



KESATUAN OLAHRAGA MALAYSIA  
Malaysia Athletics Federation

# MAF Calender 2020

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
<b>JANUARY</b>			
1-Jan	PUBLIC HOLIDAY ( NEW YEAR 2020 )		
1 Jan		World Athletics Walk Permit Championship, CHN	
5-Jan	FTKLAA/DBKL Car FreeDay Run Dataran DBKL, KL		
10-Jan	Selangor Half Marathon		
12-13 Jan		9th Asian Inddor Athletics Championship , Hangzhou,CHN	
19-Jan	Melaka Athletics Circuit 1, Kota Melaka	SSN Seri	
25 - 26 Jan	PUBLIC HOLIDAY ( Tahun Baru Cina )		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
<b>FEBUARY</b>			
1 Feb	Hari Wilayah Persekutuan KL, Labuan, Putrajaya / <i>Federal Territory Day</i>		
08 - Feb	THAIPUSAM		
14-16 Feb	Malaysia Politeknik Athletics Championships, Tg.Malim		
15-Feb	Walk Circuit 1/2020 Kangar Perlis		
15-Feb	Ten Cents Marathon, Selangor		
15-Feb	Melaka Athletics Circuit 2, Seri Kota Melaka	SSN	
22-23 Feb			Kid's Athletics Coaching Course ,Kuching , Sarawak
22-23 Feb	Perak All Comers 1 , Perak Stadium Ipoh / Tg. Malim		
22-Feb	Budi Half Marathon , Putrajaya		
TBC		GCC 11th U18 (Boys & Girls) BRN	

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
<b>MARCH</b>			
1 Mac	FTKLAA Under Distance, MSN Stadium		
2-7 Mac			IAAF Level 1 Lecturer Course
6-8Mac			Pahang Technical Official Course , K.Lipis

7 Mac	Kelantan Relays Competition, Kota Bahru		
7-8 Mac			Perak Technical Seminar, Kroh, Perak
8 Mac	Selangor Women's Marathon		
7-8 Mac	Perlis Open Athletics Championship, Kangar Perlis		
8 Mac	KL City Day Half Marathon, Dataran Merdeka , KL		
10-21 Mac			IAAF Level 1 Coaching Course, Beaufort Sabah
14-15 Mac	National MAF/NSC Under 20 Circuit 1		
15 Mac		Asian 20KM Race Walking Championship, Nomi City, JPN	
21 Mac	IMSC 21KM Beach Run 2020 , Balok Kuantan		
22 Mac	(PUBLIC HOLIDAY) ISRA AND MI'RAJ		
23 Mac			Technical Rules Revision Course, Kuantan Pahang
28-29 Mac	56th Melaka Open Championships, Stadium SSN Seri Kota, Melaka		
29 Mac		15th Asian Cross-Country Championships, Hong Kong CHN	
29 Mac		World Athletics Half Marathon, Poland	

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
<b>APRIL</b>			
5-Apr	FTKLAA Road Relay/ City Day Marathon, Dataran Merdeka		
6-11 April			IAAF Level 2 Coaches Course, Bkt. Jalil KL
11-Apr			National Gred 1/2/3 Technical Exam
12-Apr			Sprint & Hurdles Coaching Clinic ,Kuantan
12-Apr	FTKLAA Jumps & Hurdles, Stadium, KL MSN		
15-19 Apr	Malaysian School Sport Council Championships, Seremban NS		
17-18 Apr			Kid's Athletics Coaching Course ,Banting , Selangor
18-19 Apr	Pahang Kids Athletics Championship, Kuala Lipis Pahang		
TBC		South East Asia Youth Athletics Championships, INA	

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
<b>MAY</b>			
1-May	PUBLIC HOLIDAY ( Labour day)		

7-May	PUBLIC HOLIDAY ( Wesak day)		
14-17 May		19th Asian Junior Athletics Championships, Bangkok THA	
24 - 25 May	PUBLIC HOLIDAY ( Hari Raya Puasa)		
31-May	54th Pahang Open Championships, Gambang Pahang		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
JUNE			
4-Jun	PUBLIC HOLIDAY ( Agong's Birthday)		
5-7 Jun	National MAF/NSC Under 20 Circuit 2		
6-Jun	8th Milo/FTKLAA Walk Circuit 1 Bukit Jalil, KL		
8-19 Jun			MAF Level 1 Coaching Course, Kuala Terengganu
12-14 Jun	Johor Open Athletics Championships , Mt.Austin Stadium Johor Bahru		
13-Jun	Kubang Gajah - Kanggar Baton Run		
13-Jun	Melaka Athletics Circuit 2, SSN Seri Kota Melaka		
13-14 Jun		International Competition T.Kolpakova, Bishkek KGZ	
14-Jun	KL Standard Chartered Marathon 2020 , Kuala Lumpur		
14-Jun	Star Walk, Ipoh Perak		
19-20 Jun	Kedah Open Athletics Championships		
20-21 Jun			Kid's Athletics Coaching Course , Kuala Terengganu
20-21 Jun	Perak Open Championships , Bagan Serai Perak		
20-24 Jun	SOPMA Athletics Championships , Mt.Austin Stadium Johor Bahru		
22 Jun	Nuzul Al-Quran (WP KL, Putrajaya, Kelantan, WP Labuan,Pahang, Perak, Perlis, Penang, Selangor & Terengganu only)		
26-27 Jun	Kelantan Athletics Championships, Kota Bahru		
27-28 Jun	2 nd Malaysia Grand Prix 2020		
27-28 Jun		G.Kosnanov Memorial, Almaty,KAZ	

