

RELAY FOR LIFE KL 2009 - 30 & 31 May 2009
LIST OF COMPETITIONS, GAMES & RACES

Name/Team Name _____
 Name of Team Leader _____
 Contact No _____

1. All decisions made by the organizing committee will be final.
2. Please keep in mind that these are all friendly competitions done in the spirit of RFL in the name of charity.
3. The organizing committee may change the games and schedule stated herein.
4. Enquiries & information: RFL hotline 03-2692 7705 or NCSM 03-2698 7300

If you wish to participate in any of the following, please complete this form, tick the appropriate box(es) and hand it in at the NCSM Marquee.

Registration Opens 30 May 4pm
 Registration Close 30 May 11pm

Tick to register	COMPETITIONS	Description	Participation Age	No in Team	Max No of Teams
	Quiz	Quiz A & Crossword	No age limit	2	10-20
	Most Creatively Dressed Team	Wear costumes e.g. Cicak Men, Dragon Ball, Superheroes, Desperate Housewives or anything else	No age band	Min 8 Max 10	No limit
	Word Search	Puzzle	No age limit	2	20-30
	Junior Word Juggler	Puzzle	Age 9-12	2	10-20
	Miss Relay Pageant 2009 Registration 4pm - 5.30pm	Team appoints a MALE member to dress up and compete for the crown	MALE ADULT	not applic.	12
	Poster Competition 1	Individuals. Theme: Celebrate	Age 6-12	1	50
	Poster Competition 2	Individuals. Theme: Remember	Age 12-16	1	50
	Banner Competition	Team. Theme: Anti-Tobacco	College/ Adults	10	10
	Best Decorated Tent	Decorate your camping tent with whatever you wish (please take care of the camping tent)	No age limit	Min 8 Max 10	All camping tents
	Quiz & Puzzle	Quiz B & Word Juggler	Age above 12	2	20-30
	Scavenger Hunt	Hunt for items/people around the stadium	No age limit	2	10-20
	Most Outrageous Pyjamas	Be on the track with your crazy pyjamas when the PYJAMA LAP is announced	No age limit	1	No limit
	Tug of War	Tarik sajalah - 6 to pull, 1 reserve, 1 cheerleader (Men teams & Ladies teams)	18 & above	8	12

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LIST OF RACES, COMPETITIONS & GAMES

Tick to register	INFIELD GAMES (from 1am)	Description	Participation Age	No in Team	Max No of teams
	Pillow Fight	Ice breaker, make new friends	No age limit	40	2
	Stomp the Cancer - Level 1	A different version of musical chairs		2	60
	Stomp the Cancer - Level 2	Winners from level 1 proceed to level 2		2	20
	Memory Game (2 rounds if time allows)	Large scale memory game on the infield		2	10
	Egg & spoon	Race with egg & spoon		10	6
	Balloon bursting	Ice breaker, make new friends		2	No limit
	Jigsaw Hunt	Collect all the pieces from stations and assemble as fast as possible		5	6
	Passing the balloon	A test of teamwork & coordination		10	6
	Back Dash	Race backwards		10	6
	Traditional Games	Introducing, teaching & playing congkak, rope skipping, etc		TBD	TBD

Tick to register	RACES ON TRACK (From 12am)	Description	Participation Age	No in Team	Max No of teams
	Kids Relay	4 X 25m race (6 teams a heat). Best of 3 for each heat. Finals - 6 teams	12 and below	4	12
	Family Relay	Relay as a family & dress up at the same time	Family	8	12
	3-legged Race	If you haven't tried it before, cubalah!	No age limit	8	6
	College/University Relay - girls	4 X 100m race (6 teams a heat). Best of 3 for each heat. Finals - 6 teams	college	4	12
	College/University Relay - boys		college	4	12
	Banana Race	Join in and find out	No age limit	10	6
	Business House Relay	4 X 100m race (6 teams a heat). Best of 3 for each heat. Finals - 6 teams	Adults	4	12
	Gunny Sack race	Kalau u tak tahu ini.....	No age limit	10	6
	Endurance Race (4-6am)	Individual Race based on the number of laps done within 1 1/2 hours	No age limit	1	30