



GO FOR IT! FTKLAA CROSS COUNTRY 2025

SUNDAY, 6 JULY 2025

PADANG MERBOK, KUALA LUMPUR

RACE GUIDELINES

1) VENUE DATE & TIME FOR RACE PACK COLLECTION

VENUE: HOTEL OLYMPIC, WISMA OCM, 2 ND FLOOR, JALAN HANG JEBAT, 50150 KUALA LUMPUR (POWPKL OFFICE)	
DATE	TIME
4 July 2025 (Friday)	10.00 AM – 6.00PM
5 July 2025 (Saturday)	10.00 AM - 6.00PM

What to bring (Compulsory)

Self Collection

- 1- NRIC (Passport)
- 2- Copy of Email Confirmation Slip

on behalf

1. NRIC (Passport)
2. 2-Email Confirmation Slip

***** Strictly NO Collection on the race day *****

2) PARKING DURING RACE KIT COLLECTION

2.1 Public Transport

It is advice able to use MRT (Merdeka Station) to get to the Bibs Collection venue located at Wisma OCM, Jalan Hang Jebat, Kuala Lumpur.

2.2 Please use the Hotel Olympic lobby entrance to get to the 2nd Floor by the use of the hotel lobby lift.

3) CHECK-IN PROCEDURES

Gathering time and Starting times and Cut of Time are as follows:-

GATHERING TIME	FLAG OFF TIME	CUT OF TIME	DISTANCE	CATEGORY
5.00am Onwards	6.30am	2 ½ hrs	15km (Road Race)	J, K
5.30am Onwards	6.40am	2 ½ hrs	15km (Cross Country)	A-D
6.00am Onwards	6.50am	1 hrs	7km (Cross Country)	E, F
6.30am Onwards	7.00am	1 hrs	3km (Cross Country)	G, H
7.00am Onwards	7.10am	1hr.20min	5km (Fun Run) (Road Race)	FR

4) SUBSTITUTION & NON –REGISTERED RUNNERS

Important: Only registered runners with number bibs are eligible to take part in the race. Substitution is not allowed. You must inform us if you have a problem on this matter and we will try to assist you if possible before the Start of the race.

5) TOILETS Public DBKL toilets are located at the venue

6) FINISHER MEDALS AND GOODIE-BAGS

- 6.1 Finisher medals, water, goodie bag, banana and Gardenia bread will be distributed to all participants at the finish line and no claims will be entertained thereafter. The above items will be placed in the goodie-bags, however
- 6.2 You can only redeem your goodie bag with your number bib.
- 6.3 You must be in person to collect them.

7) **CERTIFICATES (E-Certificates System – All Categories)**

You print your own E-Certificates by:-

S. O. P

- 7.1 Access to the results page here
<https://results.checkpointspot.asia/Results.aspx?CId=17036&RId=10579>
- 7.2 Choose the event you participated in and search for your bib number/name
- 7.3 Click on the PDF e-cert button to download your E-Certificate.

8) **PARKING**

1. Padang Merbok before 5.00am.
2. Parking DBKL Bukit Aman

9) **MEDICAL FACILITIES ON ROUTE AND FINISH**

- 9.1 Ambulances from MAHAMAS will be going around the Route with Para Medic Personals.
- 9.2 Ambulances will be stationed at water station with Para Medic Personals.
- 9.3 One Ambulance from MAHAMAS with a Doctor and Para Medic Personals will maintain a Sick Bay at the Finish.
- 9.4 Any runner with health problems, please inform medical personals on route or at the sick bay at the venue.
- 9.5 Any medical personals have the right to stop you from the race based on medical reasons.

10) **LUGGAGE DEPOSIT**

- 10.1 There will be luggage deposit counter at the Venue. Participants are advised to carry minimal essential for the race. All luggage's are to be collected before 10.00am the latest.
- 10.2 The organiser will not be responsible for any lost or damage, personal or otherwise to the belongings and items deposited. The organizer is also reserves the right to check any items or luggage deposited.