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
JULY			

4-Jul			Perak IIR Technical Official Seminar, Ipoh
4-Jul	8th Milo/FTKLAA Walk Circuit 2 Jalil, KL	Bukit	
5-Jul	Ipoh International Run, Perak	Ipoh	
5-Jul	Run Out Marathon Pahang,	Kuantan	
7-Jul			World Under 20 Championship, Nairobi
11-Jul	Kuantan Twin Bridge Half Marathon,	Kuantan Pahang	
13-18 Jul			MAF Level 2 Coaching Course, Kuantan
15 - 18 Jul	SUKMA 2020 - JOHOR		
18-Jul	Perak Kid's Athletics Championships, Hulu Kinta, Perak		
19-Jul			Asian Half Marathon, Chiang Rai, THA
19-Jul	Seremban Half Marathon, NS	Seremban	
TBC	Perlis Marathon 2020, Kangar Perlis		
31-Jul	PUBLIC HOLIDAY (HARI RAYA HAJI)		

\* Subject to change, Tertakluk kepada perubahan

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
AUGUST			
1 Aug	PUBLIC HOLIDAY (HARI RAYA HAJI)		
1-Aug	8th Milo/FTKLAA Walk Circuit 3 Jalil, KL	Bukit	
3-14 Aug			IAAF Level 1 Coaching Course, Ipoh Perak
7-8 Aug			Kid's Athletics Coaching Course, Kluang/Kota Bahru
8-Aug	South Kedah AAA Championship		
8-9 Aug	FTKLAA Open Championships, Stadium KL	MSN	
9-Aug	FTKLAA Walk Championship, KL	Bukit Jalil	
14-16 Aug	National MAF/NSC Under 20 Championship		
18-22 Aug	Para Sukma 2020, Mt.Austin Stadium Johor Bahru		
22-23 Aug			Mokpo International Throws Meeting, Mokpo, KOR
22-23 Aug	Negeri Sembilan Open Athletics Championship, Paroi NS		
20 Aug	PUBLIC HOLIDAY (AWAL MUHARAM)		
TBC	Selangor Open Athletics Championships		

30-Jan	Melaka Marathon 2020, Dataran Klebang, Melaka		
31 Aug	PUBLIC HOLIDAY ( National Day)		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
<b>SEPTEMBER</b>			
4-6 Sept	97th MAF Athletics Champoinships		
5-6 Sept			Kid's Athletics Coaching Course , Melaka
14-19 Sept			IAAF Level 2 Coachers Course, Bkt. Jalil KL
16 Sept	Kelantan Field Events, Kota Bahru		
16 Sept	PUBLIC HOLIDAY (Malaysia DAY)		
19-20 Sept			Perak Walk Clinic and Walk Competition, Kerian Perak
25-26 Sept	Johor AA Under 20 Circuit 1		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
<b>OKTOBER</b>			
9-10 Okt	Johor AA Under 20 Circuit 2		
16-17 Okt			Kid's Athletics Coaching Course , Penang
17-18 Okt	Perak All Comers 2 , Perak Stadium Manjung,Perak		
23-24 Okt	LHDN Athletics Champioship, Johor Bahru		
23-24 Okt			Kid's Athletics Coaching Course , Kedah & Perlis
25 Okt	Melaka AA - The Shore Tower & 10km Run, Melaka		

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
<b>NOVEMBER</b>			
1-Nov	FTKLAA/DBKL Car FreeDay Run Dataran DBKL, KL		
7-8 Nov	Johor AA Under 20 Circuit 3		
7-8 Nov			Kid's Athletics Coaching Course , Kuantan/Ranau/Tawau
11-Nov	Kelantan Road Relays, KotaBahru		
14-Nov	PUBLIC HOLIDAY ( Deepavali)		
20-21 Nov			Kid's Athletics Coaching Course , Kota bahru
TBC	Uni MAP Open & Close Championships , Arau Perlis		
TBC		2nd West Asian Athletics Championship Under 20 , OMN	

DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
DECEMBER			
7-Dec	Melaka Road Relay & Cross Country		
16-20 Dec			Perak Athletics Talent Camp, Cameron Highlands
24-Dec	PUBLIC HOLIDAY ( Prophet Muhammad's Birthday)(Maulidur Rasul)		
25-Dec	PUBLIC HOLIDAY ( Christmas)		
TBC		GCC 31st Cross Country (Senior--/U20/U18) KUW	
TBC		4th West Asian Senior Tracks & Field , IRQ	