



KESATUAN OLAHRAGA MALAYSIA  
Malaysia Athletics Federation

## MAF CALENDER 2021

JANUARY			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
1 Jan	PUBLIC HOLIDAY ( NEW YEAR 2021 )		
06-Jan		World Athletics Cross Country Permit	San Giorgio, Italy
29-Jan		World Athletics Indoor Tour	Karisruhe, Germany

FEBUARY			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
15-28 Feb			MAF Level 1 Coaching Course (Online) (Perlis)

MARCH			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
16 Mac	Malaysia Marathon League Challenge - Virtual Run Penang		
15-28 Mac			MAF Level 1 - ONLINE
26-27 Mac			Kelantan Technical Officials Course
26 Mac-6Apr			WA L1 Coaching Course Stadium Kluang, Johor

APRIL			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
6-8 Apr	Penang Kejohanan Pembangunan Fasa 1 -City Stadium		
9-10 Apr	Kejohanan Tertutup Johor Stadium Mt Austin, Johor		
10-11 Apr	2nd Malaysian Grandprix Bukit Jalil KL		
5-12 Apr			WA Level 2 - MAF/ADC Jakarta (Throws, Sprints & Hurdle)
11-Apr	PAAA Round The Houses Relay - Transkiran		
17-Apr	Kejohanan Olahraga POA Perlis Stadium Tuanku Syed Putra, Perlis		

19-Apr			Kursus Kepegawaian - PKSW
24-Apr			Introduction & Awareness Seminar for Kids Athletics Series 1 SAAA, KUCHING SARAWAK
24-Apr	Kelantan Road Relay		

MAY			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
1-2 May		World Athletics Relays Silesia, Poland	
8-May	SARAWAK Kids Athletics Course Series 2, SAAA Kuching		
20-23 May		24th Asian Athletics Championship - Hangzhou City China	
22-23 May	FTKLAA All Comers Meet 1 Bukit Jalil KL		
28-29 May	Kejohanan Terbuka Persatuan Olahraga Amatur Negeri Kedah Ke-68, Alor Setar		
28 May - 10Jun			WA 1 Kursus Kejurulatihan - Stadium Kluang, Johor
29 May - 10Jun			WA 1 Kursus Kejurulatihan - SSNTHO Kluang, Johor
29-30 May	Perak All Comers 1		
29-30 May	FTKLAA 9yrs - 12yrs Athletics Meet Bukit Jalil, KL		

JUNE			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
1-13 Jun			WA Level 1 - IPG Kampus Gaya, Sabah
4-6 Jun	Penang Kejohanan Pembangunan Fasa 2 - City Stadium		
5-6 Jun		Taiwan Open Athletics Championships - Taiwan	
11-13Jun	Malaysia National Open Athletics Championships - Bukit Jalil, KL		
26-27 Jun	Melaka Open Athletics Championship - Stadium UTeM, Melaka		
26-27 Jun	Sarawak Open Athletics Championship		
27-Jun	FTKLAA Milo Walk Circuit 1. Padang Merbok, KL		
27-Jun	FTKLAA Go For It Cross Country, Padang Merbok, KL		

JULY			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
4-Jul	FTKLAA Go For It Cross Country - Padang Merbok ,KL		
3-4 Jul			MAF Women Coaching Course Kuching Sarawak
5-18 Jul			WA Level 1 - PO Daerah Beaufort
9-10 Jul	Kelantan State Championship		
10-11 Jul	PENANG Open 2021 City Stadium, Penang		
11-Jul	FTKLAA 2ND Kuala Lumpur City Day Half Marathon - Dataran Merdeka ,KL		
17-18 Jul	FTKLAA State Meet Bukit Jalil , KL		
22-29 Jul			WA Level 2 - MAF/ADC Jakarta (Jumps, M&LD)
24-Jul	FTKLAA / Milo Road Relay Padang Merbok , KL		
24-25 Jul	Malaysian U20 Athletics Championship - MSN Training Stadium Bukit Jalil, KL		
24-25 Jul	Penang State Level Kid's Athletics		
25-Jul	Ambank Run Padang Merbok , KL		
28-29 Jul	ATM Meet Perak Lumut,		
30-31 Jul		Olympic Games Tokyo , Japan	
31 Jul - 1 Aug	Perak Open		

AUGUST			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
01 - 08 Aug		Olympic Games Tokyo , Japan	
2-7 Aug			WA Level 1 Lecturer Course - WA/ISN
6-8 Aug	JOHOR TMJ Cup Track & Field Stadium Mt Austin, Johor		
14-15 Aug	Terengganu Open Athletics Championship		
16-20 Aug	MSSN Negeri Sembilan		
17-22 Aug		World Athletics U20 Championship Nairobi, Kenya	
22-Aug	FTKLAA Milo Walk Circuit 2 Padang Merbok , KL		
29-Aug	FTKLAA Jumps Throws Bukit Jalil , KL		

SEPTEMBER			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
3-5 Sept	SUPER Perak		
4-Sep	Kelantan Field Championship		
10-21 Sept			MAF Level 1 - MAF/MSN
11-12 Sept		Asian Throwing Championships Makpo, Korea	
11-12 Sept	FTKLAA Malaysia Marathon 2021 Dataran Merdeka , KL		
19-Sep	PENANG Tanjung 10KM Padang Pola		
26-Sep	FTKLAA Run For Natioanl Unity 2021 - Taman Botani, KL		

OKTOBER			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
4-15 Okt			Olympic Solidarity/ WA L1 Coaches Course - IOC/WA/OCM/MAF
10 Okt	FTKLAA Milo Wik Circuit 3 Padang Merbok, KL		
16-17 Okt	FTKLAA All Comers Meet 2 Bukit Jalil, KL		
23-24 Okt	15th SEA Youth Athletics Championship - Nasional Stadium, Bukit Jalil, KL		
23-24 Okt	Sarawak U20 Athletics Championship		
24 Okt	FTKLAA 15km Run Padang Merbok , KL		
24 Okt	NS Under Age Competition		
30-31 Okt	Perak All Comers 2		
TBC		4th Asian Youth Athletics Championship Kuwait City, Kuwait	

NOVEMBER			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
06-Nov	Kelantan Relay Carnival		
07-Nov	FTKLAA / DBKL Car Free Run Dataran DBKL, KI		
8-13 Nov			WA L1 & L2 Lecturer Course - ADC Jakarta/ MAF (Coaches Hurdles&Sprints, M&LD)
13-Nov	Melaka Over Distance Championships SSN Seri Kota Melaka		

13-Nov			Kedah - Seminar Pegawai Teknikal (Star City Hotel, Alor Setar)
23-27 Nov		31 st SEA Games Hanoi, Vietnam	
28-29 Nov	PONS/MSN Open Athletics Championship		
28-Nov	FTKLAA Spastic Run 2021 Merbok, KL	Padang	

DECEMBER			
DATE	LOCAL COMPETITION	OVERSEA COMPETITION	COURSE / SEMINAR
4 Dec	Melaka Road Relay Stadium Hang Jebat, Melaka		
12-Dec	FTKLAA Goodbye 2021 & Welcome 2022 Run Dataran Merdeka, KL		
12-Dec	PAAA Round The Island Relay Esplanade, Penang		
17-21 Dec	Kem Bakat Olahraga Perak		
10-23 Dec			WA L1 Kursus Kejurulatihan - Stadium Kluang, Johor
10-23 Dec			WA L1 Kursus Kejurulatihan - SSNTHO Kluang, Johor