

## What do I wear to which competition ?

**GENERAL NOTE** – there are no qualifying requirements for any masters event. If you are old enough, you are able to enter and compete.

All masters events are run in 5 year age groups (eg 30-34, 35-39)

Age for all masters events is at the day of competition, or at the first day of competition if more than a 1 day event.

## Athletics competitions:

### NSW State or Country Championships:

Age: 30+

Uniform: your ANSW Club uniform

Run by Athletics NSW

To enter you must be registered with either:

- An ANSW affiliated Club, or
- Be a NSWMA associate member only, and pay an extra one-off entry fee



### Australian Masters National Championships

Age: 30+

Uniform: NSW State

To enter you need to be a financial member of NSW Masters Athletics

Head body Australian Masters Athletics: <https://www.australianmastersathletics.org.au/>

Hosted by each of our eight states/territories on a rotation basis

Held March/April each year, over a 4 day competition period

There is a Team manager/s appointed for the event, any competition issues or questions should be directed to them.



### Oceania Masters Championships

Age: 30+

Uniform: Australian

To enter you need to be a financial member of NSW Masters Athletics

Head body: Oceania Masters Athletics - <https://oceaniamastersathletics.org/>

Hosted by Oceania region countries on a rotation basis

There is a Team manager/s appointed for the event, any competition issues or questions should be directed to them, as well as EOI to be considered for relays.



### **World Masters Championships:**

Age: 35+

Uniform: Australian

To enter you need to be a financial member of NSW Masters Athletics  
Head body: World Masters Athletics - <https://world-masters-athletics.com/>

**Outdoor:** Held every 2 years alternately with World Indoor Championships  
Held June - August, over a 10 day competition period  
There is a Team manager/s appointed for the event, any competition issues or questions should be directed to them, as well as EOI to be considered for relays.

**Indoor:** Held every 2 years alternately with World Outdoor Championships  
Held around March/April, over a 7 day competition period  
There is a Team manager/s appointed for the event, any competition issues or questions should be directed to them, as well as EOI to be considered for relays.

## **Masters GAMES events:**



(eg Pan Pacs/Australian Masters Games/World Masters Games/any multi sport event):

Any event that involves more sports than just Athletics is known as a **GAMES**.  
These events are organised by corporations and are not aligned with our state or national athletics groups.

You register for these Games events as an individual competitor, and you not required to be a member of any masters association to compete.

You are not required to wear any formal uniforms for these events, but you are very welcome to wear your NSW uniform if you wish.