



比賽時間 Start Time	檢錄時間 Roll Call Time	男子					女子					
		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
<b>Day 2</b>												
0830	0810-0820			5000m	M55		High Jump	M60 and above		80m Hurdles	W40 and above	
0835	0815-0825						Long Jump	M55				Discus Throw
0840	0820-0830											W60 and above
0845	0825-0835											
0850	0830-0840											
0855	0835-0845											
0900	0840-0850			3000m Walk	M30 - M45							
0905	0845-0855										Discus Throw	W50 - W55
0910	0850-0900											
0915	0855-0905											
0920	0900-0910	100m Hurdles	M50 - M60									
0925	0905-0915											
0930	0910-0920											
0935	0915-0925						Discus Throw	M55		3000m Walk	All age-group	
0940	0920-0930	110m Hurdles	M35 - M45									
0945	0925-0935											
0950	0930-0940								400m	All age-group		
0955	0935-0945											
1000	0940-0950						Shot Put	M70 and above				
1005	0945-0955											
1010	0950-1000			3000m Walk	M50 - M55							
1015	0955-1005						Discus Throw	M50				
1020	1000-1010											
1025	1005-1015						Long Jump	M40 - M45				
1030	1010-1020											
1035	1015-1025											
1040	1020-1030											
1045	1025-1035	400m	M55 and above	3000m Walk	M60 - M80							
1050	1030-1040											
1055	1035-1045											
1100	1040-1050										High Jump	W35 - W45
1105	1045-1055						Discus Throw	M60				
1110	1050-1100	400m	M45 - M50									
1115	1055-1105											
1120	1100-1110											
1125	1105-1115											
1130	1110-1120	400m	M30 - M40									
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						Discus Throw	M35 - M45			Long Jump	W50 and above
1340	1320-1330								100m	W30 - W45		
1345	1325-1335						High Jump	M35 - M40				
1350	1330-1340											
1355	1335-1345						Shot Put	M50 - M55	100m	W50 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
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											
1705	1645-1655											

\*最終時間表會因應今年參加人數以調整