

ASIA MASTERS ATHLETICS CHAMPIONSHIPS (AMAC 2025)

TECHNICAL HANDBOOK

5th – 9th NOVEMBER 2025

CHENNAI, TAMIL NADU





Welcome To Chennai, Tamil Nadu
"Asia Masters Athletics Championships 2025"

Welcome to Tamil Nadu, India 23rd Asia Masters Athletics Championships 2025.

On behalf of the Government of Tamil Nadu, it gives me immense pleasure to welcome all the distinguished athletes, officials, and guests to the 23rd Asia Masters Athletics Championships 2025, being hosted in our vibrant and culturally rich state.

Tamil Nadu is honoured to host this prestigious event that celebrates excellence, perseverance, and the spirit of sportsmanship among masters' athletes from across Asia and beyond. It is a proud moment for us to bring together such inspiring individuals from diverse backgrounds for this grand sporting occasion.

Our state has consistently promoted sports and youth development, and we are proud to offer world-class facilities, efficient organization, and warm hospitality to ensure a successful championship. As you compete, connect, and celebrate the spirit of athletics, we also invite you to experience the heritage, culture, and warmth that Tamil Nadu is known for. May, your stay in our state be both memorable and rewarding.

We extend our best wishes to all the participants and look forward to a truly successful and unforgettable event.

Thiru. Udhayanidhi Stalin

Deputy Chief Minister &
Minister of Youth Welfare & Sports
Development, Government of Tamil Nadu



MESSAGE
Mr. Viwat Vigrantnoros
AMA President

Greetings!

I as the President of AMA, I would like to express my sincere gratitude and admiration to the Masters Athletics Federation of India for accepting the honour of hosting the 23rd Asia Masters Athletics Championship, scheduled to take place in Chennai, Tamil Nadu from November 5-9, 2025.

The Asia Masters Athletics Championship is a premier masters athletics event in the Asian region with a long and distinguished history. It is recognized for its high standards and has become a source of pride and an aspirational goal for all master athletes.

The Asia Masters Athletics Championship represents a creative endeavour aimed at developing standards for masters athletics that benefit humanity by promoting enhanced quality of life and stronger communities. Previous Asia Masters Athletics Championships have achieved tangible success through the cooperation of each host country, garnering widespread praise and recognition.

I extend my gratitude to the Masters Athletics Federation of India, host of the 23rd Asia Masters Athletics Championship 2025, who will continue to uphold the ideals of AMA by elevating standards and developing masters athletics, bringing sustainable progress to masters athletics in Asia. The capabilities, management experience, and dedication of the Masters Athletics Federation of India constitute a powerful force that will propel Asian masters athletics forward as the premier masters athletics event of the future.

The Asia Masters Athletics sincerely hopes that the 23rd Asia Masters Athletics Championship 2025 will be a competition that brings value to "Masters Athletics" and receives support from AMA Member organizations and masters athletes from various countries through their participation, igniting the continued brilliance of "Asia Masters Athletics."

VIWAT VIGRANTANOROS



MESSAGE

Mr. S. Sivapragasam
AMA Secretary

Greetings from Asia Masters Athletics!

It is my pleasure to welcome all participants and officials to the city of Chennai, Tamil Nadu, India for the 23rd Asia Masters Athletics Championships (23rd AMAC) , from 5th – 9th November 2025.

First let us thank MAFI, India for coming forward to take up this challenge to host this big Championships in a very short time. AMA is grateful to India for hosting this championships which is looked forward by all Asian master athletes.

India has hosted the 2nd, 11th and the 14th edition of the Asia Masters Athletics Championships in 1983, 2000 and 2006 in Bangalore, India. We received very good response from the Asian countries for the above championships. We hope this 23rd AMAC will also attract more participants and countries to participate and to strengthen the unity among Asians.

I would like to seek cooperation and understanding from all Asian Countries and to give your full support to the organisers who are trying their best to stage this event successfully within a short time.

Let us all come together, compete in the name of sports spirit and strengthen and foster unity and peace among us.

Tamil Nadu is a fascinating state situated in the South of Indian Sub Continent which offers a lot of tourist attractions. We hope all master athletes and officials will have a wonderful competition and enjoy the stay in Tamil Nadu.

On behalf of AMA I wish all the best to the organisers and best of luck to all competitors.

S. SIVAPRAGASAM AMW



MESSAGE
Mr. Dharam Vir Dhillon
MAFI President

Greetings!

It is a matter of immense pride and pleasure that our nation has been given the honour of hosting the **23rd Asian Masters Athletics Championships**, to be organized by the **Masters Athletics Federation of India** in **Chennai from 5th to 9th November 2025**.

Sports are a universal language — a vital part of our shared global cultural heritage. They transcend boundaries and bridge differences, uniting people across nations, cultures, and communities. Through participation in competitive sports, we not only strive for excellence but also cultivate mutual respect, deeper understanding, and international camaraderie.

May the 23rd Asian Masters Athletics Championships be a celebration of athleticism, unity, and sportsmanship. I extend my heartfelt wishes for its grand success and for the continued growth of Masters Athletics in Asia and beyond.

DHARAM VIR DHILLON



MESSAGE
Mr. D. David Premnath
MAFI Secretary General

First and foremost, I would like to sincerely thank the Masters Athletics Federation of India (MAFI) for the confidence they have placed in me. I also extend my gratitude to the Asia Masters Athletics (AMA) Council for entrusting me with the responsibility of organising this prestigious championship.

It is truly a fitting time for India to host the 23rd Asia Masters Athletics Championships, especially as we currently hold the distinction of being the defending Asian champions, having secured the highest medal tally across the continent. This event is not just a sporting occasion, but a movement towards national fitness awareness, aligning with our vision of "Fitness through Competition," or what we proudly refer to in India as FIT INDIA.

This championship is expected to inspire thousands of citizens above the age of 35 to embrace athletics, leading to greater participation in Masters events across India. I also urge athletes to seek participation through recognised federations to ensure they are eligible for official international Masters Competitions. We must stay vigilant and informed about unauthorised competitions within the country. We are proud to welcome athletes and officials from over 30 Asian countries to Chennai, Tamil Nadu, for this momentous event. With an expected turnout of nearly 5,000 athletes, it will be one of the largest assemblies of Masters athletes in Asia.

