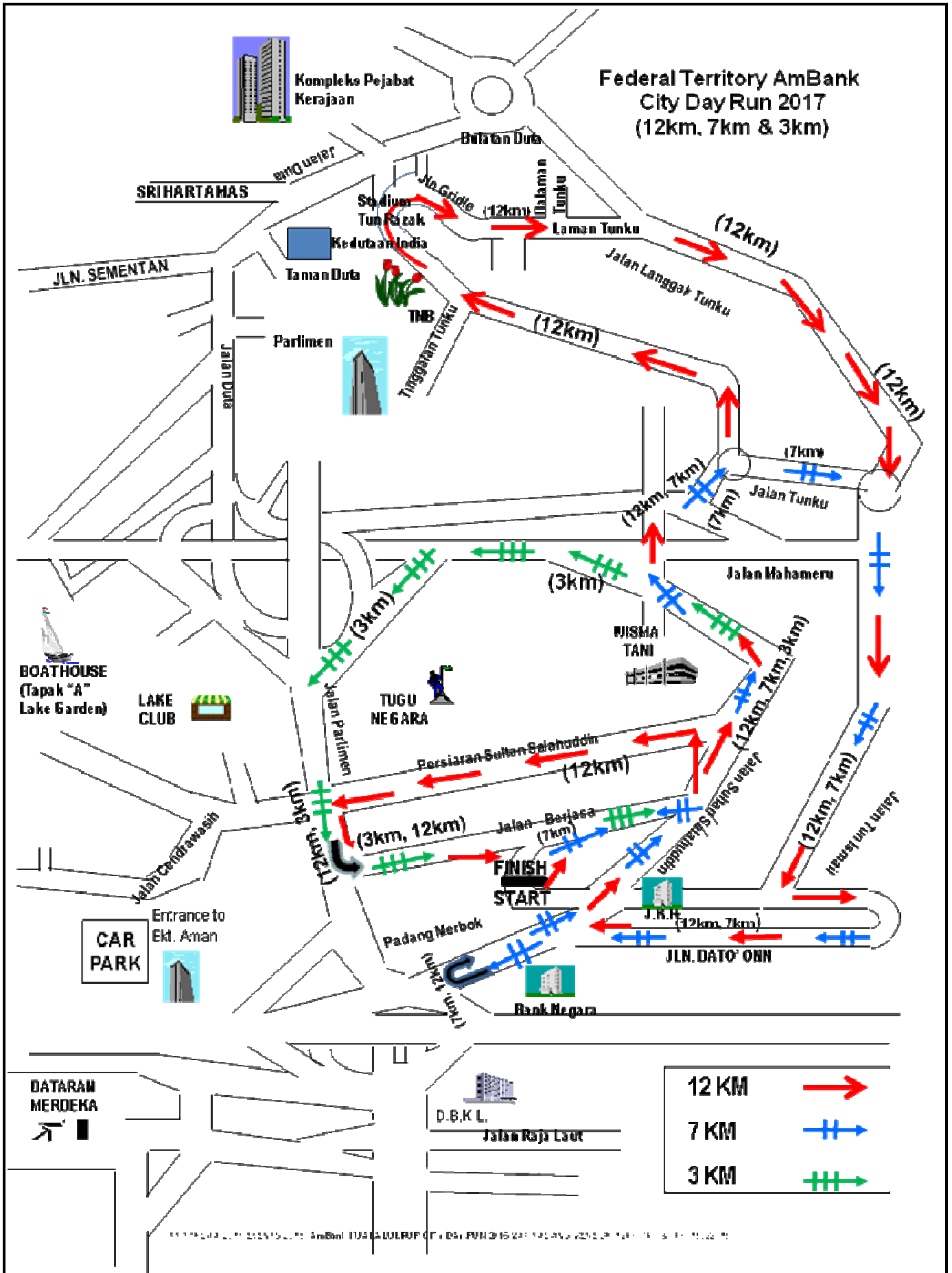
(11) **RUNNERS INCENTIVES**

NO	INCENTIVES	12KM	7KM	3KM TEAM PARTICIPATION
1	Dry fit R/Neck T-Shirt	√	√	√
2	One Day Personal Accident Insurance	√	√	√
3	Light Breakfast	√	√	√
4	Goodie Bag	√	√	√
5	Personalized Bib Numbers	√	√	---
6	Normal Bib Numbers	---	---	√ (Category H)
7	Timing Chip	√	√	---
8	Manual Timing	---	---	√
9	Prizes (Cash) 1 <sup>st</sup> – 5 <sup>th</sup> Only (A-G)	√	√	One (1) Trophy each Team (1 <sup>st</sup> – 5 <sup>th</sup> )
10	Position Trophies (First - Five only)	1 <sup>st</sup> – 5 <sup>th</sup> (Position Trophies)	1 <sup>st</sup> – 5 <sup>th</sup> (Position Trophies)	1 <sup>st</sup> – 5 <sup>th</sup> (Position Medals)
11	Position Medals (winners)	6 <sup>th</sup> – 10 <sup>th</sup>	6 <sup>th</sup> – 10 <sup>th</sup>	
12	Finisher Medals	√	√	√
13	Certificate with timing	√	√	---
14	Certificate without timing	---	---	√

- (12) **ENTRIES BY MAIL**  
 Entries together with fees attached MO, PO, Cheque (crossed) and payable to **FEDERAL TERRITORY AMATOR ATHLETIC ASSOCIATION** are to be forwarded to Competition Committee Chairman of Federal Territory AmBank City Day Run 2017 at C/O:- FTKLAA Office, 2<sup>nd</sup> Floor, Wisma OCM, Jalan Hang Jebat, 50150 Kuala Lumpur.
- (13) **CLOSING DATE – 12<sup>th</sup> February 2017 OR upon reaching 5,000 entries.**
- (14) **INCOMPLETE POSTAL ENTRIES**  
 i) Incomplete entries, i.e. not accompanied with fees, will be rejected.  
 ii) No refund will be made for wrongful or multiple entries.  
 iii) Proof of posting will not be accepted as proof of entry. However, for the purpose of entry, competitors are advised to bring along their PO/MO slips as proof.
- (15) **COLLECTION OF NUMBERS, T-SHIRT AND CHIPS SYSTEM (Bar Code)**  
**Date : 24/2/2017 -- 25/2/2017 (Friday & Saturday)**  
**Time : 10.00am – 6.00pm**  
**Place : FOYER, 1<sup>st</sup> Floor, Wisma OCM,  
 Jalan Hang Jebat, 50150 Kuala Lumpur.**  
