

第六屆香港先進田徑錦標賽

THE 6th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

二零二零年十二月十二至十三日(星期六及日) - 白石角運動中心
12 - 13 December, 2020 (Saturday & Sunday) - Pak Shek Kok Sports Centre

| 比賽時間 Start Time | 檢錄時間 Roll Call Time | 男子 | | | | 女子 | | | |
|-----------------|---------------------|--------------|---------------|---------------|---------------|--------------|---------------|---------------|---------------|
| | | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group |
| Day 1 | | | | | | | | | |
| 0830 | 0810-0820 | | | Javelin Throw | M60 - M65 | 80m Hurdles | W40 and above | High Jump | W50 and above |
| 0835 | 0815-0825 | 80m Hurdles | M70 and above | | | | | | |
| 0840 | 0820-0830 | | | Shot Put | M40 | | | Long Jump | W30 - W45 |
| 0845 | 0825-0835 | | | | | 100m Hurdles | W35 | | |
| 0850 | 0830-0840 | 100m Hurdles | M50 - M65 | | | | | | |
| 0855 | 0835-0845 | | | | | | | | |
| 0900 | 0840-0850 | | | | | | | | |
| 0905 | 0845-0855 | 110m Hurdles | M35 - M45 | | | | | | |
| 0910 | 0850-0900 | | | | | | | | |
| 0915 | 0855-0905 | | | | | | | | |
| 0920 | 0900-0910 | | | | | | | | |
| 0925 | 0905-0915 | | | Shot Put | M30 - M35 | | | | |
| 0930 | 0910-0920 | | | | | | | | |
| 0935 | 0915-0925 | | | | | | | | |
| 0940 | 0920-0930 | | | Javelin Throw | M45 | | | | |
| 0945 | 0925-0935 | | | | | 200m | All age-group | | |
| 0950 | 0930-0940 | | | | | | | | |
| 0955 | 0935-0945 | | | | | | | | |
| 1000 | 0940-0950 | | | | | | | | |
| 1005 | 0945-0955 | | | Long Jump | M70 and above | | | | |
| 1010 | 0950-1000 | | | | | | | | |
| 1015 | 0955-1005 | 200m | M30 - M50 | | | | | Javelin Throw | W30 - W45 |
| 1020 | 1000-1010 | | | | | | | | |
| 1025 | 1005-1015 | | | | | | | | |
| 1030 | 1010-1020 | | | High Jump | M50 | | | Shot Put | W60 and above |
| 1035 | 1015-1025 | | | | | | | | |
| 1040 | 1020-1030 | | | | | | | | |
| 1045 | 1025-1035 | | | | | | | | |
| 1050 | 1030-1040 | | | Long Jump | M60 - M65 | | | | |
| 1055 | 1035-1045 | | | | | | | | |
| 1100 | 1040-1050 | 200m | M55 and above | | | | | | |
| 1105 | 1045-1055 | | | | | | | | |
| 1110 | 1050-1100 | | | | | | | | |
| 1115 | 1055-1105 | | | | | | | | |
| 1120 | 1100-1110 | | | Shot Put | M45 | | | Javelin Throw | W50 - W55 |

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|-----------------|---------------------|----------|---------------|---------------|--------------|----------|---------------|----------|--------------|
| | | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group |
| 1125 | 1105-1115 | | | | | | | | |
| 1130 | 1110-1120 | | | | | | | | |
| 1135 | 1115-1125 | | | | | | | | |
| 1140 | 1120-1130 | | | | | | | | |
| 1145 | 1125-1135 | | | | | | | | |
| 1150 | 1130-1140 | | | | | | | | |
| 1155 | 1135-1145 | | | | | | | | |
| 1200 | | | | | | | | | |
| 1205 | | | | | | | | | |
| 1210 | | | | | | | | | |
| 1215 | | | | | | | | | |
| 1220 | | | | | | | | | |
| 1225 | | | | | | | | | |
| 1230 | | | | | | | | | |
| 1235 | | | | | | | | | |
| 1240 | | | | | | | | | |
| 1245 | | | | | | | | | |
| 1250 | | | | | | | | | |
| 1255 | | | | High Jump | M45 | | | | |
| 1300 | 1240-1250 | | | Javelin Throw | M50 | | | | |
| 1305 | 1245-1255 | | | Shot Put | M60 - M65 | | | | |
| 1310 | 1250-1300 | | | Long Jump | M30 - M35 | | | | |
| 1315 | 1255-1305 | | | | | | | | |
| 1320 | 1300-1310 | | | | | 800m | All age-group | | |
| 1325 | 1305-1315 | | | | | | | | |
| 1330 | 1310-1320 | | | | | | | | |
| 1335 | 1315-1325 | | | | | | | | |
| 1340 | 1320-1330 | | | Javelin Throw | M55 | | | | |
| 1345 | 1325-1335 | | | | | | | | |
| 1350 | 1330-1340 | 800m | M30 - M45 | | | | | | |
| 1355 | 1335-1345 | | | | | | | | |
| 1400 | 1340-1350 | | | | | | | | |
| 1405 | 1345-1355 | | | | | | | | |
| 1410 | 1350-1400 | | | Javelin Throw | M30 - M35 | | | | |
| 1415 | 1355-1405 | | | | | | | Shot Put | W45 |
| 1420 | 1400-1410 | 800m | M50 and above | | | | | | |

