第七屆香港先進田徑錦標賽

THE 7th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

二零二二年十一月二十七及十二月四日(星期日) - 天水圍運動場

27 November, 2022 (Sunday) & 4 December, 2022 (Sunday) - Tin Shui Wai 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	田項 Field	組別 Age Group	主場徑項 Main Sports Ground Track	組別 Age Group	田項 Field	組別 Age Group
Day 1									
0830	0810-0820			Javelin Throw	M40	3000W	All age-group		
0835	0815-0825			High Jump	M50				
0840	0820-0830								
0845	0825-0835			Long Jump	M60 and above				
0850	0830-0840								
0855	0835-0845								
0900	0840-0850	3000W	M30 - M50	Shot Put	M55	200M	W30-W45		
0905	0845-0855							Javelin Throw	W50- W55
0910	0850-0900								
0915	0855-0905					200M	W50 and above		
0920	0900-0910								
0925	0905-0915							Long Jump	W30 - W45
0930	0910-0920	3000W	M55 - M75						
0935	0915-0925								
0940	0920-0930	200M	M30 - M45					Shot Put	W60 and above
0945	0925-0935								
0950	0930-0940								
0955	0935-0945								
1000	0940-0950	200M	M50 -M55						
1005	0945-0955			Javelin Throw	M35				
1010	0950-1000								
1015	0955-1005								
1020	1000-1010	200M	M60 - and above	High Jump	M55				
1025	1005-1015								
1030	1010-1020			Long Jump	M40 - M45				
1035	1015-1025								
1040	1020-1030							Javelin Throw	W30 - W45
1045	1025-1035								
1050	1030-1040			Shot Put	M50				
1055	1035-1045					800M	W45 -W70		
1100	1040-1050								
1105	1045-1055								
1110	1050-1100								
1115	1055-1105								
1120	1100-1110								
1125	1105-1115			Shot Put	M30-35				
1130	1110-1120			Javelin Throw	M65 and above	800M	W30-W45		
1135	1115-1125								
1140	1120-1130								
1145	1125-1135								
1150	1130-1140								
1155	1135-1145								
1200	1140-1150								
1330	1310-1320								
1335	1315-1325	800M	M30 - M40					Javelin Throw	W60 and above
1340	1320-1330							High Jump	W30- W45
1345	1325-1335			Shot Put	M60				
1350	1330-1340			Long Jump	M30 - M35				
1355	1335-1345								
1400	1340-1350	800M	M45						
1405	1345-1355								
1410	1350-1400								
1415	1355-1405	800M	M60 and above	Long Jump	M55				
1420	1400-1410								
1425	1405-1415								
1430	1410-1420	800M	M50						
1435	1415-1425								
1440	1420-1430			Javelin Throw	M60				
1445	1425-1435	800M	M55						
1450	1430-1440								
1455	1435-1445							Shot Put	W30 - W35
1500	1440-1450			Long Jump	M50				
1505	1445-1455								
1510	1450-1500					4x400M	W55 and above		
1515	1455-1505								
1520	1500-1510			Javelin Throw	M45	4x400M	W40 - W50		
1525	1505-1515								
1530	1510-1520			Shot Put	M75 and above	4x400M	W30 - W35		
1535	1515-1525								
1540	1520-1530								
1545	1525-1535			High Jump	M65 and above				
1550	1530-1540							Long Jump	W50-55
1555	1535-1545								
1600	1540-1550	4x400M	M35 - M40	Javelin Throw	M55				
1605	1545-1555								
1610	1550-1600								
1615	1555-1605	4x400M	M45 - M50					Long Jump	W60- W70
1620	1600-1610								
1625	1605-1615								
1630	1610-1620	4x400M	M55 - M60						
1635	1615-1625								
1640	1620-1630								
1645	1625-1635	4x400M	M65 and above	Javelin Throw	M50				
1650	1630-1640								
1655	1635-1645								
1700	1640-1650								
1705	1645-1655								
1710	1650-1700								
1715	1655-1705								