



# KESATUAN OLAHRAGA MALAYSIA

Malaysia Athletics Federation

## TAKWIM KOM 2017

(Semaskini / up dated 23 Nov 2016)

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
JANUARY			
1 Jan	PUBLIC HOLIDAY ( NEW YEAR 2017 )		
8 Jan	Sgor - Larian POS 10KM - Kajang		
22 - 23 Jan	Kids Athletics - KOM (Central Region) Selangor		
28 - 29 Jan	PUBLIC HOLIDAY ( Tahun Baru Cina )		
28 - 29 Jan	Perak - Kids Athletics (Semua Daerah)		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
FEBRUARY			
1 Feb	Hari Wilayah Persekutuan KL, Labuan, Putrajaya / Federal Territory Day		
09-Feb	PUBLIC HOLIDAY (THAIPUSAM)		
17 -19 Feb			Perak - Seminar Pegawai Teknikal - Pangkor
18 Feb	Perak - Kejohanan Merentas Desa MSSPk - Manjung		
22 Feb	PP - MSSPP Cross Country - Permatang Pasir		
25-Feb	Kelantan - Lari Berganti-ganti Jalanraya Kelantan		
25 Feb	Penang Tamil Schools Meet - BM		
25 - 26 Feb	Perak - Kejohanan All Comers 1 - UPSI		
25 - 26 Feb	KA - JKM - INTERHOMES STATE LEVEL - PERAK	Indoor Ashgabat, TKM Competitions	
26-Feb	AmBank Kuala Lumpur City Run - Pdg Merbok KL		
26-Feb	Sgor - Larian MILO - Kelana Jaya		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
MARCH			
5 Mac	FTAA - Kids Athletics Competition - Std Setiawangsa W.Maju		
5 Mac	Sgor - Road Relay POS - UiTM S/Alam		
11 Mac	KL - Possible Run - Padang Merbok		
11 - 12 Mac	NS - Kejohanan Olahraga Terbuka N.Sembilan		

12 Mac	WP - Bukit Jalil Half Marathon - Taman Bukit Jalil		
11 - 12 Mac	KA - KOM (NORTH) REGIONAL GAMES - PERAK		
13 - 17 Mac	Perak - Kejohanan MSS Daerah		
13 Mac	Sabah - SAA Tawau 12KM Run - Tawau		
17 - 18 Mac	Johor - Kejohanan Olahraga Terbuka - SSN THO Kluang		
19 Mac	WP- FTKLAA - Under Distance - Std Setiawangsa W.Maju	Asian 20km Race Walking Championships Nomi City, JPN	
19 Mac	Sgor - Women International Marathon - Dataran S/Alam		
24 Mac	Kedah - Larian Giant 10K - Sg. Petani		
25 Mac	PP - Earth Hour Walk - 1st Avenue		
26 Mac	WP- 1st Middle & Long Distance Run - Tmn Botani KL		
26 Mac	Sgor - Kejohanan Olahraga Terbuka Selangor - UPM S/Alam		
31 Mar - 1 Apr	Kedah - Kejohanan Olahraga Terbuka Kedah - Alor Setar		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
APRIL			
02-Apr	WP- 1st MILO - FTKLAA Walk Circuit - Tmn Botani KL		
2 - 5 Apr	Perak - Kejohanan Olahraga MSSPk - Semua Daerah		
7 - 9 Apr	Kejohanan Olahraga Terbuka Malaysia 2017		
08-Apr	Kedah - Kejohanan POAK Zon Selatan Kedah		Peperiksaan KOM
09-Apr	PP - PAAA Round The Houses Relay - Jln Sepoy Lines		
09-Apr	Perak - Pangkor Run - Pangkor		
09-Apr	WP- GO FOR IT -FTKLAA 32nd Annual Cross Country - Tmn Botani KL		
15-Apr	Kelantan - Kelantan Half Marathon - Kota Bharu		
15 - 16 Apr	Perak - Kejohanan Olahraga Terbuka Perak - Manjung		
15 - 16 Apr	KA - OPEN TO ALL ORGANIZATION - MALAYSIA		
16-Apr	WP- FTKLAA Primary School Meet - Std Setiawangsa W.Maju		
22-Apr	Kelantan - Kejohanan Acara-acara Padang Kelantan		
22 - 23 Apr	Trg - Kejohanan Olahraga Terbuka Terengganu		
22 - 23 Apr	PP - USM TOT Athletics Meet - USM		