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|-----------------|---------------------|----------|---------------|---------------|---------------|----------|---------------|---------------|---------------|
| | | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group |
| 1425 | 1405-1415 | | | | | | | | |
| 1430 | 1410-1420 | | | Long Jump | M50 | | | | |
| 1435 | 1415-1425 | | | | | | | | |
| 1440 | 1420-1430 | | | | | | | | |
| 1445 | 1425-1435 | | | Javelin Throw | M40 | | | | |
| 1450 | 1430-1440 | | | | | | | | |
| 1455 | 1435-1445 | | | | | | | | |
| 1500 | 1440-1450 | | | High Jump | M55 | 4x100m | All age-group | | |
| 1505 | 1445-1455 | | | | | | | | |
| 1510 | 1450-1500 | | | | | | | | |
| 1515 | 1455-1505 | | | | | | | | |
| 1520 | 1500-1510 | | | Javelin Throw | M70 and above | | | Shot Put | W30 - W40 |
| 1525 | 1505-1515 | | | | | | | | |
| 1530 | 1510-1520 | | | | | | | | |
| 1535 | 1515-1525 | | | | | | | | |
| 1540 | 1520-1530 | | | | | | | | |
| 1545 | 1525-1535 | | | | | | | | |
| 1550 | 1530-1540 | | | | | | | | |
| 1555 | 1535-1545 | | | | | | | Javelin Throw | W60 and above |
| 1600 | 1540-1550 | 4x100m | All age-group | | | | | | |
| 1605 | 1545-1555 | | | | | | | | |
| 1610 | 1550-1600 | | | | | | | | |
| 1615 | 1555-1605 | | | | | | | | |
| 1620 | 1600-1610 | | | | | | | | |
| 1625 | 1605-1615 | | | | | | | | |
| 1630 | 1610-1620 | | | | | | | | |
| 1635 | 1615-1625 | | | | | | | | |
| 1640 | 1620-1630 | | | | | | | | |
| 1645 | 1625-1635 | | | | | | | | |
| 1650 | 1630-1640 | | | | | | | | |
| 1655 | 1635-1645 | | | | | | | | |
| 1700 | 1640-1650 | | | | | | | | |
| 1705 | 1645-1655 | | | | | | | | |

*最終時間表會因應參加人數以調整

第六屆香港先進田徑錦標賽
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|-----------------|---------------------|------------|---------------|--------------|---------------|------------|---------------|--------------|---------------|
| | | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group |
| Day 2 | | | | | | | | | |
| 0830 | 0810-0820 | | | High Jump | M65 and above | 3000m Walk | W30 - W50 | Discus Throw | W60 and above |
| 0835 | 0815-0825 | | | Long Jump | M55 | | | | |
| 0840 | 0820-0830 | 5Km | All age-group | Shot Put | M50 | | | | |
| 0845 | 0825-0835 | | | | | | | | |
| 0850 | 0830-0840 | | | | | | | | |
| 0855 | 0835-0845 | | | | | | | | |
| 0900 | 0840-0850 | | | | | | | | |
| 0905 | 0845-0855 | | | | | 3000m Walk | W55 and above | | |
| 0910 | 0850-0900 | | | | | | | Discus Throw | W50 - W55 |
| 0915 | 0855-0905 | | | | | | | | |
| 0920 | 0900-0910 | | | | | | | | |
| 0925 | 0905-0915 | | | | | | | | |
| 0930 | 0910-0920 | | | | | 5Km | All age-group | | |
| 0935 | 0915-0925 | | | | | | | | |
| 0940 | 0920-0930 | 3000m Walk | M30 - M45 | | | | | | |
| 0945 | 0925-0935 | | | High Jump | M35 | | | | |
| 0950 | 0930-0940 | | | | | | | | |
| 0955 | 0935-0945 | | | | | | | | |
| 1000 | 0940-0950 | | | Discus Throw | M55 | | | | |
| 1005 | 0945-0955 | | | | | | | | |
| 1010 | 0950-1000 | | | Shot Put | M70 and above | | | | |
| 1015 | 0955-1005 | 3000m Walk | M50 and above | | | | | | |
| 1020 | 1000-1010 | | | | | | | | |
| 1025 | 1005-1015 | | | Long Jump | M45 | | | | |
| 1030 | 1010-1020 | | | | | | | | |
| 1035 | 1015-1025 | | | | | | | | |
| 1040 | 1020-1030 | | | Discus Throw | M60 | | | | |
| 1045 | 1025-1035 | | | | | | | | |
| 1050 | 1030-1040 | | | | | | | | |
| 1055 | 1035-1045 | | | | | 400m | All age-group | | |
| 1100 | 1040-1050 | | | | | | | High Jump | W35 - W45 |
| 1105 | 1045-1055 | | | | | | | | |
| 1110 | 1050-1100 | | | | | | | | |
| 1115 | 1055-1105 | | | | | | | | |
| 1120 | 1100-1110 | 400m | M30 - M50 | | | | | | |
| 1125 | 1105-1115 | | | | | | | | |

