

MRCA-KPDNKK CHARITY RUN 2016
THE PLACE, ONE CITY, SUBANG JAYA
20 NOVEMBER 2016

RACE DAY PROGRAMME – Sunday, 20 November 2016

TIME	ACTIVITIES
5.30am	Reporting of Crew
6.00am	Arrival of Runners Baggage Deposit Service Starts @ Baggage Tent Medical Tent service starts @ Medical Tent
6.40am	Aerobic Warm Up in front of stage
6.55pm	10.8km Runners to assemble at Start Line
7.00am	Start of 10km Category A, B, C & D 5.3km Runners to assemble at Start Line
7.15am	Start of 5.3km Category E & F
7.30am	Registration of Team event @ The Place
8.30am	Reporting of Team Event runners at Start Line
9.00am	Start of Team Event
10.00am	Expected completion time of Team Event Dance Performance by Charity Homes
10.30am	Speech by Organising Chairman, Ricky Thye Speech by MRCA President, Dato' Garry Chua
11.00am	Prize Giving Ceremony
12.00pm	Presentation of Mock-up Cheque to Charitable Homes
12.30pm	End of Event Closure of Baggage Deposit Service