MAFI, with the gracious support of Thiru Udhayanidhi Stalin, the Hon'ble Deputy Chief Minister and Sports Minister of Tamil Nadu, is committed to delivering a world-class event. India, renowned for its hospitality, is ready to rise to the occasion especially as we step in to host after Indonesia's withdrawal under challenging circumstances.

On behalf of the organising committee, I warmly welcome all participants and wish every athlete success. We look forward to celebrating this grand festival of athletics together in Tamil Nadu, India.

D. DAVID PREMNATH

Org. Secretary AMAC 2025



ASIA MASTERS ATHLETICS (AMA)

COUNCIL MEMBERS (23-27)

POSITION	NAME	COUNTRY
President	Mr. Viwat Vigrantnoros	Thailand
VP (General Affairs)	Mr. Merari Nainggolan	Indonesia
VP (Stadia)	Mr . Kannan Arumugam	Singapore
VP (Non-Stadia)	Ms. Wang Xiaoying	PR China
Secretary	Mr. S. Sivapragasam	Malaysia
Treasurer	Mr. Prasert Srisueb	Thailand
Women's Representative	Ms Kalaivalli R. Ratnam	Malaysia
Technical Chairman	Mr. Permsak Suriyachan	Thailand
Technical Member	Mr. S. Govindaraju	Singapore
Technical Member	Mr. Musashi Sagara N	Indonesia
Technical Member	Mr. Yao Yi-Han	Chinese Taipe
Technical Member	Mr. Tadahiko Saito	Japan

Asia Masters Athletics (AMA)

The first unofficial meeting to form a body for veteran athlete in Asia was held in the year 1983 in India. The Indonesian Veteran Athletics Association with the patronage of Indonesian Amateur Athletics Federation helped to draft and present the constitution at the meeting of the General Assembly on 26th July 1986, in Jakarta, Indonesia. The draft constitution was accepted by the General Assembly and subsequently office bearers for the Asian body was elected. It was then called as the Asian veteran Athletic Association (AVAA) and officially became the Affiliate of World Association of Veteran Athletes (WAVA) in the year 1986.

However, before the formation of a formal body for Asia master athletes, championships at Asia level were already held. The first Asian Veterans Athletics Championships were held on 27th July 1981 in Singapore.

In the year 2003, the word 'veterans' was changed to 'masters' in accordance with the change in the world body from WAVA to WMA (World Masters Athletics). AVAA followed the change and became AMA (Asia Masters Athletics). The name of the championships changed from veterans to masters as well.

Asia Masters Athletics Championships (AMAC) are held biannually. AMAC is open only to men and women who are 35 years and above who are from Asia, and are medically fit to compete.

MAFI BOARD OF DIRECTORS

- | | |
|-----------------------|---------------------|
| 1. Dharam Vir Dhillon | 5. Narasimha Prasad |
| 2. D. David Premnath | 6. Narendra Reddy |
| 3. Anita Rodriguez | 7. Raghu Kumar R |
| 4. V. N. Pathak | |

LOCAL ORGANISING COMMITTEE

The organisation of 23rd AMAC is undertaken by the 23rd AMAC Local Organising Committee
The LOC is composed of:

Position	Name
Chief Patron	Thiru. Udhayanidhi Stalin Deputy Chief Minister of Tamil Nadu
Patron	H. Dorothy Sheela
Patron	M. Shenbagamoorthy
President Org. Committee	Dharam Vir Dhillon
Secretary Org. Committee	D. David Premnath
Asst. Secretary	Anita Rodriguez
Asst. Secretary	Palanichamy
Director Coordination	M. Shenbagamoorthy
Competition Director (Technical Committee)	C. Latha
Asst. Competition Director	Srinivasan
Director Marketing Committee	Nimesh D Desai
Asst. Director Marketing Committee	Raghu Kumar R
Asst. Director Marketing Committee	George Fernandez
Director Medical Committee	Dr. Pradeep
In-charge Ceremonial Committee	T. Rukmini Devi
Member Ceremonial Committee	Joe Gao
Member Ceremonial Committee	Domnic Savio
Member Ceremonial Committee	Bidyut Bijay Mahanta
Security In-charge	Maj. Vijay Kumar
Advisor	Dogra
Advisor	Domnic Prashant
Legal Advisor	K.G. Kamath
Records, Accreditation & Certificates	Vinesh U & Team

INTRODUCTION TO CHENNAI

Chennai, the capital of Tamil Nadu and known as the "Gateway to South India," is a major industrial, commercial, and cultural center in India. It's located on the Coromandel Coast of the Bay of Bengal. The city is famous for its rich heritage, including its historical buildings and temples, and is a hub for music, art, and culture.

INTERESTING PLACES TO VISIT

Sightseeing Places in Tamil Nadu

- 1) **Chennai Central Railway Station:** Chennai Central Railway Station is famous for being the busiest railway station in South India and one of the most important railway hubs in the country. It's also recognized for its historical architecture and is a major transportation hub connecting Chennai to other major destinations.



2) Marina Beach: Marina Beach in Chennai is famous for being India's longest beach and the second longest in the world, extending for about 13 kilometres. It's a popular spot for locals and tourists alike, known for its golden sand, the Bay of Bengal, and a variety of activities like walking, enjoying street food, and observing historical landmarks.



3) **Fort St. George:** Fort St. George in Chennai is primarily known for being the first British fortress in India and the site of the first British garrison settlement. It played a crucial role in establishing British influence and trade in the region. The fort also houses St. Mary's Church, the oldest Anglican Church in India, and the Fort Museum, which showcases colonial artefacts.



- 4) **The Madras Crocodile Bank Trust & Centre:** The Madras Crocodile Bank Trust & Centre for Herpetology (Croc Bank) is famous for being the world's largest crocodile sanctuary and a leading reptile conservation organization. It's also known for its work in captive breeding, scientific research, and education.