11) **RACE ATTIRE FOR PRIZE PRESENTATION**

- 11.1 Only T-shirts issued by the Organising Committee must be worn by the competitors when attending the Victory Ceremony

12) **PROGRAMME**

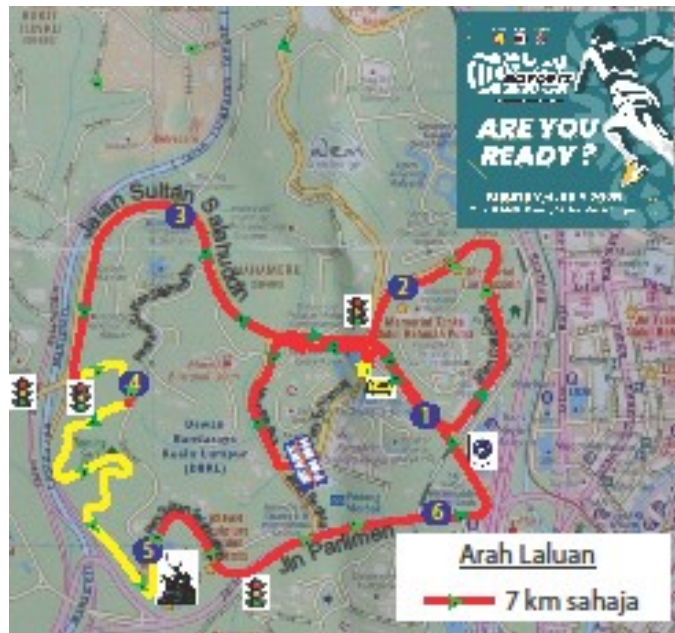
NO	TIME	PROGRAMME		
1	4.30 am	Reporting - Committee Members		
2	5.00 am	Reporting - Technical Officers		
3	5.30 am	Briefing for Officials		
4	5.45 am	Officials to report to their respective working area		
5	6.00 am	Aerobic (Warm-up Session)		
6	6.15 am	Reporting - Participants for all categories to enter the Start Compartment		
7	6.20 am	Arrival of Guest of Honour.		
8	6.30 am	Start 15km (Road Race)		
		Code	Category	Age Group
		J	MEN OPEN (ROAD RACE)	18 Years & Above (Born 2007 & Before)
		K	WOMEN OPEN (ROAD RACE)	18 Years & Above (Born 2007 & Before)
		RED B/G YELLOW NUMBER		
9	6.40 am	Start 15km (Cross Country)		
		Code	Category	Age Group
		A	MEN OPEN (CROSS COUNTRY)	18 Years & Above (Born 2007 & Before)
		B	WOMEN OPEN (CROSS COUNTRY)	18 Years & Above (Born 2007 & Before)
		C	MEN VETERAN (CROSS COUNTRY)	40 Years & Above (Born 1985 & Before)
		D	WOMEN VETERAN (CROSS COUNTRY)	35 Years & Above (Born 1990 & Before)
		YELLOW B/G BLACK NUMBER		
10	6.50 am	Start 7km – (Cross Country)		
		Code	Category	Age Group
		E	SEC.SCHOOL BOYS (CROSS COUNTRY)	13 Yrs – 17 Yrs (Born 2008 – 2012)
		F	SEC.SCHOOL GIRLS (CROSS COUNTRY)	13 Yrs – 17 Yrs (Born 2008 – 2012)
		BLUE B/G YELLOW NUMBER		
11	7.00 am	Start 3km – (Cross Country)		
		Code	Category	Age Group
		G	PRIMARY SCHOOL BOYS (CROSS COUNTRY)	9 Yrs – 12 Yrs (Born 2013 – 2016)
		H	PRIMARY SCHOOL GIRLS (CROSS COUNTRY)	9 Yrs – 12 Yrs (Born 2013 – 2016)
		GREEN B/G WHITE NUMBER		
12	7.10 am	Start 5km – (Fun Run)		
		Code	Category	Age Group
		FR	Fun Run (Open) Road Race	7 Yrs & Above (Born 2018 Before)
		WHITE B/G BLACK NUMBER		
13	7.20 am	Competitors arriving at Finishing Line.		
14	8.00 am	Announcement of the Results (Placing 1-5 Only)		
15	9.00 am	Awards Ceremony followed by lucky draws		

13) Route Map

15km



7km



5km



3km



14) Layout