24-Apr	Sabah - SAA Sandakan 12 KM Run - Sandakan	Asian Grand Prix (1st leg) Jiaxing, CHN	
24 - 26 Apr		South East Asia Youth Athletics Championships Ilagan Isabela, PHI	
27-Apr		Asian Grand Prix (2nd leg) Jinhua, CHN	
29-Apr	WP- Charity Hope Bottle Run - Padang Merbok KL		
29-Apr	PP - Techdome Glow Walk - Youth Park		
29 - 30 Apr	Perlis - Kejohanan Olahraga Terbuka Perlis/MILO - Kangar		
30-Apr	Sgor - MSU Marathon - S/Alam		
30-Apr	WP - Earth Day Run - Padang Merbok KL	Asian Grand Prix (3rd leg) Taipei City, TPE	
30 Apr - 1 May	Pahang - Kejohanan Olahraga Terbuka Pahang - Kuantan		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
MAY			
01-May	PUBLIC HOLIDAY (labour day)		
2 - 9 May	MSSM - Stadium Bandaraya Pulau Pinang		
07-May	WP - Datuk Bandar Road Relay Round The Lake - Tmn Botani KL		
10-May	PUBLIC HOLIDAY (Wesak day)		
15-May	Kedah - Larian Bendang YSB - Alor Setar		
20 - 21 May	WP- FTKLAA 30th State Meet - UNITEN		
20 - 21 May	KA- KOM (EAST MALAYSIA) REGIONAL GAMES - SABAH		
20 - 23 May		2nd Asian Youth Athletics Championships Bangkok, THA	
21-May	SCKL Marathon 2017 (Kuala Lumpur)		
27-May	PUBLIC HOLIDAY (Awal Ramadhan)		
27 May - 5 Jun			Johor - Kursus IAAF Level 1
28-May	Sgor - Larian Cyber Jaya 10KM - Cyber Jaya		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
JUNE			
1 - 4 Jun		22nd Asian Athletics Championships Ranchi, IND	
03-Jun	PUBLIC HOLIDAY (Agong's Birthday)		
17 - 18 Jun		International Competition T. Kolpakova Bishkek, KGZ	
18-Jun	WP - 2nd Middle & Long Distance Run - Std Setiawangsa W.Maju		

18-Jun	Perak - Kejohanan Olahraga SJK(T) Perak - Manjung		
24 - 25 Jun		International Meeting G. Kosanov Memorial Almaty, KAZ	
25 - 26 Jun	PUBLIC HOLIDAY (Hari Raya Puasa)		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
JULY			
8 - 9 Jul		25th Little Athletics International (MSSM/SSSC/WALAA)	
15 - 16 Jul	KA - OPEN TO ALL ORGANIZATION - MALAYSIA		
21 - 22 Jul	Kelantan - Kejohanan Olahraga Negeri Kelantan		
22 - 23 Jul	Sabah Athletics Open 2017 - KK		
23 Jul	WP - 2nd MILO - FTKLAA Walk Circuit - Tmn Botani KL		
29 - 30 Jul	Kejohanan Remaja Kebangsaan - Kangar Perlis		
29-Jul	Johor - State Open Inter Relay - Educity		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
AUGUST			
05-Aug			Johor - Kursus Pegawai Teknikal KOM
05-Aug			Perak - Seminar Kpegawaian IIR - Ipoh
06-Aug	Perak - Ipoh International Run 2017 - Ipoh		
06-Aug	PP - PAAA Tanjung 10KM Run - Jln Sepoy Lines PP		
12 - 13 Aug	KA - OPEN TO ALL ORGANIZATION - MALAYSIA		
19-Aug	Perak - Kids Athletics Negeri Perak - Ipoh		
19 - 31 Aug	29TH S.E.A GAMES KUALA LUMPUR		
26 - 27 Aug			Perak - Klinik & Pertandingan Jalankaki - Hulu Perak
30-Aug	PP - ECO Night Run - Youth Park		
31-Aug	PUBLIC HOLIDAY (National Day)		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
SEPTEMBER			
01-Sep	PUBLIC HOLIDAY (Hari Raya Haji *)		
3 Sep	WP - 2nd KKB Road Relay - Kuala Kubu Baru		
9 Sep	Johor - Larian Parit Sulong		Peperiksaan KOM

