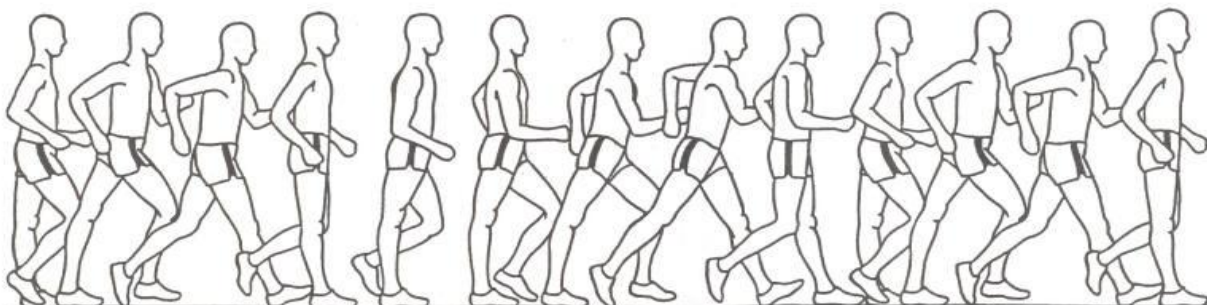


5TH MILO - F.T.K.L.A.A WALK CIRCUIT – 2017

Correct Technique And Legality



Note the heel-and-toe contact during the widest spread of the stride, and the straight leg as the heel contacts the ground.



Gear Up For The Talent Identification Development Programme On Race Walking

CIRCUIT 1	2 APRIL 2017	SUNDAY	TAMAN BOTANI, KL
CIRCUIT 2	30 SEPTEMBER 2017	SATURDAY	TAMAN BOTANI, KL
CIRCUIT 3	28 OCTOBER 2017	SATURDAY	TAMAN BOTANI, KL



TIME: 7.30 AM



PARENTS ARE ENCOURAGED TO SEND THEIR CHILDREN FOR THIS GRASS-ROOT PROGRAMME

5th MILO - F.T.K.L.A.A WALK CIRCUIT – 2017

1. **Date :**

C1	2/4/2017 – Sunday
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C2	30/9/2017 – Saturday
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C3	28/10/2017 – Saturday
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2. **Time :** 7.30 am

3. **Objective:**
- i. To create awareness of the need in the promotion and development of walking events for the nation.
 - ii. To increase the number of participation through training program me and clinics.
 - iii. To raise the standard of race walking through the organization of proper competitions.
 - iv. To make use of the training program me for talent identification among school going children.
 - v. To educate walkers the correct techniques of walking through clinics conducted by walk coaches and Ex-International Race Walkers.

4. CODE, CATEGORIES, AGE, PLACE, DATE, ENTRY FEES

Code	Category	Age	Entry Fee	Date / Place		
				2 April 2017	30 September 2017	28 October 2017
				Circuit 1 Taman Botani, KL	Circuit 2 Taman Botani, KL	Circuit 3 Taman Botani, KL
				One Lap - 2.5 km		
A	Men Open	18 years and above	RM10.00	10km	10km	10km
B	Women Open	18 years and above	RM10.00	10km	10km	10km
C	Secondary School Boys	16 – 18 years	RM3.00	5km	5km	5km
D	Secondary School Girls	16 – 18 years	RM3.00	5km	5km	5km
E	Secondary School Boys	13 – 15 years	RM3.00	5km	5km	5km
F	Secondary School Girls	13 – 15 years	RM3.00	5km	5km	5km
G	Primary School Boys	10 – 12 years	RM3.00	2.5km	2.5km	2.5km
H	Primary School Girls	10 – 12 years	RM3.00	2.5km	2.5km	2.5km

5. Participation System

You can complete in any one of the three circuits.

6. Prizes / Medals

- i. Medals will be awarded to the first Five for category A-D. and category E- H will be awarded the first Ten in each circuit.
- ii. Prizes in kind are being worked out for the First five in each category. And the Winners must be present to collect their awards during last circuit.

