



LARIAN MERDEKA 2020

Sarawak Medical Services Union
Sentosa Branch

Organised By:



Run Date : 30 OGOS, 2020 (SUNDAY)
 Run Venue : MBKS, KUCHING
 Event : 5km, 10km (5km x 2), 10,000 steps & ZUMBA
 Entitlement : Ultron Dry Fit Tee (sleeve sublimation), Medal, Bib, Sijil (myCPD: B2 – 2 points)
 Flag-Off : 10 km @ 6.30AM, 5km/10,000 steps @ 6.45AM, ZUMBA @ 7.30AM
 Entry Fees: (1) **EARLY BIRD** = 5km/10km/10,000steps/ZUMBA – RM 40.00 (BEFORE 29/2/2020)
 (2) **NORMAL** = 5km/10km/10,000steps/ZUMBA – RM 60.00 (AFTER 1/3/2020)

Supported by:



ULTRON
City One

CLOSING DATE : 15 JULY, 2020

RM

REGISTRATION FORM										
CATEGORY (TICK) :	<input type="checkbox"/> 5 KM	<input type="checkbox"/> 10 KM	<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> Virtual Run – 10km						
FULL NAME:									REGISTRATION at: 1) ULTRON, CITY ONE 2) RevRun, Brooks, Green Height Mall 3) UhSport Kuching 4) Event Runner Online (include Virtual Run) 5) JomRun Online 6) SMSU Sentosa	
NRIC:					GENDER: MALE / FEMALE					
CONTACT NO.:				EMAIL:						
ADDRESS:										
IN CASE OF EMERGENCY										
CONTACT PERSON:										
CONTACT NO.:										
T-SHIRT										
T-SHIRT SIZE:	XXS <input type="checkbox"/>	XS <input type="checkbox"/>	S <input type="checkbox"/>	M <input type="checkbox"/>	L <input type="checkbox"/>	XL <input type="checkbox"/>	2XL <input type="checkbox"/>	3XL <input type="checkbox"/>		
CHEST MEASUREMENT:	17"	18"	19"	20"	21"	22"	23"	24"		
WAIVER / INDEMNITY										
I, the undersigned, agree not to hold the Organiser and Co-organisers, their representatives and sponsors against all cost, expense or liability that arise in consequence of my participation in the "Larian Merdeka 2020", I hereby waive all claims for any and all injuries, death and invalidity to me or the person under my care which may be caused by any act, or failure to act by the organizer, members and employees arising directly or indirectly during the course of event or arising as a result of it. In consideration of the Organiser accepting this entry, I hereby assume liability for any loss, damage or liability from the above event. I confirm that I have read and accepted the conditions and the rules and regulations.										
DATE:					SIGNATURE:					
FOR PARTICIPANTS UNDER 18 YEARS										
PARENTS/GUARDIAN:					PARENTS/GUARDIAN IC:					
PARENTS/GUARDIAN TEL.:					PARENTS/GUARDIAN SIGNATURE:					

PAYMENT FOR : LARIAN MERDEKA 2020 by SMSU SENTOSA

NAME:	<input type="text"/>	T-SHIRT SIZE:	<input type="text"/>
TEL.:	<input type="text"/>	CATEGORY:	<input type="text"/>
DATE:	<input type="text"/>	RECEIVED BY:	<input type="text"/>



RACEPACK COLLECTION: 28 & 29 OGOS, 2020

Venue: ULTRON CITY ONE, Kuching Time: 11am to 7pm

* Please bring this slip during racepack collection

RM

Registration at: ULTRON City One, RevRun GHM, UhSport, Event Runner Online, JomRun Online, SMSU Sentosa
Organiser: Mr Faizal Yahya (016-2117656) , Mr Chan – CJC Kuching

NOTED: T-shirt / Medal / Bib can collect after run before 4.9.2020 (Friday) at SMSU Sentosa (ctct organiser)