 (i) For categories (A-G) a race kit consists of runners-T, a number bib (with timing chips) and safety pins.  
 (ii) For category H a race kit consist of runners T, a number and safety pins.
- (16) **FAMILY PARTICIPANTS**  
 Special Rules for Family Category (Category H).  
 i) Family Participation-2 adults\*(compulsory) & 1-3 children  
 Adult participants must be parents of the children participating in the same group.  
 ii) Age qualification.  
 Adult – 21 years old above  
 Children – Aged 5 – Under 12 years old.  
 iii) Distance : 3km  
 iv) Winning Family : The winning family is the first family with 2 adults & at least 1 child to reach the finishing line. In order to be declared as winners. The family of five have to group together at a sport set by the Organiser (before the finishing line) and run together to the finishing line, Finisher's medals, goodie bags, snack packets and lucky draw coupons will be then issued to all in the team.  
 v) The first five families to reach the finishing line will get position medals during the awards ceremony.
- (17) **WINNERS' MEDAL AND CERTIFICATES**  
 (i) The top 5 winners in category A – G will receive winners medals, cash awards, prizes in kind during prize giving ceremony at the end of the event except category H who will receive top five winners medals and prizes in kind.  
 (ii) Position 6<sup>th</sup> – 10<sup>th</sup> will receive position medals for Category A – G during the prize giving ceremony.
- (18) **PRIZE WINNERS**  
 All prize winners must produce their identity card for age verification. Foreigners have to produce work permit or PR Status Card. Winners must ensure to collect their cash awards after the race and upon announcement of results. All uncollected awards will be forfeited.
- (19) **REFRESHMENT STATIONS**  
 To be set in accordance to distances for categories A – G.
- (20) **LUCKY DRAWS**  
 Lucky draws which is inclusive of watches are to be conducted after the awards ceremony.

