

January 10, 2014.

The 18th Asia Masters Athletics Championships

1. Organization (To be confirmed)

- (1) Host : Asia Masters Athletics / Japan Masters Athletics /
The 18th AMAC Executive Committee
- (2) Co-Hosts : Iwate Prefecture / Iwate Board of Education /
Kitakami City / Kitakami City Board of Education / The Asahi Shimbun Company /
Iwate Nippo Co., Ltd. / Iwate Nichinichi Shimbun,
- (3) Auspices : Ministry of Education, Culture, Sports, Science and Technology / Ministry of Health /
Labor and Welfare / Ministry of Land, Infrastructure, Transport and Tourism /
Ministry of Foreign Affairs / Reconstruction Agency / Japan Association of Athletics
Federations / Iwate Amateur Sports Association / Kitakami City Athletic Association
/ Iwate Athletic Association / Asahi Broadcasting Corporation / TV Asahi Corporation
/ Nikkan Sports News / NHK(Japan Broadcasting Corporation) Morioka

2. Dates : Friday, September 19, 2014 through Tuesday, September 23, 2014.

3. Venue : *Athletic Field of Kitakami Sports Park
27-36 Takamaedan, Aisari-cho, Kitakami-city, Iwate-prefecture 024-0051, Japan.
Tel: +81 197 67 6723 Fax: +81 197 67 6721

4. Competition :

- (1) Age Groups : 1. Participants will belong to the age groups according to their ages on the first day of
the competition (as of September 19, 2014).
2. Asia Masters Events will be for 35 years or older.
3. Age Groups: Age on September 19, 2014

e.g.: Born on Sept. 19, 1939 will be M / W75,

Born on Sept. 20, 1939 will be M / W70.

Events	MEN	WOMEN	Age
Age Group	M35	W35	35-39
	M40	W40	40-44
	M45	W45	45-49
	M50	W50	50-54
	M55	W55	55-59
	M60	W60	60-64
	M65	W65	65-69
	M70	W70	70-74
	M75	W75	75-79
	M80	W80	80-84
	M85	W85	85-89
	M90	W90	90-94
	M95	W95	95-99
M100+	W100+	100 and older	

- (2) Events:
1. Championships include Asia Masters Athletics officially recognized events for male and female.
 2. Relays will be 4x100mR and 4x400mR in age groups for both male and female. Relay teams will be formed in each prefecture / country*.
 3. Entry limit: Each participant can enter in 4 events that do not include relays.

Asia Masters Athletics Championships events

Events		Age Groups		Cut-off time
		Men	Women	
Track Events	100m	All	All	
	200m	All	All	
	400m	All	All	
	800m	All	All	
	1500m	All	All	10 minutes
	5000m	All	All	M35-55: 30 minutes M 60- : 40 min. W35-45: 35 min. W50-: 40 min.
	10000m	M35-45		M35: 50 min. M40-45: 60 min.
	5000mW	All	All	M / W35-55: 55 min. M / W60- : 65 min.
	80mH	M70-90	W40-85	
	100mH	M50-65	W35-35	
	110mH	M35-45		
	200mH	M80-90	W70-80	
	300mH	M60-75	W50-65	
	400mH	M35-55	W35-45	
	2000mSC	M60-90	W35-80	25 minutes
	3000mSC	M35-55		20 minutes
	4x100mR	Age Groups	Age Groups	*
	4x400mR	Age Groups	Age Groups	*
	Jumps	High Jump	M35-90	W35-80
Pole Vault		M35-90	W35-80	
Long Jump		All	All	
Triple Jump		All	All	
Throws	Shot Put	All	All	
	Discus	All	All	
	Hammer	All	All	
	Javelin	All	All	

* Relay team will be formed one team per each country.

* There will be cut-off time for 1500m, 5000m, 10000m, 5000mW, 2000mSC and 3000mSC.

5. Entry

(1) Entry from Asia

1. Entries should be submitted through the only Asia Masters Athletics affiliates of the country / area. Entries not through these organizations can not be accepted.
2. Each Asia Masters Athletics affiliate should compile the entries and fees and submit to the Executive Committee by July 15, 2014. (Entries without fees can not be accepted.)
3. Relay entries should be submitted with the entries of other events (Relay member orders should be submitted by 5 p.m. of the second day of the Event, September 20, 2014.)

4. Fees

AMA Membership Due:	US\$10 ... (1)
Event Entry Fee:	1 Event \$25 + (1) = US\$35
	2 Events \$40 + (1) = US\$50
	3 Events \$55 + (1) = US\$65
	4 Events \$70 + (1) = US\$80

Relay Event: 1 Team US\$40

International Athletes' Party Fee: US\$30

- (2) Entry Form, Rules and other details will be on our web site.

Contact : The 18th AMAC Executive Committee
2-22-6, Higashi-Azabu, Minato-ku, Tokyo
106-0044, Japan
entry@mastersgames.jp
81-3-6802-8803
from 9:30 a.m. to 5:30 p.m., Monday – Friday