

**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

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 3 - 29/10/2023</b>									
0830	0810-0820			Shot Put	M40				
0835	0815-0825								
0840	0820-0830			Long Jump	M30 - M35			Discus	W30 - W40
0845	0825-0835								
0850	0830-0840					80M Hurdles	W45		
0855	0835-0845								
0900	0840-0850								
0905	0845-0855								
0910	0850-0900					80M Hurdles	W50 - W55		
0915	0855-0905								
0920	0900-0910	80M Hurdles	M75	Discus	M65 - M70				
0925	0905-0915								
0930	0910-0920								
0935	0915-0925								
0940	0920-0930			Shot Put	M45	100M Hurdles	W30 - W35	Long Jump	W45 - W55
0945	0925-0935								
0950	0930-0940	100M Hurdles	M50 - M55						
0955	0935-0945								
1000	0940-0950								
1005	0945-0955								
1010	0950-1000	100M Hurdles	M60 - M65						
1015	0955-1005								
1020	1000-1010			Long Jump	M50 - M55				
1025	1005-1015							Shot Put	W40 - W45
1030	1010-1020	110M Hurdles	M30 - M35					Discus	W55 and W60
1035	1015-1025								
1040	1020-1030								
1045	1025-1035								
1050	1030-1040	110M Hurdles	M40 - M45						
1055	1035-1045								
1100	1040-1050								
1105	1045-1055								
1110	1050-1100					400M	W30 - W40		
1115	1055-1105								
1120	1100-1110			Discus	M75 and above	400M	W45 and above		
1125	1105-1115								
1130	1110-1120	400M	M30 - M45						
1135	1115-1125								
1140	1120-1130							Long Jump	W30 - W40
1145	1125-1135	400M	M50 - M55						
1150	1130-1140	400M	M60 - M65						
1155	1135-1145								
1200	1140-1150								
1205	1145-1155	400M	M70 and above						
1210	1150-1200			Discus	M30 - M35				
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			Discus	M50				
1305	1245-1255								
1310	1250-1300								
1315	1255-1305								
1320	1300-1310								
1325	1305-1315					100M	W30 - W45		
1330	1310-1320								
1335	1315-1325					100M	W50and above		
1340	1320-1330			Discus	M60				
1345	1325-1335								
1350	1330-1340	100M	M30 - M35						
1355	1335-1345								
1400	1340-1350	100M	M40 - M45						
1405	1345-1355								
1410	1350-1400								
1415	1355-1405	100M	M50 - M55						
1420	1400-1410			Discus	M45				
1425	1405-1415								
1430	1410-1420	100M	M60 - M65	Long Jump	M45			Shot Put	W50
1435	1415-1425								
1440	1420-1430	100M	M70 and above						
1445	1425-1435								
1450	1430-1440					1500M	W30and above		
1455	1435-1445								
1500	1440-1450							Discus	W45 - W50
1505	1445-1455							Shot Put	W55
1510	1450-1500	1500M	M30 - M40						
1515	1455-1505			Long Jump	M40				
1520	1500-1510								
1525	1505-1515	1500M	M45 - M55						
1530	1510-1520								
1535	1515-1525								
1540	1520-1530								
1545	1525-1535	1500M	M60 and above						
1550	1530-1540			Discus	M55				
1555	1535-1545								
1600	1540-1550								
1605	1545-1555					4x100	W30and above		
1610	1550-1600								
1615	1555-1605	4x100	M30 - M40						
1620	1600-1610								
1625	1605-1615	4x100	M45 - M60						
1630	1610-1620								
1635	1615-1625			Discus	M40				
1640	1620-1630	4x100	M65 and above						
1645	1625-1635								
1650	1630-1640								
1655	1635-1645								
1700	1640-1650								
1710	1650-1700							Discus	W65and above