

第十屆香港先進田徑錦標賽

THE 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

二零二五年十一月二十二及二十三日(星期六及日)・灣仔運動場

22-23 November, 2025 (Sat & Sun) - Wan Chai Sports Ground

現場不設宣佈檢錄時間，所有項目均需到檢錄處進行檢錄，然後由工作人員帶往比賽場地；
如不住檢錄處報到者 或 超過檢錄時間未能檢錄，即當作缺席棄權論。

There will be no announcement for the roll call times at the venue. All event athletes must report to the Call Room on time, officials will escort the reported athletes to the competition area after the end of the call.

Athletes who fail to report or late to the Call Room will be treated as absence and will not be allowed to compete in that event.

		男子 Men				女子 Women			
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 - 22/11/2025									
0830	0810-0820			Discus Throw	M50	1500M	W50 and above	High Jump	W55 and above
0835	0815-0825								
0840	0820-0830					1500M	W30 - W45	Triple Jump A	W30 - W40
0845	0825-0835								
0850	0830-0840	1500M	M65 and above	Shot Put	M30				
0855	0835-0845								
0900	0840-0850	1500M	M60						
0905	0845-0855								
0910	0850-0900	1500M	M50 -M55						
0915	0855-0905			Triple Jump	M45				
0920	0900-0910	1500M	M45						
0925	0905-0915							Discus Throw	W30 - W40
0930	0910-0920	1500M	M40	Long Jump	M60				
0935	0915-0925	1500M	M30-M35						
0940	0920-0930								
0945	0925-0935								
0950	0930-0940			High Jump	M35	100M	W65 and above		
0955	0935-0945								
1000	0940-0950					100M	W50 - W60		
1005	0945-0955			Shot Put	M40				
1010	0950-1000					100M	W30 - W45		
1015	0955-1005								
1020	1000-1010	100M	M75 and above	Triple Jump	M65			Long Jump	W45
1025	1005-1015			Discus Throw	M40				
1030	1010-1020	100M	M65 - M70						
1035	1015-1025								
1040	1020-1030	100M	M60						
1045	1025-1035								
1050	1030-1040								
1055	1035-1045	100M	M50 - M55					Triple Jump	W60 - W65
1100	1040-1050								
1105	1045-1055	100M	M40 - M45						
1110	1050-1100								
1115	1055-1105	100M	M30 - M35	High Jump	M50				
1115	1055-1105			Shot Put	M60				
1120	1100-1110			Long Jump	M45				
1125	1105-1115			Triple Jump	M70 - M80				
1130	1110-1120			Discus Throw	M30 - M35	5000M RW	All age-group		
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	5000M RW	M55 and above						
1225	1205-1215							Triple Jump	W55
1230	1210-1220								
1235	1215-1225								
1240	1220-1230								
1245	1225-1235								
1250	1230-1240							High Jump	W35 - W40
1255	1235-1245								
1300	1240-1250								
1305	1245-1255							Triple Jump	W45 - W50
1310	1250-1300	5000M RW	M30 - M50						
1315	1255-1305								
1320	1300-1310								
1325	1305-1315								
1330	1310-1320								
1335	1315-1325								
1340	1320-1330			Discus Throw	M45			Shot Put	W50
1345	1325-1335								
1350	1330-1340			Triple Jump A	M40				
1355	1335-1345	110MH	M30 -M35						
1400	1340-1350								
1405	1345-1355	110MH	M40 -M45						
1410	1350-1400								
1415	1355-1405	100MH	M50 -M55						
1420	1400-1410					100MH	W30 - W35		
1425	1405-1415								
1430	1410-1420	100MH	M60 -M65					Shot Put	W75 - W80
1435	1415-1425								
1440	1420-1430					80MH	W40 -W45		
1445	1425-1435								
1450	1430-1440			Shot Put	M80 - M95	80MH	W50 -W55		
1455	1435-1445	80MH	M70 - M75	Triple Jump	M60				
1500	1440-1450			High Jump	M65				
1505	1445-1455			Discus Throw	M55				
1510	1450-1500					400M	W55 and above		
1515	1455-1505								
1520	1500-1510							Shot Put	W60 - W70
1525	1505-1515					400M	W45 - W50		
1530	1510-1520								
1535	1515-1525			Triple Jump	M50				
1540	1520-1530			Triple Jump	M30 - M35	400M	W30 - W40		
1545	1525-1535								
1550	1530-1540	400M	M70 and above						
1555	1535-1545								
1600	1540-1550	400M	M60 -M65						
1605	1545-1555								
1610	1550-1600								
1615	1555-1605	400M	M45 -M55	High Jump	M70 - M85			Discus Throw	W45
1620	1600-1610								
1625	1605-1615								
1630	1610-1620			Triple Jump	M55				
1635	1615-1625	400M	M30 -M40						
1640	1620-1630							Shot Put	W30 -W40
1645	1625-1635								
1650	1630-1640								
1655	1635-1645					4X100M	W55 and above		
1700	1640-1650								
1705	1645-1655					4X100M	W40 - W50		
1710	1650-1700								
1715	1655-1705	4X100M	M80			4X100M	W30 - W35		
1720	1700-1710			Discus Throw	M80 - M85				
1725	1705-1715	4X100M	M60 - M75						
1730	1710-1720								
1735	1715-1725	4X100M	M45 -M55						
1740	1720-1730								
1745	1725-1735	4X100M	M30 - M40						
1750	1730-1740								
1800	1740 - 1750								
1835	1815-1825								

!!! 為確保運動員安全及賽事順利進行，所有比賽場地嚴禁教練進入 !!! 如未經許可下進入比賽場地，賽後或會被取消資格

In order to ensure the safety of athletes and the smooth progress of events, coaches are strictly prohibited from entering all competition venues!!! If anyone enter the competition venue without permission, the athletes may be disqualified.

兼項情況：運動員須先向田賽裁判長請假，裁判長允許運動員以不同抽籤排定的順序進行一次試跳後，方可離去參加徑賽項目，返回後，應即向裁判長消假。兼項情況：運動員須先向田賽裁判長請假，方可離去參加徑賽項目，返回後，應即向裁判長消假。

If the athletes compete in track and field events at the same time, they should inform the field Judges before they leave for the other event, and report to Call Room in person for their Track Event. Athletes should report to the field judges again immediately after finishing the track event.

若運動員向田賽裁判長請假前往徑賽項目參賽，當返回田賽賽場時比賽已結束，恕不能抽討論賽。

If the athlete asked for leave from the field event to compete in a track event, and the competition is over when he returns to the field event, no rematch can be claimed.