



Penang State Government

International Women's Day Celebration 2014 & JCI Pearl Women's Run 2014

Organised by the Penang State Executive Committee on Youth and Sports, Women, Family and Community Development in collaboration with the Penang Island Municipal Council (MPPP), JCI Pearl, Penang Women's Development Corporation (PWDC), Penang State Sports Council (MSNPP) and Penang Amateur Athletic Association (PAAA)

**Sunday, 9th March 2014, 6.00 am – 12.00 pm
Padang Kota Lama (Esplanade), George Town, Penang**

Programme

Time	Item
6.00 am – 7.00 am	Registration of runners for JCI Pearl Women's Run 2014 & Group warm up for runners
7.15 am	Flag-off of run by Penang women leaders
7.45 am – 8.15 am	Tai Chi (interactive workshop focusing on self-defence)
8.15 am – 8.45 am	Briged Wanita Pulau Pinang Parade
8.45 am – 9.30 am	Launching Ceremony <ol style="list-style-type: none"> 1. Speech by YB Chong Eng, Penang State Exco for Youth and Sports, Women, Family and Community Development 2. "One Billion Rising" Dance and launch of Penang State Government's International Women's Day 2014 celebration by Penang women leaders 3. Presentation of tokens of appreciation
9.30am – 9.50 am	Aerobics (interactive performance)
9.50 am – 10.10 am	Zumba (interactive performance)
10.10am – 10.30 am	Martial arts performance by women athletes
10.30 am – 11.00 am	Prize-giving ceremony to winners of JCI Pearl Women's Run 2014
11.00 am – 11.30 am	Lucky Draw for Runners
12.00 pm	End