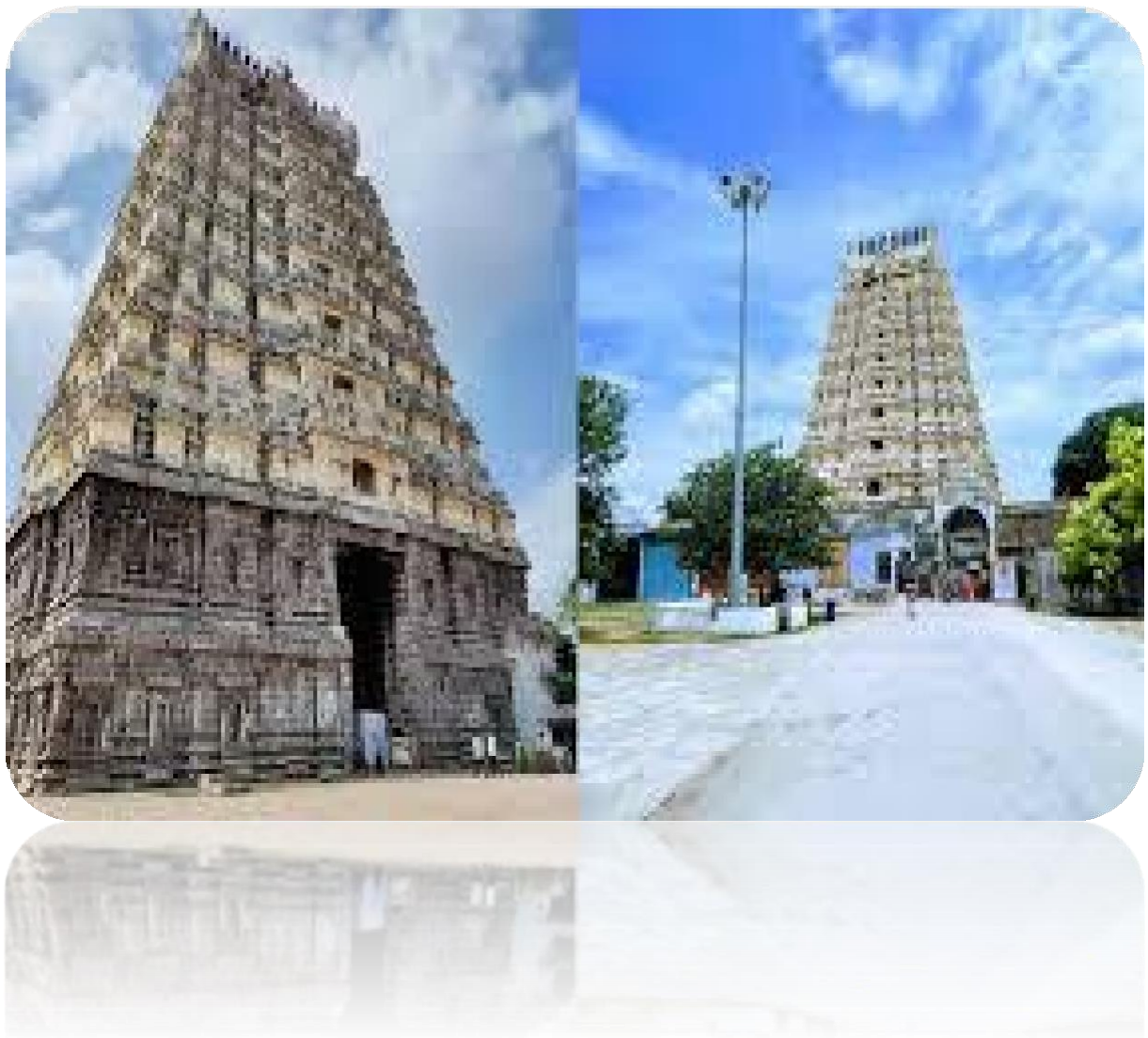
5) **Valluvar Kottam:** Valluvar Kottam in Chennai is famous for being a memorial monument dedicated to the revered Tamil poet and philosopher, Thiruvalluvar, known for his masterpiece, Thirukkural. It's a significant historical monument, featuring a temple-chariot-like structure and a vast auditorium, and is a popular tourist destination.



6) **Saint Thomas Cathedral Basilica:** Saint Thomas Church, officially known as St Thomas Cathedral Basilica and National Shrine of Saint Thomas, is a minor basilica of the Catholic Church in India, at The Saint Thomas neighborhood of Chennai, in Tamil Nadu.



7) **Sri Kamakshi Amman Temple mangadu:** Mangadu is known for the temple of "Tapas Kamakshi" or Goddess Kamakshi performing penance in Fire. This is the place where the goddess performed her penance to marry and re-unite with Lord Shiva. All 32 types of Dharmic rituals were performed here by the goddess.



8) **Government Museum Chennai:** Started in 1851, Government Museum, Chennai, or Madras Museum is the second oldest museum in India after the Indian Museum in Kolkata. Rich in archaeological and numismatic collections, the museum has the largest collection of Roman antiquities, outside Europe.



9) **Kapaleeshwarar Temple:** The Kapaleeshwarar Temple in Chennai is renowned for its stunning Dravidian and Vijayanagar architectural fusion, particularly its majestic Gopurams (towering gateways) adorned with intricate sculptures. It's also famous for its connection to the 63 Tamil Shaivite saint poets, the Nayanars, and the annual Brahmotsav festival celebrating them. The temple also houses a sacred tank and is known for its beautiful Punnai tree.



10) Cholamandal Artists Village: Cholamandal Artists' Village in Chennai is renowned for being the largest self-supporting artists' commune in India and a hub for the Madras Art Movement. Established in 1966, it's known for fostering a collective artistic spirit, showcasing adverse range of art forms, and contributing significantly to South Indian modernism.



Some helpful words in the national language (Tamil language)

ENGLISH	TAMIL LANGUAGE
Good Morning	Kalai Vanakkam
Good Afternoon	Madhia Vanakkam
Good Evening	Malai Vanakkam
Good Night	Nalla Iravu
Thank You	Nandri
Welcome	Varaverkiren
What is your name?	Ungal Peyar Enna?
Can you help me?	Neengal enakku uthava mudiyuma?

