



# **5th. Malaysia International Ekiden Run 2010 Relay Marathon**

## **objectives**

- To be organised in conjunction with the National Youth Day 2010.
- To encourage mass participation in sports and recreational activities among Malaysians especially the younger generations.
- To enhance a better relationship and understanding among the participants from Malaysia, Japan and other countries.
- To generate awareness and promote healthy lifestyles through sports and fitness activities.
- To enhance team spirit, teamwork, sense of belonging and sense of loyalty, in line with 1Youth 1Malaysia concept.
- To encourage and support the growth of sports industry and sports tourism in Malaysia.

## **venue : putrajaya**

The exact route and distance was determined by the Federal Territory Amateur Athletics Association (FTAAA).

## **rules and regulations**

### **15km 5th. Malaysia International Ekiden Run 2010 Relay Marathon by 5 runners**

1. Date : 16th. May, 2010 (Sunday)
2. Venue : Putrajaya Corporation Complex  
opposite Istana Kehakiman (Palace of Justice)  
Jalan Perdana, Putrajaya
3. Start : 8.00am.
4. Competition : This competition is organised according to MAAU and IAAF rules.
5. Route : The Start and Finish shall be at the Palace of Justice as per route map.
6. Changing Zone : All exchanges of Sash / "Tasuki" are to be executed within the Changing Zone of 20m.
7. Team competition and age qualification
  - i. A team consist of five (5) runners. Running order of runners has

to be submitted to the competition director during Numbers Collection days (Refer to Para 11).

- ii. All team runners must be 18 years and above except for Categories Men Junior and Women Junior who are between 13-17 years old.
- iii. Category "A" Mixed Team - at least one runner should be of the opposite sex. The female runner can be a junior of the age of 13 years - 17 years who can be absorbed into the team.
- iv. All prize winners' original Mykad or other validation document such as passport for foreigners will have to be produced on request of the Referee. Failing to produce the original Mykad or passport will result in disqualification of the team.
- v. Please be informed NO substitution is allowed after the submission of the runners list during Numbers Collection and teams changing the order of runners after confirmation and without the approval of the Meet Director will be disqualified.

8. Prizes

- i. The first five (5) teams in each category will be awarded with trophies.
- ii. All runners will receive finisher medals at the finishing point.

9. Sash / "Tasuki"

Every runner shall wear the Sash / "Tasuki" throughout the race.

10. Entry Fees

- |                            |                     |
|----------------------------|---------------------|
| Categories "A", "B", & "C" | - RM100.00 per team |
| Categories "D" and "E"     | - RM30.00 per team. |

11. Numbers

Numbers are issued to the teams from the Secretariat at the International Youth Centre, Cheras from 10.00am to 5.00pm on 14th. & 15th. May 2010.

Numbers will not be issued on the day of the event.

12. Closing Date

5th. May 2010

13. Registration

Please register in person or by mail to :

**a. THE SECRETARIAT**

**INTERNATIONAL YOUTH CENTRE**

Jalan Yaacob Latif, Bandar Tun Razak,  
56000 Cheras, Kuala Lumpur, Malaysia

Tel : 603 9171 9204 / 05

Fax : 603 9172 6682

E-mail : ekiden\_iyckl@hotmail.com

Website : www.iyckul.org.my

OR



