

Programme:

Time	Agenda
6.30am	Media registration
	Warm up session by Atilia Haron
6.45am	Flag-Off for <b>Category A</b> – 12km Competitive Run
7.00am	Flag-Off for <b>Category B</b> – 5km Fun Ride
7.10am	Flag-Off for <b>Category B</b> – 5km Fun Run
8.15am	Media interview with Puan Sri Dr Azura Ahmad Tajuddin, President of PETRONITA
	Performance <ul style="list-style-type: none"> <li>• Psycusix</li> <li>• String Quartet by MYPO</li> <li>• Percussion Band by Spastic Children's Association of Selangor and Federal Territory</li> </ul>
9.00am	Prize Giving Ceremony & Mock Cheque Presentation
9.20am	Performance <ul style="list-style-type: none"> <li>• Rhythmic Gymrama by Institute-HEARS</li> <li>• Joe Flizzow</li> </ul>
10.30am	End of Programme