GENERAL SCHEDULE

DATE	EVENTS	VENUE	TIME
30/05/2025	Distribution of Entry Form & Comp. Rules	-	-
06/06/2025	Opening of Registrations (Online)	-	-
20/08/2025	Closing Date for Entries	-	-
31/08/2025	Closing Date for Late Entries	-	-
30/09/2025	Distribution Events Lists with names	-	-
04/11/2025 - 06/11/2025	DISTRIBUTION OF CHEST NUMBERS & ACCREDITATION CARDS	Stadium 1	11.00 am - 5.00 pm
31/10/2025 – 01/11/25	TRAINING CENTRE IN OPERATION Officials Technical Course – AMA – LOC - MAFI	Stadium 1 or 2	7.00am – 11.00am 3.00pm – 6.00 pm
04/11/25	AMA COUNCIL MEETING 2025	Hotel	3.00pm
04/11/2025	TEAM MANAGERS' MEETING	Stadium 1	10.00am
05/11/2025	23 rd AMAC OPENING CEREMONY	Stadium 1	4.30 pm
05/11/2025	WELCOME BANQUET	Indoor Stadium?	8.00pm
05/11/2025	TRACK & FIELD (DAY 1)	Stadium 1 & 2	7.00am – 8.00pm
06/11/2025	TRACK & FIELD (DAY 2)	Stadium 1 & 2	7.00am – 8.00pm
	AMA WOMEN'S COMMITTEE MEETING	Stadium 1	2.00pm – 5.00 pm
07/11/2025	TRACK & FIELD (DAY 3)	Stadium 1 & 2	7.00am – 8.00pm
	AMA GENERAL ASSEMBLY	Hotel	5.00 pm
08/11/2025	TRACK & FIELD (DAY 4)	Stadium 1 & 2	7.00am – 8.00pm
09/11/2025	TRACK & FIELD (DAY 5)	Stadium 1 & 2	7.00am – 8.00pm
	23 rd AMAC CLOSING CEREMONY CHAMPIONSHIPS FLAG HANDING OVER CEREMONY	Stadium 1	6.00pm
10/11/2025	ASIA MASTERS 10K	Stadium 1	6.30 am- 11.00 am

23rd AMAC COMPETITION RULES AND REGULATIONS and ENTRY INFORMATION

1. **HOST CITY** : Chennai, Tamil Nadu, India
2. **VENUE** :
 1. Jawaharlal Nehru Stadium (Stadium 1)
 2. Jawaharlal Nehru Stadium (Stadium 2)
3. **DATE** : 5th – 9th November 2025
4. **Contact Address:** Organising Secretary
23rd AMAC Secretariat
#14, Ground Floor, Albert Street, Richmond Road, Bengaluru - 560 025.

No. Tel : +91 8700871620 / +91 9986061235 / +91 9890637773
E Mail : internationalmafi@gmail.com / +91 9099898288
Website: www.amac2025.org

5. COMPETITION RULES

The 23rd AMAC will be conducted in accordance with the technical rules of WA, AMA / WMA and the 23rd AMAC Competition Rules.

6. EVENTS

NO	EVENT	WOMEN AGE GROUP	MEN AGE GROUP
1	100 M	All Age Groups	All Age Groups
2	200 M	All Age Groups	All Age Groups
3	400 M	All Age Groups	All Age Groups
4	800 M	All Age Groups	All Age Groups
5	1500 M	All Age Groups	All Age Groups
6	5000 M	All Age Groups	All Age Groups
7	5000M Race Walk	All Age Groups	All Age Groups
8	3000 M Steeple Chase	-	M35 – M59
9	2000 M Steeple Chase	All Age Groups	M60 – M100+
10	80 M Hurdles	W40 – W100+	M70 – M100+
11	100 M Hurdles	W35	M50 – M69
12	110 M Hurdles	-	M35 – M49
13	300 M Hurdles	W50 – W69	M60 – M79
14	200 M Hurdles	W70+	M80+
15	400 M Hurdles	W35 – W49	M35 – M59
16	4 x 100 M	All Age Groups	All Age Groups
17	4 x 400 M	All Age Groups	All Age Groups
18	High Jump	All Age Groups	All Age Groups
19	Long Jump	All Age Groups	All Age Groups
20	Triple Jump	All Age Groups	All Age Groups
21	Pole Vault	All Age Groups	All Age Groups
22	Shot Put	All Age Groups	All Age Groups
23	Discus	All Age Groups	All Age Groups
24	Javelin	All Age Groups	All Age Groups
25	Hammer	All Age Groups	All Age Groups
26	Asia Masters 10 K	As in the Entry Form	As in the Entry Form

7. AGE REQUIREMENT

The 23rd AMAC is open to all men and women born on or before 5th November **1990** who are fit and **certified healthy by medical doctor** for competition. Athletes will be classified by 5 year age groups from 35 + for both men and women. Misleading information on age during entry procedure shall be grounds for disqualification.

8. AGE GROUP

AGE	MEN	WOMEN	BORN FROM	BORN TO
35 – 39	M35	W35	6 November 1985	5 November 1990
40 – 44	M40	W40	6 November 1980	5 November 1985
45 – 49	M45	W45	6 November 1975	5 November 1980
50 – 54	M50	W50	6 November 1970	5 November 1975
55 – 59	M55	W55	6 November 1965	5 November 1970
60 – 64	M60	W60	6 November 1960	5 November 1965
65 – 69	M65	W65	6 November 1955	5 November 1960
70 – 74	M70	W70	6 November 1950	5 November 1955
75 – 79	M75	W75	6 November 1945	5 November 1950
80 – 84	M80	W80	6 November 1940	5 November 1945
85 – 89	M85	W85	6 November 1935	5 November 1940
90 – 94	M90	W90	6 November 1930	5 November 1935
95 - 99	M95	W95	6 November 1925	5 November 1930
100 – 104	M100	W100	6 November 1920	5 November 1925

9. QUALIFICATION & REGISTRATION FOR ENTRY

- 9.1 23rd Asia Masters Athletics Championships are open only to men and women who are 35 years or above by 5th November 2025, and who are medically fit to compete. Entry signifies that each competitor must follow the rules laid by the organising committee.
- 9.2 Entries shall be submitted online by the Members of Asia Masters Athletics (AMA).
- 9.3 Entries from non Members must be sent directly to 23rd AMAC LOC for approval.
- 9.4 Participants can obtain Entry Forms and all information on competition from the AMA Affiliates in their respective countries, and from: **www.amac2025.com**
- 9.5 Participants shall send the Entry Forms, copies of ID cards or passports (indicating the athlete's date of birth), fitness certificates, passport size photo and Entry Fee to the AMA Members in their countries.

