

# 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
<b>Day 1</b>									
0830	0810-0820			Javelin Throw	M60 - M65	80m Hurdles	W40 and above		
0835	0815-0825							High Jump	W50 and above
0840	0820-0830			Shot Put	M30-40				
0845	0825-0835							Long Jump	W30 - W45
0850	0830-0840	100m Hurdles	M50 - M60						
0855	0835-0845								
0900	0840-0850								
0905	0845-0855								
0910	0850-0900	110m Hurdles	M35 - M45						
0915	0855-0905								
0920	0900-0910								
0925	0905-0915			Javelin Throw	M45				
0930	0910-0920								
0935	0915-0925								
0940	0920-0930							Shot Put	W60 and above
0945	0925-0935					200m	All age-group		
0950	0930-0940								
0955	0935-0945								
1000	0940-0950								
1005	0945-0955			Long Jump	M60 and above				
1010	0950-1000								
1015	0955-1005	200m	M30 - M40					Javelin Throw	W35 - W45
1020	1000-1010								
1025	1005-1015								
1030	1010-1020			High Jump	M50				
1035	1015-1025	200m	M45 - M50						
1040	1020-1030								
1045	1025-1035								
1050	1030-1040								
1055	1035-1045								
1100	1040-1050	200m	M55 and above						
1105	1045-1055							Javelin Throw	W50 - W55

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
1110	1050-1100								
1115	1055-1105								
1120	1100-1110			Shot Put	M45				
1125	1105-1115								
1130	1110-1120					5000m	W50 and above		
1135	1115-1125								
1140	1120-1130								
1145	1125-1135								
1150	1130-1140								
1155	1135-1145								
1200	1140-1150	5000m	M60 and above						
1205	1145-1155								
1210	1150-1200								
1215	1155-1205								
1220	1200-1210								
1225	1205-1215								
1230	1210-1220								
1235	1215-1225	5000m	M50 - M55						
1240	1220-1230								
1245	1225-1235								
1250	1230-1240								
1255	1235-1245								
1300	1240-1250								
1305	1245-1255	5000m	M45						
1310	1250-1300								
1315	1255-1305								
1320	1300-1310								
1325	1305-1315								
1330	1310-1320								
1335	1315-1325			Javelin Throw	M50 - M55				
1340	1320-1330			High Jump	M45				
1345	1325-1335			Shot Put	M60 - M65				
1350	1330-1340			Long Jump	M30 - M35				
1355	1335-1345					800m	All age-group		
1400	1340-1350								
1405	1345-1355								
1410	1350-1400								
1415	1355-1405								
1420	1400-1410								
1425	1405-1415	800m	M30 - M45						
1430	1410-1420								

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
1435	1415-1425								
1440	1420-1430								
1445	1425-1435			Javelin Throw	M30 - M40				
1450	1430-1440								
1455	1435-1445							Shot Put	W35 - W45
1500	1440-1450								
1505	1445-1455								
1510	1450-1500	800m	M50 and above						
1515	1455-1505								
1520	1500-1510								
1525	1505-1515								
1530	1510-1520			Long Jump	M50				
1535	1515-1525								
1540	1520-1530			High Jump	M55			Javelin Throw	W60 and above
1545	1525-1535								
1550	1530-1540								
1555	1535-1545					4x100m	All age-group		
1600	1540-1550								
1605	1545-1555								
1610	1550-1600			Javelin Throw	M70 and above				
1615	1555-1605								
1620	1600-1610								
1625	1605-1615								
1630	1610-1620	4x100m	All age-group						
1635	1615-1625								
1640	1620-1630								
1645	1625-1635								
1650	1630-1640								
1655	1635-1645								
1700	1640-1650								
1705	1645-1655								

		男子				女子			
比賽時間 Start Time	檢錄時間 Roll Call Time	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
<b>Day 2</b>									
0830	0810-0820			High Jump	M60 and above	3000m Walk	All age-group		
0835	0815-0825			Long Jump	M55			Discus Throw	W60 and above
0840	0820-0830								
0845	0825-0835								
0850	0830-0840								
0855	0835-0845								
0900	0840-0850								
0905	0845-0855	3000m Walk	M30 - M45					Discus Throw	W50 - W55
0910	0850-0900								
0915	0855-0905								
0920	0900-0910								
0925	0905-0915								
0930	0910-0920								
0935	0915-0925			Discus Throw	M55				
0940	0920-0930	3000m Walk	M50 and above						
0945	0925-0935								
0950	0930-0940								
0955	0935-0945								
1000	0940-0950			Shot Put	M70 and above				
1005	0945-0955								
1010	0950-1000								
1015	0955-1005			Discus Throw	M50				
1020	1000-1010					400m	All age-group		
1025	1005-1015			Long Jump	M40 - M45				
1030	1010-1020								
1035	1015-1025								
1040	1020-1030								
1045	1025-1035								
1050	1030-1040	400m	M30 - M40						
1055	1035-1045								
1100	1040-1050							High Jump	W35 - W40
1105	1045-1055			Discus Throw	M60				
1110	1050-1100	400m	M45 - M50						
1115	1055-1105								
1120	1100-1110								
1125	1105-1115								
1130	1110-1120								
1135	1115-1125	400m	M55 and above						
1140	1120-1130								

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
1145	1125-1135								
1150	1130-1140								
1155	1135-1145								
1200	1140-1150					5000m	W30 - W45		
1205	1145-1155								
1210	1150-1200								
1215	1155-1205								
1220	1200-1210								
1225	1205-1215								
1230	1210-1220	5000m	M40						
1235	1215-1225								
1240	1220-1230								
1245	1225-1235								
1250	1230-1240								
1255	1235-1245								
1300	1240-1250	5000m	M30 - M35						
1305	1245-1255								
1310	1250-1300								
1315	1255-1305								
1320	1300-1310								
1325	1305-1315								
1330	1310-1320								
1335	1315-1325			Discus Throw	M35 - M45			Long Jump	W50 and above
1340	1320-1330					100m	M30 - M45		
1345	1325-1335			High Jump	M35 - M40				
1350	1330-1340								
1355	1335-1345			Shot Put	M50 - M55	100m	M50 and above		
1400	1340-1350								
1405	1345-1355								
1410	1350-1400	100m	M30 - M35						
1415	1355-1405								
1420	1400-1410								
1425	1405-1415	100m	M40						
1430	1410-1420								
1435	1415-1425								
1440	1420-1430	100m	M45						
1445	1425-1435								
1450	1430-1440							Discus Throw	W35 - W45
1455	1435-1445	100m	M50						
1500	1440-1450								
1505	1445-1455							Shot Put	W50 - W55

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
1510	1450-1500	100m	M55						
1515	1455-1505								
1520	1500-1510								
1525	1505-1515	100m	M60						
1530	1510-1520								
1535	1515-1525			Discus Throw	M65 and above				
1540	1520-1530	100m	M65 and above						
1545	1525-1535								
1550	1530-1540								
1555	1535-1545								
1600	1540-1550								
1605	1545-1555					4x400m	All age-group		
1610	1550-1600								
1615	1555-1605								
1620	1600-1610								
1625	1605-1615								
1630	1610-1620	4x400m	All age-group						
1635	1615-1625								
1640	1620-1630								
1645	1625-1635								
1650	1630-1640								
1655	1635-1645								
1700	1640-1650								