

第六屆香港先進田徑錦標賽
 THE 6th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS
 二零二一年九月十一至十二日 (星期六及日) - 將軍澳運動場
 11 - 12 September, 2021 (Saturday & Sunday) - Tseung Kwan O Sports Ground

		男子						女子							
比賽時間	Start Time	檢錄時間	Roll Call Time	主場徑項 Main Sports Ground Track	組別 Age Group	副場徑項 Secondary Sports Ground Track	組別	田項 Field	組別 Age Group	主場徑項 Main Sports Ground Track	組別 Age Group	副場徑項 Secondary Sports Ground Track	組別	田項 Field	組別 Age Group
Day 1															
0830	0810-0820					5000m	M60 and above	Javelin Throw	M60 - M65	200m	All age-group				
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														
0855	0835-0845	200m	M30 - M40												
0900	0840-0850											5000m	W30-W45		
0905	0845-0855														
0910	0850-0900														
0915	0855-0905														
0920	0900-0910														
0925	0905-0915	200m	M45 - M50					Javelin Throw	M45						
0930	0910-0920											5000m	W50 and above		
0935	0915-0925														
0940	0920-0930													Shot Put	W60 and above
0945	0925-0935														
0950	0930-0940	200m	M55 and above												
0955	0935-0945														
1000	0940-0950			5000m	M30 - M35										
1005	0945-0955							Long Jump	M60 and above						
1010	0950-1000														
1015	0955-1005													Javelin Throw	W35 - W45
1020	1000-1010														
1025	1005-1015														
1030	1010-1020			5000m	M40			High Jump	M50	800m	All age-group				
1035	1015-1025														
1040	1020-1030														
1045	1025-1035														
1050	1030-1040														
1055	1035-1045														
1100	1040-1050			5000m	M45										
1105	1045-1055													Javelin Throw	W50 - W55
1110	1050-1100														
1115	1055-1105														
1120	1100-1110							Shot Put	M45						
1125	1105-1115														
1130	1110-1120			5000m	M50 - M55										
1135	1115-1125														
1140	1120-1130														
1145	1125-1135														
1150	1130-1140														
1155	1135-1145														
1200	1140-1150														
1205	1145-1155														
1210	1150-1200														
1215	1155-1205														
1220	1200-1210														
1225	1205-1215														
1230	1210-1220														
1235	1215-1225														
1240	1220-1230														
1245	1225-1235														
1250	1230-1240														
1255	1235-1245														
1300	1240-1250														
1305	1245-1255														
1310	1250-1300														
1315	1255-1305														
1320	1300-1310														
1325	1305-1315														
1330	1310-1320														
1335	1315-1325	800m	M30 - M45					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														
1400	1340-1350														
1405	1345-1355														
1410	1350-1400														
1415	1355-1405														
1420	1400-1410	800m	M50 and above												
1425	1405-1415														
1430	1410-1420														
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									4x100m	All age-group				
1510	1450-1500														
1515	1455-1505														
1520	1500-1510														
1525	1505-1515														
1530	1510-1520							Long Jump	M50						
1535	1515-1525														
1540	1520-1530	4x100m	All age-group					High Jump	M55					Javelin Throw	W60 and above
1545	1525-1535														
1550	1530-1540														
1555	1535-1545														
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														
1635	1615-1625														
1640	1620-1630														
1645	1625-1635														
1650	1630-1640														
1655	1635-1645														
1700	1640-1650														
1705	1645-1655														

*最終時間表會因應今年參加人數以調整