10. Online Registration Procedures

- 10.1 Log into the 23rd AMAC registration website at:
www.amac2025.org , to download instruction on the online registration
- 10.2 Fill in the Online Entry Form and upload passport size photo.
- 10.3 After filling in the entry forms, the Members **must bank in the total entry fee** through online transfer to the LOC, according to the payment procedure in No.16

- 10.4 After completing the online registration, the **bank slip** must be sent by e mail (internationalmafi@gmail.com), or mail by 20th August and late entries by 31st **August 2025**, to the following address:

Organising Secretary
23rd AMAC Secretariat #14, Ground Floor, Albert Street, Richmond Road,
Bengaluru - 560 025.

11. ONLINE REGISTRATION FOR AMA MEMBERS

- 11.1 ***All Entries must be registered online through Google forms provided to Members official emails and validated by the Members.***
- 11.2 An athlete can participate in a maximum of **4 individual events (track & field), Asia Masters 10 K, and 2 relay events.**
- 11.3 **Members must collect all the entry forms and entry fee from their Master Athletes and register all the entries online through Google forms provided.**
- 11.4 Collect the entry fee from all the master athletes and bank in by 25th August 2025 (following the instruction in No. 16). Entries will only be accepted after receiving the entry fees. ***AMA Members must collect the entry form their athletes and make online entries through the Google forms provided to your official email id's.***
- 11.5 Once the online registration is over, the members must log in, check all the master athletes' details and validate the registration by **30th September 2025.**
- 11.6 If there are any corrections, Members must send e mail to LOC (internationalmafi@gmail.com) stating the corrections clearly, by 10th October 2025. If we don't receive any email by 10th October 2025, all the information given in registration will be accepted **as final, and after 10th October 2025, no changes or amendments will be entertained.**
- 11.7 **The Members are responsible for the details given in the online registration Google forms.**

12. AMA and the 23rd AMAC LOC are entitled to refuse any applications for insufficient information/documents concerning the championships participation and for failure of full payment. Once the application process is finished, relevant information will be unalterable or irretrievable. Once the fees related to the championships are paid, the fee will not be returned in the case of withdrawal and cancellation or delay of the championships due to weather or other reasons.
13. **There will be no change of event / adding of event or change of competitors after registration procedures are completed on 31st August 2025.**

14. PAYMENT PROCEDURE

- 14.1 **All entry fee payment must be done through online banking.**

Note: The AMA Fee of 20 USD per head must be paid by the respective Country In-Charge or Team Manager upon arrival. Payment must be made only in US Dollars to the AMA Treasurer.

14.2 Bank Account Details

Bank : **Canara Bank**
Basavanagudi Branch

Address : Basavanagudi, Bangalore, India

Account Name : **ORCHID TRAVELS & TOURS**

Account Number : 0403201002763

Swift Code : CNRBINBBLFD

Pan Card No. : AABFO1787B

14.3 Entry fee in US Currency should reach us in full amount without deduction of any charges for the Local Organising Council.

14.4 After banking in the total amount of the entry fee, please send the copy of the bank slip through email: internationalmafi@gmail.com and mail a copy to the LOC. Only after receiving the proof of payment the entries will be processed.

15. ENTRY FEE

NO	FEE	AMOUNT	
1	AMA Fee*	USD 20	Per person
2	Administration Fee	USD 10	Per person
3	Athlete Insurance Fee	USD 5	Per Person
3	1 st Event	USD 10	
4	2 nd Event	USD 5	
5	3 rd Event	USD 5	
6	4 th Event	USD 5	
7	Relay Event	USD 20	Per team
8	Asia Master 10 K	USD 10	
9	Late Entry Fee (up to 5 th September)	USD 15	Per event
10	Accompanying Person	USD 5	Per Person

*The AMA Fee of 20 USD per head must be paid by the respective Country In-Charge or Team Manager upon arrival. Payment must be made only in US Dollars to the AMA Treasurer.

15.1 Entry Fee is non-refundable

15.2 The person who wishes to join the banquet along with their Secretary has to pay:

USD 50- for the welcome banquet (Optional)
USD 5 - for Accreditation Card

15.3 **A RELAY TEAM** may mix age groups and compete in the younger age group. A relay team must consist of members of the same country. A relay athlete competing in a younger age group for one relay team remains assigned to the

same age group for all relays. Each affiliate may enter only one team in each relay.

Team Managers/Members should indicate the number of relay teams taking part to the LOC, at least one month before the competition date (by 5th October 2025)

Entry of relay teams and payment of the relay event fee must be submitted for registration during the Team Managers' Meeting

16. CLOSING DATE FOR ENTRIES: 20th August 2025

17. LATE ENTRIES

Permitted with a fee of **USD 15 per event** up to 31st August 2025.

No entries will be accepted later than **31st August 2025**

18. PRIZES

20.1 1st to 3rd winners (men and women) will be awarded a Medal and a Merit Certificate respectively. Diploma will be presented to first 8 winners.

20.2 Every registered competitor will be awarded a participation certificate.

20.3 For the Asia Masters 10K prizes, 1st to 3rd winners (men and women) will be awarded a Medal and a Merit Certificate respectively. Diploma will be presented to first 8 winners.

19. VICTORY CEREMONY

Victory ceremony will be coordinated by the Prize Committee members. The competition events shall be given precedence over the victory ceremonies.

20. UNIFORM

All competitors are encouraged to wear uniform that is approved by their national masters' athletics associations, especially for the relay events.

21. TEAM MANAGERS' MEETING

Date: 4th November 2025

Time: 11.00 am

Venue: **Jawaharlal Nehru Stadium, Chennai, Tamil Nadu, India.**

(Only two members from each country will be allowed to attend the meeting).

22. FINAL CONFIRMATION

Final confirmation of participants shall be handed over to the LOC by 9.00 am the previous day, except for day 1 events for which confirmation lists shall be handed over during the Team Managers' Meeting.

23. MEDICAL

23.1 Prior to the Championships all athletes must take insurance and do medical check up confirming that they are fit and healthy to participate in the championships.

23.2 During championships, a medical centre will be set up at the competition site. Only First Aid will be provided by the medical officers. Any additional medical expense is to be borne by the participant.

24. DOPING TEST

The LOC may conduct Doping test at random during the competition.

