

TENTATIVE RUN FOR UNITY

MASA	AKTIVITI
6.00 AM-7.00 AM	Pendaftaran & Pengambilan cenderamata peserta
	Solat Subuh
7.00 AM - 7.15 AM	Taklimat Larian
7:15 AM - 7:35 AM	Senamrobik
7.35 AM - 9.50 AM	Larian Marathon RFU bermula (10km)
8.05 AM - 9.35 AM	Larian Marathon RFU bermula (5km)
9.50 AM	Masa Potongan Larian Marathon RFU
10.00 AM - 11.00 AM	Majlis Penutup
11.00 AM - 11:30 AM	Bersurai & Pembersihan (CREW)