# ROUTE MAP

Federal Territory AmBank  
City Day Run 2017  
(12km, 7km & 3km)



# Federal Territory AmBank City Day Run 2017

**CLOSING DATE**  
12<sup>th</sup> February 2017  
OR upon reaching 5,000 entries.

**ENTRY FORM**

For Official Use

**DATE** : 26<sup>th</sup> February 2017 (SUNDAY)  
**VENUE** : START & FINISH – PADANG MERBOK, KUALA LUMPUR.

**TIME** : 7.30 AM

**RULES**

The competition shall be held under MAF rules and the rules of the Federal Territory AmBank City Day Run 2017 Organising Committee.

**CATEGORY PARTICIPATION**

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

**Money Order / Postal Order and Banker's Cheque (crossed) payable to FEDERAL TERRITORY AMATEUR ATHLETIC ASSOCIATION**

CODE	CATEGORIES	AGE GROUP	DISTANCE	Normal Reg. 1/12/2016 – 31/1/2017	Late Reg. 1/2/2017 – 12/2/2017	TICK HERE
A	Men Open	18yrs & above (Born 1999 & Before)	12km	RM 55-00	RM 60-00	
B	Women Open	18yrs & above (Born 1999 & Before)	12km	RM 55-00	RM 60-00	
C	Men Junior Veteran	40yrs - 49yrs (Born 1977 –1968)	12km	RM 55-00	RM 60-00	
D	Men Senior Veteran	50yrs & above (Born 1967 & Before)	12km	RM 55-00	RM 60-00	
E	Women Veteran	40yrs & above (Born 1977& Before)	12km	RM 55-00	RM 60-00	
F	Men Junior	13yrs – 17yrs (Born 2000 - 2004)	7km	RM 30-00	RM 35-00	
G	Women Junior	13yrs – 17yrs (Born 2000 - 2004)	7km	RM 30-00	RM 35-00	
H	<b>Family Participants</b> Family : 2 adults (Parents / Guardians) & 1–3 children.	Children aged 5yrs-12yrs old (Refer to rule no.16)	3km	RM 200-00 per team	RM 250-00 per team	

**NAME IN FULL (BLOCK LETTERS)**

**ADDRESS (BLOCK LETTERS) NOTE:- KINDLY FILL YOUR ADDRESS CORRECTLY**

<b>TELEPHONE NO. :</b>		<b>MOBILE PHONE NO. :-</b>	
<b>NATIONALITY :</b>		<b>I/C NO./PASSPORT NO.:-</b>	
<b>DATE OF BIRTH :</b>		<b>AGE :</b>	
<b>E-MAIL ADDRESS :</b>			

**T-SHIRTS**

SIZE (UNISEX)	XXS	XS	S	M	L	XL	XXL	XXXL
<b>CHEST WITH</b>	34	36	38	40	42	44	46	48
<b>PLEASE TICK (✓)</b>								

Note : All chest width measurement given above are circumference measurement from armpit to armpit in inches. However please be advised that sizes of the T-Shirts are subject to availability.

**WAIVER CLAUSE**

This is to certify that I, \_\_\_\_\_, I/C / Passport No. \_\_\_\_\_, Have read and understood the rules and regulations pertaining to my participation in the Federal Territory AmBank City Day Run 2017 Organised by the DBKL and FTKLAA. In consideration of the acceptance of my entry, I for my heirs, executors & administrator, release and forever discharge the Federal Territory AmBank City Day Run 2017 Organised by the DBKL and FTKLAA, their partners, sponsors, their appointed staff and officials of all liabilities, claims, actions, damage, costs or expenses which I may have against them arising out of any way connected with my participation in this event, including travel to and fro 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 Federal Territory AmBank City Day Run 2017 and I have not been advised otherwise by a qualified medical professional.

The Organiser reserves the right to cancel the event at any time without prior notice to the participants. If the event has to be cancelled, there shall be no refund of fees paid and the organiser shall not be held liable for any loss or inconvenience caused.

Signature Of participants :- .....

**AUTHORISATION BY PARENTS / GUARDIAN OR PARTICIPANTS UNDER 18 YEARS OLD**

I, \_\_\_\_\_  
Parent / guardian of the above named authorise his / her participation in the Federal Territory AmBank City Day Run 2017

Signature \_\_\_\_\_ Date \_\_\_\_\_ I/C/ Passport No. \_\_\_\_\_

In the event of a catastrophic or natural disaster resulting a postponement of the above event the organisers shall not be held responsible for any claims what so ever in any form made by any individual or parties concerned.