25. **OPENING CEREMONY:** 4.30 pm on 5th November 2025, at Jawaharlal Nehru Stadium, Chennai. **CLOSING CEREMONY:** 6.00 pm on 9th November 2025, at Jawaharlal Nehru Stadium, Chennai.

26. WELCOME BANQUET: 5th November 2025, at 7.30 pm

27. ASIA MASTERS 10 K: 6.30 am on 10th November 2025, at Jawaharlal Nehru Stadium, Chennai.

28. APPENDIX

WMA HURDLE AND IMPLEMENT SPECIFICATIONS

1. HURDLES

WOMEN

	AGE GROUP	RACE (M)	HEIGHT (M)	NUMBER	TO FIRST (M)	INTERVAL (M)	TO FINISH (M)
INDOOR	35-39	60	0.84	5	13	8.5	13
	40-49	60	0.762	5	12	8	16
	50-59	60	0.762	5	12	7	20
	60+	60	0.686	5	12	7	20
SHORT	35-39	100	0.84	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60+	80	0.686	8	12	7	19
LONG	35-49	400	0.762	10	45	35	40
	50-59	300	0.762	7	50	35	40
	60-69	300	0.686	7	50	35	40
	70+	200	0.686	5	20	35	40

MEN

	AGE GROUP	RACE (M)	HEIGHT (M)	NUMBER	TO FIRST (M)	INTERVAL (M)	TO FINISH (M)
INDOOR	35-49	60	0.991	5	13.72	9.14	9.72
	50-59	60	0.914	5	13	8.5	13
	60-69	60	0.84	5	12	8	16
	70-79	60	0.762	5	12	7	20
	80+	60	0.686	5	12	7	20
SHORT	35-49	110	0.991	10	13.72	9.14	14.02
	50-59	100	0.914	10	13	8.5	10.5
	60-69	100	0.84	10	12	8	16
	70-79	80	0.762	8	12	7	19
	80+	80	0.686	8	12	7	19
LONG	35-49	400	0.914	10	45	35	40
	50-59	400	0.84	10	45	35	40
	60-69	300	0.762	7	50	35	40
	70-79	300	0.686	7	50	35	40
	80+	200	0.686	5	20	35	40

2. IMPLEMENT SPECIFICATIONS

WOMEN

AGE GROUP	HAMMER	SHOT PUT	DISCUS	JAVELIN
35-49	4 kg	4 kg	1 kg	600 gm
50-59	3 kg	3 kg	1 kg	500 gm
60-74	3 kg	3 kg	1 kg	500 gm
75+	2 kg	2 kg	0.75 kg	400 gm

MEN

AGE GROUP	HAMMER	SHOT PUT	DISCUS	JAVELIN
35-49	7.26 kg	7.26 kg	2 kg	800 gm
50-59	6 kg	6 kg	1.5 kg	700 gm
60-69	5 kg	5 kg	1 kg	600 gm
70-79	4 kg	4 kg	1 kg	500 gm
80+	3 kg	3 kg	1 kg	400 gm

GENERAL VISA INFORMATION

DETAILS OF VISAS GRANTED BY INDIA

I. e-VISA

1 Eligibility

e-Visa is granted to a foreigner whose sole objective of visiting India is recreation, sightseeing, casual visit to meet friends or relatives, attending a short term yoga program, medical treatment including treatment under Indian systems of medicine and business purpose and no other purpose/ activity. This facility shall not be available if the person or either of his / her parents or grandparents (paternal or maternal) was born in, or was permanently resident in Pakistan. e-Visa facility shall not be available to holders of Diplomatic/Official passports, UNLP (UN Passport) holders and international travel document holders e.g. INTERPOL officials. List of countries whose nationals are presently eligible for e-visa is given in **Appendix I**.

2 Procedure for applying for e-Visa

The foreign national may fill in the application online on the website <https://indianvisaonline.gov.in/visa/tvoa.html> .The applicant can apply 120 days in advance prior to expected date of arrival in India.

3 Sub-categories of e-Visa

There are three sub-categories of e-Visa i.e. (a)e-Tourist Visa :For recreation, sightseeing, casual visit to meet friends or relatives, and attending a short term yoga program, (b)e- Business Visa : For all activities permitted under normal Business Visa and (c) e-Medical Visa : For medical treatment, including treatment under Indian systems of medicine. A foreign national will also be permitted to club these activities provided he/she had clearly indicated the same in the application form along with requisite documents.

4 Entrypoints

Persons holding e-Visa are allowed to enter into India only through the designated international airports namely,(1) Delhi(2) Mumbai (3)Chennai (4)Kolkata (5)Trivandrum (6) Bangalore(7) Hyderabad (8)Cochin (9)Goa (10)Ahmedabad (11)Amritsar (12)Gaya (13)Jaipur (14)Lucknow (15)Trichy (16)Varanasi (17)Calicut (18)Mangalore (19)Pune (20)Nagpur(21) Coimbatore (22)Bagdogra (23)Guwahati,(24) Chandigarh and (25) Visakhapatnam.

Further, e-visa facility is also provided for entry at 5 major Indian seaports i.e. (1) Mumbai (2) Cochin (3) Mormugao (4) Chennai and (5) New Mangalore for cruise tourists.

Persons holding e- visa can depart from any of the authorized Immigration Check Posts in India.

5 Validity

e-visa will be granted for a period up to 60 days with double entry on e-Tourist Visa and e- Business Visa and triple entry on e-Medical Visa. In the case of e-Medical Visa, extension may be granted up to 6 months on case to case basis on merits of each case by the FRRO/FRO concerned.

6 Conditions for e-Visa

e-Visa shall be non-extendable except in the case of e-Medical Visa as mentioned in para 5 above. e-visa is also non-convertible except in specific cases. Regarding conversion of e-visa to other categories of visa, please see the general policy guidelines relating to Indian visa on this website.

7 Fee for e-Visa

Fee for e-Visa for nationals of various countries will be fixed by the Government from time to time.

8 Repeat visits

e-Visa will be allowed for a maximum of two times in a calendar year to a foreigner.

II. VISA-ON-ARRIVAL

9 Eligibility

Visa-on-Arrival is granted to a Japanese national who is visiting India for business, tourism, conference and medical purposes. This facility shall not be available to the citizens of Japan if the person or either of his / her parents or grandparents (paternal or maternal) was born in, or was permanently resident in Pakistan. This facility shall not be available to holders of Diplomatic/Official passports and UN Passport holders having Japanese nationality.

