

# OFFICIAL WORLD MASTERS AGE GROUPS – MWC 2023



Male and female Masters competitors are divided into separate men's and women's classes based on five-years' age groups.

## Assignment to classes: Individual competition

Class 01	30-34 years of age
Class 02	35-39 years of age
Class 03	40-44 years of age
Class 04	45-49 years of age
Class 05	50-54 years of age
Class 06	55-59 years of age
Class 07	60-64 years of age
Class 08	65-69 years of age
Class 09	70-74 years of age
Class 10	75-79 years of age
Class 11	80-84 years of age
Class 12	85-89 years of age
Class 13	90 years and above

## Assignment to classes Relays

### Men

Class 01	30 - 34 years of age
Class 02	35 - 39 years of age
Class 03	40 - 44 years of age
Class 04	45 - 49 years of age
Class 05	50 - 54 years of age
Class 06	55 - 59 years of age
Class 07	60 - 64 years of age
Class 08	65 - 69 years of age
Class 09	70 - 74 years of age
Class 10	75 years and above

### Women

Class 01	30 - 39 years of age
Class 02	40 - 49 years of age
Class 03	50 - 59 years of age
Class 04	60 - 69 years of age
Class 05	70 years and above