



22nd ASIA MASTERS ATHLETICS CHAMPIONSHIPS

- The championships : 8 – 12 November 2023
- Track and Field Events: 8 – 12 November 2023
- Closing date for entry : 8th September 2023 (register online)
- An athlete can enter in **4 individual events, 10 KM Road Race** and in **2 relays**
- Closing date for all the states to send the entry forms to MMAA : **25th August 2023**

(MMAA need time to register online all Malaysian athletes entries by 8th September 2023)

- We have already sent few circulars via e mail to all State Masters Athletics Associations: in April, Jun and July 2023.
 - All the information are in the MMAA website.
 - MMAA Life members' & State Members' entry forms from States must come **through the state associations**.
 - For **non members**, they have to send the forms direct to MMAA. Address given in the entry form.
 - Opening Ceremony : 7th November 2023, 4.00 pm at Stadium 2
 - Closing Ceremony : 12th November 2023, 6.30 pm at Stadium 2
 - Those **registered members** who have participated in the 2022 / 2023 Malaysian masters meet will receive a T shirt. Extra incentive **may be provided** to those who have won medals in the above meets.
 - Entry Form is in MMAA Website: www.mmaa.org.my, and have been send to all State Masters Athletics Association.
- ✓ All master athletes (registered members) must send the entry form to their respective state associations before **22nd August 2023**, together with Copy of passport, passport size colour photo, fitness certificate and the entry fee.

- ✓ The State Masters Athletics Associations should send all the entry forms complete with supporting documents and fee to MMAA latest by **25th** **August 2023.**

- ✓ ***All master athletes have to be physically fit and healthy to participate. We advise all master athletes wishing to participate to do thorough medical check up and get the advice of doctor before decide to send in the entry form.***

Communication with Malaysian Team Officials:

For all communication regarding Malaysian master athletes' participation in 22nd AMAC please conduct the following officers:

MR. SELAMAT BIN SARIF (013 607 5669)
(Chairman)

SGT. MAJOR (R) GP BALAN (012 239 6796)
(Team Manager)

MR. S. MURALI (016 977 8424)
(Asst. Team Manager)

Thank you and MMAA wish all Malaysian master athletes all the best.

“Selamat Berjaya”

S. Sivapragasam
Presiden POMM

20 Julai 2023

