

Keep Track & Field fun no matter what age you are.

AAU introduces our Open and Master division for track and field in which all track and field events are offered. Men and women who have a current AAU Membership and are ages 19 and up are eligible. The Open age groups are in five year increments starting from 19-23 and 24-29. The Masters age groups are in four year increments starting at 30 (30-34, 35-39, 40-44, 45-49 etc.).

The Open and master calendar will offer many opportunities for great competition, AAU medals, awards and titles and exciting spectator support. A great opportunity for adults, coaches and parents to show the younger athletes that you are never too old to be concerned with your fitness. The exciting Olympic year has ended and the AAU open and master calendar encourages potential elite athletes to continue competing for the 2020 Olympics in Tokyo. Please check the AAU Open and Master Calendar for meet opportunities.

Meet directors interested in hosting an Open and Masters Meet must pay an additional \$20 license fee for adult competition. Meets must follow all AAU eligibility and membership rules. If an open and master competition is being held within a district or regional meet, separate youth and adult licenses are required.