7. Entry Forms

Entry forms are available at:-

- i. FTKLAA Office, 2nd. Floor, Wisma OCM,
Jln Hang Jebat, 50150 Kuala Lumpur.
Tel. No. 03 – 27152843
- ii. All Schools In Kuala Lumpur.
For enquires :- sportftaaa@hotmail.com
Website :- www.ftaaa.org.my / www.ftklaa.com

8. Closing Date

Three (3) days before the respective circuits.

9. Winners Age Verification

All prize winners must produce Birth Certificate or MyKad for verification at the Technical Secretariat Centre.

10. Collection of numbers (bibs), pins & etc.

All participants will collect their numbers (bibs) on the day of the circuit, but entries close three days before each circuit. **Same numbers will be used for all the Three circuits.**

5th MILO - F.T.K.L.A.A WALK CIRCUIT – 2017

CLOSING DATE-

Three (3) days before the date of respective circuit.

ENTRY FORM

FOR OFFICIAL USE

RULES

The Competition shall be held under MAF Rules.

CATEGORY PARTICIPATION

I wish to participate in the following Category. (Please Tick) in the appreciate box

FULL NAME (BLOCK LETTERS)

MAILING ADDRESS

Post Code:

TELEPHONE NO.

NATIONALITY

MyKad NO. / BIRTH CERT. NO.

DATE OF BIRTH

Code	Category	Place					
		Circuit 1		Circuit 2		Circuit 3	
		2 April 2017		30 September 2017		28 October 2017	
		Taman Botani, KL		Taman Botani, KL		Taman Botani, KL	
One Lap is 2.5 km							
		Distance	Tick	Distance	Tick	Distance	Tick
A	Men Open (18 years and above)	10km		10km		10km	
B	Women Open (18 years and above)	10km		10km		10km	
C	Sec. School Boys (16 – 18 years)	5km		5km		5km	
D	Sec. School Girls (16 – 18 years)	5km		5km		5km	
E	Sec. School Boys (13 – 15 years)	5km		5km		5km	
F	Sec. School Girls (13 – 15 years)	5km		5km		5km	
G	Primary School Boys (10-12 years)	2.5km		2.5km		2.5km	
H	Primary School Girls (10-12 years)	2.5km		2.5km		2.5km	

EMEL: _____

Name of the school (C – H) _____

WAIVER CLAUSE

This is to certify that I,MyKad No. / B.C .No. have read and understood the rules and regulations pertaining to my participation in the 5th Federal Territory Kuala Lumpur Athletics Association (FTKLAA) Walk Circuits.

* In consideration of acceptance of my entry, I for my heirs, executors & administrators, release and forever discharge the FTKLAA their partner, sponsors, their appointed staff and officials of all liabilities, claims, actions, damage, costs or expenses which I may have against them arising out of in 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 this event.

* I understand that this indemnity includes any claims based on negligence, action or inaction of any of the above parties.

* I recognize the difficulties of the event and at test that I am sufficiently fit physically to compete safely in 5th FTKLAA Walk Circuit 2017.

Signature of Participant:

Date:.....

FOR PARTICIPANTS UNDER 18 YEARS

This is to certify that I MyKad No. / B.C. No..... Parent / Guardian of the Participant, whose particulars appears above, confirm that I fully understand and appreciate the effect the above waiver and hereby agree and declare on behalf of the participant that the Waiver Clause will have been binding affect on the participant I hereby consent to his / her participation in 5th FTKLAA Walk Circuit 2017.

Signature of Parent / Guardian:.....

Date:.....

Entry Forms are to be forwarded to :
 COMPETITION CHAIRMAN
 FTKLAA Office, 2nd Floor, Wisma OCM
 Jalan Hang Jebat, 50150 Kuala Lumpur.

5TH MILO - FTKLAA WALK CIRCUIT 2017

TAMAN BOTANI, TASIK PERDANA KUALA LUMPUR.