10 Procedure for applying for Visa-on-Arrival

Japanese nationals would be required to fill an application form and approach the “Visa Counter” at the designated airport on arrival. After checking the eligibility criteria and payment of fee, the Immigration officer would then stamp Visa-on-Arrival on the passport.

11 Entry points

Visa-on-Arrival is provided to Japanese nationals only at 6 designated international airports namely, Delhi, Mumbai, Chennai, Kolkata, Bangalore and Hyderabad.

12 Validity

The Immigration officer may grant a double entry Visa-on-Arrival valid up to 60 days to the citizens of Japan.

13 Conditions for Visa-on-Arrival

Visa-on-Arrival shall be non-extendable and non-convertible to any other type of visa except in specific cases. Regarding conversion of Visa-on-Arrival to other categories of visa, please see the general policy guidelines relating to Indian visa on this website.

14 Fee for Visa-on-Arrival

A fee of Rs 2000/- or equivalent in foreign currency per passenger (including children), will be charged from each Japanese national.

TRAVEL AGENCIES & TOUR PACKAGES

There are many interesting and adventurous places to visit in Chennai, Tamil Nadu. Please take this opportunity to explore Chennai. Contact the following Travel agencies for more information and for booking tour packages via online.

Orchid Travel and Tours

Address: 98, 1st Floor, DV Gundappa Rd, Basavanagudi, Bengaluru, Karnataka 560004

Phone: 080 2661 7178

www.orchidtours.net

23rd AMAC ENTRY FORM

1. PERSONAL INFORMATION

COUNTRY							
FAMILY NAME							
GIVEN NAME							
ADDRESS							
POST CODE		CITY					
TELEPHONE NUMBER							
E MAIL ADDRESS							
DATE OF BIRTH		DAY		MONTH		YEAR	
GENDER		MALE				FEMALE	
PASSPORTNUMBER							

2. CATEGORY : BASED ON YOUR AGE ON 5th NOVEMBER 2025 (Put an "X")

Gender	35- 39	40- 44	45- 49	50- 54	55- 59	60- 64	65- 69	70- 74	75- 79	80- 84	85- 89	90- 94	95- 99	100+
Men														
Women														

3. EVENTS: Put an "X" before each event you want to enter

X	EVENT	Best performance In 2023 - 2025
	100 M	
	200 M	
	400 M	
	800 M	
	1500 M	
	5000 M	
	5000M Race Walk	
	3000 M Steeple Chase	
	2000 M Steeple Chase	
	80 M Hurdles	
	100 M Hurdles	
	110 M Hurdles	
	300 M Hurdles	
	200 M Hurdles	
	400 M Hurdles	
	4 x 100 M	
	4 x 400 M	
	High Jump	
	Long Jump	
	Triple Jump	
	Pole Vault	
	Shot Put	
	Discus	
	Javelin	
	Hammer	
	10 KM Asia Masters Road Race	

4. PAYMENTS

ITEM	UNIT PRICE	TOTAL
AMA Fee	USD 20	USD 20
Administration Fee	USD 10	USD 10
Insurance Fee	USD 5	USD 5
1 st Event	USD 10	USD 10
2 nd Event	USD 5	
3 rd Event	USD 5	
4 th Event	USD 5	
Relay Event	USD20	
10 K Road Race	USD 10	
Late Entry Fee (up to 20 th Sept)	USD 15 per event	
Accompanying person *	USD 5 per person	
TOTAL FEE		

* for accreditation card

5. ACCOMPANYING PERSON/S

Full Name	
Full Name	

6. Emergency Contact

Name		Telephone No.	
------	--	---------------	--

ATHLETE'S CONSENT

I hereby apply for entry to the 23rd AMAC 2025 on the following terms and conditions which form a binding agreement between me, AMA, MAFI and 23rd AMAC organisers.

I will abide by the WA rules and regulations as modified for 23rd AMAC by AMA and any special rules specified for this competition. I am physically and mentally fit to compete in the 23rd AMAC safely without causing injury to myself or other participants. I agree and consent to accept first aid medical treatment arranged by the organisers. In the event of any emergency medical treatment or services provided to me requiring the payment of fees, I agree to pay these fees upon request. I agree to indemnify, hold harmless and release the AMA, MAFI and the organisers from and against any injury, loss, damage, liability, cost, expense, demand, claim or action whether arising at common law or under statute that I may suffer or incur arising out of or in connection with my participation in the 23rd AMAC including as a result of the negligence, breach of statutory duty or any act or omission of AMA, MAFI and the organisers.

.....

Signature

.....

Date

IMPORTANT DATES

DATE	EVENTS	VENUE	TIME
30/05/2025	Distribution of Entry Form & Comp. Rules	-	-
06/06/2025	Opening of Registrations (Online)	-	-
20/08/2025	Closing Date for Entries	-	-
31/08/2025	Closing Date for Late Entries	-	-
30/09/2025	Distribution Events Lists with names	-	-
04/11/2025 - 06/11/2025	DISTRIBUTION OF CHEST NUMBERS & ACCREDITATION CARDS	Stadium 1	11.00 am - 5.00 pm
31/10/2025 – 01/11/25	TRAINING CENTRE IN OPERATION Officials Technical Course – AMA – LOC - MAFI	Stadium 1 or 2	7.00am – 11.00am 3.00pm – 6.00 pm
04/11/25	AMA COUNCIL MEETING 2025	Hotel	3.00pm
04/11/2025	TEAM MANAGERS' MEETING	Stadium 1	10.00am
05/11/2025	23 rd AMAC OPENING CEREMONY	Stadium 1	4.30 pm
05/11/2025	WELCOME BANQUET	Indoor Stadium?	8.00pm
05/11/2025	TRACK & FIELD (DAY 1)	Stadium 1 & 2	7.00am – 8.00pm
06/11/2025	TRACK & FIELD (DAY 2)	Stadium 1 & 2	7.00am – 8.00pm
	AMA WOMEN'S COMMITTEE MEETING	Stadium 1	2.00pm – 5.00 pm
07/11/2025	TRACK & FIELD (DAY 3)	Stadium 1 & 2	7.00am – 8.00pm
	AMA GENERAL ASSEMBLY	Hotel	5.00 pm
08/11/2025	TRACK & FIELD (DAY 4)	Stadium 1 & 2	7.00am – 8.00pm
09/11/2025	TRACK & FIELD (DAY 5)	Stadium 1 & 2	7.00am – 8.00pm
	23 rd AMAC CLOSING CEREMONY CHAMPIONSHIPS FLAG HANDING OVER CEREMONY	Stadium 1	6.00pm
10/11/2025	ASIA MASTERS 10K	Stadium 1	6.30 am- 11.00 am