9 - 10 Sep	KA - KOM (EAST COAST) REGIONAL GAMES - TERENGGANU		
10 Sep	Sabah - KK City International Marathon 2017 - KK		
15 Sep	Kedah - SP Half Marathon - Sg. Petani		
16-Sep	PUBLIC HOLIDAY ( Malaysia Day)		
16-Sep	Perak - Kejohanan Olahraga (13 - 15) - Manjung		
17 - 27 Sep		5th Asian Indoor Games, Ashgabat, TKM	
17 - 23 Sep	KL - 9th ASEAN PARA GAMES - KL		
21-Sep	PUBLIC HOLIDAY ( Awal Muharram (Maal Hijrah)		
23-Sep	Johor - Kejohanan Olahraga Sekolah Tamil Johor		
23-Sep	Trg - Sultan Mahmud Bridge International Marathon		
23 - 24 Sep			Kedah - Seminar Pegawai Teknikal KAAA - Danok
24 Sep	Perak - Larian Koperasi - Taiping		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
OKTOBER			
1 Okt	WP - Jumping & Throwing Events - MSN Bukit Jalil KL		
4 - 10 Okt	Sabah Games 2017		
14 - 15 Okt	KA - OPEN TO ALL ORGANIZATION - MALAYSIA		
18 Okt	PUBLIC HOLIDAY ( Deepavali)		
21 - 22 Okt	Johor - Kejohanan Olahraga Zon-zon Selatan		
23 Okt	Pahang - Kuantan City 10KM Run - Kuantan		
28 - 29 Okt	Perak - Kejohanan Olahraga All Comers 2 - Manjung		
29 Okt	WP - 3rd MILO - FTKLAA Walk Circuit - Tmn Botani KL		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
NOVEMBER			
04-Nov	WP - ALLIANZ Pacesetters 4 x 3 KN Road Relay - Padang Merbok KL		
04-Nov	Kelantan - Track Relays		
05-Nov	WP - Pole Vault & High Jump Events - MSN Bukit Jalil KL		
12-Nov	WP- Spastic Charity Jog-Wheel A Ton - Padang Merbok KL		
19-Nov	WP - 3rd Middle & Long Distance Run - Tmn Bandar Tun Razak		
25 - 26 Nov	KA - KEMAS HARI POTENSI (KEBANGSAAN) - MALAYSIA		
26 - 27 Nov			Perak - Seminar Pegawai Teknikal Kanan - Hilir Perak

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
DECEMBER			
01-Dec	PUBLIC HOLIDAY ( Prophet Muhammad's Birthday)(Maulidur Rasul)		
4 - 8 Dec		KEJOHANAN MERENTAS DESA (Hong Kong)	
10-Dec	WP - Kids Athletics Completion - KL		
10-Dec	PP - PAAA Rong The Island Relay - Esplanade PP		
16 - 17 Dec	KA- KOM (SOUTHERN) REGIONAL GAMES - JOHOR		
16 - 20 Dec	Perak - Kem Bakat Olahraga MSN/POA - Cameron Highlands		
25-Dec	PUBLIC HOLIDAY ( Christmas)		

Nov		14 <sup>th</sup> Asian Marathon Championships Dongguan City, Guangdong Province, CHN	
Tbd		8 <sup>th</sup> International Throws Meeting Mokpo, KOR	
Mac		Western Australia Little Athletics (Perth)	

*TBC – To be confirmed – Tertakluk kepada perubahan  
Takwim 2017, Jika ada perubahan tarikh & tempat tertakluk pada penganjur*

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Guangdong  
Province, CHN







































































































































































































































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LARI BERGANTI-GANTI JALANRAYA KELANTAN