# Federal Territory AmBank City Day Run 2017

DATE : 26<sup>th</sup> February 2017 (SUNDAY)

TIME : 7.30 AM

VENUE : START & FINISH – PADANG MERBOK, KUALA LUMPUR.

Borang penyertaan tanpa salinan kad pengenalan tidak akan diterima.

CODE	CATEGORY	DISTANCE	Normal Reg. 1/12/2016 – 31/1/2017	Late Reg. 1/2/2017 – 12/2/2017	TICK HERE
F	Men Junior - 13yrs – 17yrs (Born 2000 - 2004)	7 km	RM 30.00	RM 35.00	
G	Women Junior - 13yrs – 17yrs (Born 2000 - 2004)	7 km	RM 30.00	RM 35.00	

(Use separate forms for each category)

**SCHOOL NAME AND ADDRESS IN FULL**

Postcode :                      Telephone No.:                      E- mail :

Bil.	Nama Peserta (HURUF BESAR)	No. MyKad atau Tarikh Lahir	No. Peserta (Tinggalkan Kosong)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Saya sahkan bahawa semua peserta ini layak mengambil bahagian dalam pertandingan ini. Mereka bertanding diatas risiko sendiri serta akan mematuhi segala peraturan dan undang – undang pertandingan.

.....  
(Nama Guru Pengiring)

.....  
Tarikh

Cop Sekolah

# Federal Territory AmBank City Day Run 2017

DATE : 26<sup>th</sup> February 2017 (SUNDAY)

TIME : 7.30 AM

VENUE : START & FINISH – PADANG MERBOK, KUALA LUMPUR.

DISTANCE	Normal Reg. 1/12/2016 – 31/1/2017	Late Reg. 1/2/2017 – 12/2/2017
3km	RM 200.00 per team	RM 250.00 per team

## ENTRY FORM

### FAMILY CATEGORY (Refer Rule no. 16)

NO.	FULL NAME	RELATIONSHIP (CIRCLE)	GENDER	DATE OF BIRTH	IDENTITY CARD/ PASSPORT NO.	RUNNING NUMBER <small>(To be filled-in by FTKLAA Office)</small>
1		<b>Parent / Guardian</b> ibu / bapa / penjaga				
2		<b>Parent / Guardian</b> ibu / bapa / penjaga				
3		<b>Child 1</b> Kanak-Kanak 1 (under 12yrs)				
4		<b>Child 2</b> Kanak-Kanak 2				
5		<b>Child 3</b> Kanak-Kanak 3				

**WAIVER CLAUSE**

This is to certify that I, \_\_\_\_\_, I/C / Passport No. \_\_\_\_\_,  
Have read and understood the rules and regulations pertaining to my participation in the Federal Territory AmBank City Day Run 2017 Organised by the DBKL and FTKLAA.

In consideration of the acceptance of my entry, I for my heirs, executors & administrator, release and forever discharge the Federal Territory AmBank City Day Run 2017 Organised by the DBKL and FTKLAA, their partners, sponsors, their appointed staff and officials of all liabilities, claims, actions, damage, costs or expenses which I may have against them arising out of any way connected with my participation in this event, including travel to and fro 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 Federal Territory AmBank City Day Run 2017 and

I have not been advised otherwise by a qualified medical professional.

Signature Of participants :- .....

**AUTHORISATION BY PARENTS / GUARDIAN OR PARTICIPANTS UNDER 18 YEARS OLD**

I, \_\_\_\_\_  
Parent / guardian of the above named authorise his / her participation in the Federal Territory AmBank City Day Run 2017

Signature \_\_\_\_\_ Date \_\_\_\_\_ I/C/ Passport No. \_\_\_\_\_

In the event of a catastrophic or natural disaster resulting a postponement of the above event the organisers shall not be held responsible for any claims what so ever in any form made by any individual or parties concerned.

- 1) **TEAM NAME** : \_\_\_\_\_
- 2) **TEAM CAPTAIN** : \_\_\_\_\_
- 3) **TEAM CONTACT NUMBER** : \_\_\_\_\_
- 4) **TEAM EMAIL ADDRESS** : \_\_\_\_\_