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|-----------------|---------------------|----------|---------------|--------------|--------------|----------|----------------|-----------|---------------|
| | | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group |
| 1130 | 1110-1120 | | | Discus Throw | M50 | | | | |
| 1135 | 1115-1125 | | | | | | | | |
| 1140 | 1120-1130 | | | | | | | | |
| 1145 | 1125-1135 | | | | | | | | |
| 1150 | 1130-1140 | | | | | | | | |
| 1155 | 1135-1145 | | | | | | | | |
| 1200 | | | | | | | | | |
| 1205 | | | | | | | | | |
| 1210 | | | | | | | | | |
| 1215 | | | | | | | | | |
| 1220 | | | | | | | | | |
| 1225 | | | | | | | | | |
| 1230 | | | | | | | | | |
| 1235 | | | | | | | | | |
| 1240 | | | | | | | | | |
| 1245 | | | | | | | | | |
| 1250 | | | | | | | | | |
| 1255 | | | | | | | | | |
| 1300 | 1240-1250 | 400m | M55 and above | Discus Throw | M35 | | | Long Jump | W50 and above |
| 1305 | 1245-1255 | | | | | | | | |
| 1310 | 1250-1300 | | | | | | | | |
| 1315 | 1255-1305 | | | | | | | | |
| 1320 | 1300-1310 | | | Shot Put | M55 | | | | |
| 1325 | 1305-1315 | | | | | 100m | All age-groups | | |
| 1330 | 1310-1320 | | | Discus Throw | M40 | | | | |
| 1335 | 1315-1325 | | | | | | | | |
| 1340 | 1320-1330 | | | | | | | | |
| 1345 | 1325-1335 | | | High Jump | M40 | | | | |
| 1350 | 1330-1340 | 100m | M30 - M45 | | | | | | |
| 1355 | 1335-1345 | | | | | | | | |
| 1400 | 1340-1350 | | | | | | | | |
| 1405 | 1345-1355 | | | | | | | | |
| 1410 | 1350-1400 | | | Discus Throw | M45 | | | | |
| 1415 | 1355-1405 | | | | | | | | |
| 1420 | 1400-1410 | 100m | M50 - M60 | | | | | | |
| 1425 | 1405-1415 | | | | | | | | |
| 1430 | 1410-1420 | | | | | | | Shot Put | W50 - W55 |

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|-----------------|---------------------|----------|---------------|--------------|---------------|----------|---------------|--------------|--------------|
| | | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group | 徑項 Track | 組別 Age Group | 田項 Field | 組別 Age Group |
| 1435 | 1415-1425 | | | | | | | | |
| 1440 | 1420-1430 | 100m | M65 and above | | | | | | |
| 1445 | 1425-1435 | | | | | | | | |
| 1450 | 1430-1440 | | | | | | | Discus Throw | W35 - M45 |
| 1455 | 1435-1445 | | | | | | | | |
| 1500 | 1440-1450 | | | | | | | | |
| 1505 | 1445-1455 | | | | | 4x400m | All age-group | | |
| 1510 | 1450-1500 | | | Long Jump | M40 | | | | |
| 1515 | 1455-1505 | | | | | | | | |
| 1520 | 1500-1510 | | | | | | | | |
| 1525 | 1505-1515 | | | High Jump | M60 | | | | |
| 1530 | 1510-1520 | | | | | | | | |
| 1535 | 1515-1525 | | | | | | | | |
| 1540 | 1520-1530 | | | | | | | | |
| 1545 | 1525-1535 | | | | | | | | |
| 1550 | 1530-1540 | | | | | | | | |
| 1555 | 1535-1545 | 4x400m | All age-group | | | | | | |
| 1600 | 1540-1550 | | | Discus Throw | M65 and above | | | | |
| 1605 | 1545-1555 | | | | | | | | |
| 1610 | 1550-1600 | | | | | | | | |
| 1615 | 1555-1605 | | | | | | | | |
| 1620 | 1600-1610 | | | | | | | | |
| 1625 | 1605-1615 | | | | | | | | |
| 1630 | 1610-1620 | | | | | | | | |
| 1635 | 1615-1625 | | | | | | | | |
| 1640 | 1620-1630 | | | | | | | | |
| 1645 | 1625-1635 | | | | | | | | |
| 1650 | 1630-1640 | | | | | | | | |
| 1655 | 1635-1645 | | | | | | | | |
| 1700 | 1640-1650 | | | | | | | | |
| 1705 | 1645-1655 | | | | | | | | |

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