COMPETITION SCHEDULE

MEN (Subject to change)

5th – 9th NOVEMBER 2025

Event / Age Group	35	40	45	50	55	60	65	70	75	80	85	90+
100m (Heat)	1	1	1	1	1	1	1	1	1	1	1	1
100m (Final)	1	1	1	1	1	1	1	1	1	1	1	1
200m (Heat)	3	3	3	3	3	3	3	3	3	3	3	3
200m (Final)	3	3	3	3	3	3	3	3	3	3	3	3
400m (Heat)	2	2	2	2	2	2	2	2	2	2	2	2
400m (Final)	2	2	2	2	2	2	2	2	2	2	2	2
800m (Heat)	1	1	1	1	1	1	1	1	1	1	1	1
800m (Final)	2	2	2	2	2	2	2	2	2	2	2	2
1500m	3	3	3	3	3	3	3	3	3	3	3	3
5000m	1	1	1	1	1	1	1	1	1	1	1	1
5000m Race Walk	3	3	3	3	3	3	3	3	3	3	3	3
3000m SC	5	5	5	5	5	-	-	-	-	-	-	-
2000m SC	-	-	-	-	-	4	4	4	4	4	4	4
80m H	-	-	-	-	-	-	-	2	2	2	2	2
100m H	-	-	-	2	2	2	2	-	-	-	-	-
110m H (Heat)	2	2	2	-	-	-	-	-	-	-	-	-
110m H (final)	2	2	2	-	-	-	-	-	-	-	-	-
300m H (Heat)	-	-	-	-	-	4	4	4	4	4	4	4
300m H (Final)	-	-	-	-	-	4	4	4	4	4	4	4
400m H (Heat)	4	4	4	4	4	-	-	-	-	-	-	-
400m H (Final)	4	4	4	4	4	-	-	-	-	-	-	-
4 x 100m	5	5	5	5	5	5	5	5	5	5	5	5
4 x 400m	5	5	5	5	5	5	5	5	5	5	5	5
High Jump	1	1	1	1	1	1	1	1	1	1	1	1
Long Jump	3	3	3	3	3	3	3	3	3	3	3	3
Triple Jump	1	1	1	1	1	1	1	1	1	1	1	1
Pole Vault	4	4	4	4	4	4	4	5	5	5	5	5
Shot Put	1	1	1	1	1	1	1	1	1	1	1	1
Discus Throw	3	3	3	3	3	3	3	3	3	3	3	3
Javelin Throw	5	5	5	5	5	5	5	5	5	5	5	5
Hammer Throw	4	4	4	4	4	4	4	4	4	4	4	4

1 = 5/11/2025 2 = 6/11/2025 3 = 7/11/2025 4 = 8/11/2025 5 = 9/11/2025

COMPETITION SCHEDULE

WOMEN (Subject to change)

5th – 9th NOVEMBER 2025

Event / Age Group	35	40	45	50	55	60	65	70	75	80	85	90+
100m (Heat)	1	1	1	1	1	1	1	1	1	1	1	1
100m (Final)	1	1	1	1	1	1	1	1	1	1	1	1
200m (Heat)	3	3	3	3	3	3	3	3	3	3	3	3
200m (Final)	3	3	3	3	3	3	3	3	3	3	3	3
400m (Heat)	2	2	2	2	2	2	2	2	2	2	2	2
400m (Final)	2	2	2	2	2	2	2	2	2	2	2	2
800m (Heat)	1	1	1	1	1	1	1	1	1	1	1	1
800m (Final)	2	2	2	2	2	2	2	2	2	2	2	2
1500m	3	3	3	3	3	3	3	3	3	3	3	3
5000m	1	1	1	1	1	1	1	1	1	1	1	1
5000m Race Walk	3	3	3	3	3	3	3	3	3	3	3	3
2000m SC	4	4	4	4	4	4	4	4	4	4	4	4
80m H	-	2	2	2	2	2	2	2	2	2	2	2
100m H	2	-	-	-	-	-	-	-	-	-	-	-
300m H (Heat)	-	-	-	4	4	4	4	4	4	4	4	4
300m H (Final)	-	-	-	4	4	4	4	4	4	4	4	4
400m H (Heat)	4	4	4	-	-	-	-	-	-	-	-	-
400m H (Final)	4	4	4	-	-	-	-	-	-	-	-	-
4 x 100m	5	5	5	5	5	5	5	5	5	5	5	5
4 x 400m	5	5	5	5	5	5	5	5	5	5	5	5
High Jump	2	2	2	2	2	2	2	2	2	2	2	2
Long Jump	4	4	4	4	4	4	4	4	4	4	4	4
Triple Jump	2	2	2	2	2	2	2	2	2	2	2	2
Pole Vault	3	3	3	3	3	3	3	3	3	3	3	3
Shot Put	3	3	3	3	3	3	3	3	3	3	3	3
Discus Throw	1	1	1	1	1	1	1	1	1	1	1	1
Javelin Throw	2	2	2	2	2	2	2	2	2	2	2	2
Hammer Throw	5	5	5	5	5	5	5	5	5	5	5	5

1 = 5/11/2025 2 = 6/11/2025 3 = 7/11/2025 4 = 8/11/2025 5 = 9/11/2025

20. APPLICATION / ONLINE REGISTRATION PROCEDURE

Following are required for entry processing:

20.1 Meet Application Form (may be photocopied as required) & Entry Fee

20.2 Official Documents to prove date of birth eg. Copy of passport

After completing the application form, competitors must submit package to his or her National Masters Athletics Association / Members together with the entry fee. There will be no change of event / adding of event or change of competitors after application procedure are completed.

21. ISSUE OF RECEIPT

Following acceptance of application and entry fee, Members will receive receipt from the 23rd AMAC LOC. Participating athletes should send the entries only through their National Masters Athletics Association / Members (individual entries are not accepted).