

23rd AMAC GENERAL SCHEDULE

DATE	EVENTS	VENUE	TIME
30/05/2025	Distribution of Entry Form & Comp. Rules	-	-
16/06/2025	Opening of Registrations (Online)	-	-
20/08/2025	Closing Date for Entries	-	-
31/08/2025	Closing Date for Late Entries	-	-
30/09/2025	Distribution of Events Lists with names to AMA Members for their confirmation	-	-
31/10/2025- 04/11/2025	TRAINING CENTRE IN OPERATION	Stadium 1 or 2	7.00am-11.00am 3.00pm-6.00 pm
03/11/2025- 06/11/2025	DISTRIBUTION OF CHEST NUMBERS & ACCREDITATION CARDS	Stadium 1	11.00am-5.00pm
04/11/2025	TEAM MANAGERS' MEETING	Stadium 1	10.00am
04/11/2025	Officials Technical Briefing AMA – LOC - MAFI	Stadium 1	3.00 pm
04/11/2025	AMA COUNCIL MEETING 2025	Hotel	3.00pm
05/11/2025	23rd AMAC OPENING CEREMONY	Stadium 1	4.30 pm
05/11/2025	WELCOME BANQUET	Indoor Stadium	8.00 pm
05/11/2025	TRACK & FIELD (DAY 1)	Stadium 1 & 2	7.00am-3.00pm
06/11/2025	TRACK & FIELD (DAY 2)	Stadium 1 & 2	7.00am-8.00pm
	AMA WOMEN'S COMMITTEE SEMINAR	Stadium 1	2.00pm-5.00 pm
	TECHNICAL 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-5.00 pm
	23rd AMAC CLOSING CEREMONY CHAMPIONSHIPS FLAG HANDING OVER CEREMONY	Stadium 1	6.00pm
10/11/2025	ASIA MASTERS 10K		6.30am-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. ENTRY - 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 is completed.

21. ISSUE OF RECEIPT

Following the acceptance of application and entry fee, AMA Members (National Masters Athletic Association) will receive receipt from the 23rd AMAC LOC.

Participating athletes should send the entries only through their National Masters Athletics Association / AMA Members (**individual entries are not accepted**).

24th June 2025