

第八屆香港先進田徑錦標賽
THE 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS
 二零二三年十月二十七日、二十八及二十九日 - 灣仔運動場
 27, 28 & 29/October, 2023 - Wan Chai Sports Ground

		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
		Day 1 - 27/10/2023							
1830	1810-1820			Shot Put	M70 and above	5000W	All age-group	Long Jump	W60 and above
1840	1820-1830			High Jump	M50 and above				
1910	1850-1900			Long Jump	M60 - M65				
1940	1920-1930	5000W	All age-group	Shot Put	M60 - M65				
1950	1930-1940								
2000	1940-1950								
2030	2010-2020							Shot Put	W60 and above
2040	2020-2030			Long Jump	M70 and above			High Jump	W45 and above
2045	2025-2035					5000M	All age-group		