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 2									
0830	0810-0820	5000M	M45-M50	High Jump	M35 - M40			Discus Throw	W30 - W45
0835	0815-0825								
0840	0820-0830								
0845	0825-0835								
0850	0830-0840								
0855	0835-0845								
0900	0840-0850	5000M	M30-M40						
0905	0845-0855								
0910	0850-0900	80M Hurdles	M70						
0915	0855-0905								
0920	0900-0910								
0925	0905-0915					80M Hurdles	W40-W55		
0930	0910-0920	5000M	M55-M70	Discus Throw	M30 - M35				
0935	0915-0925								
0940	0920-0930			Shot Put	M40				
0945	0925-0935	100M Hurdles	M50 - M55						
0950	0930-0940								
0955	0935-0945								
1000	0940-0950	100M Hurdles	M60 - M65			5000M	All age-group		
1005	0945-0955								
1010	0950-1000								
1015	0955-1005			Discus Throw	M60 - M65				
1020	1000-1010					100M Hurdles	W30 - W35		
1025	1005-1015								
1030	1010-1020								
1035	1015-1025	100M Hurdles	M35 - M45						
1040	1020-1030								
1045	1025-1035							Shot Put	W40 - W45
1050	1030-1040					400M	W30 - W40		
1055	1035-1045								
1100	1040-1050					400M	W45 and above	High Jump	W50 and above
1105	1045-1055								
1110	1050-1100								
1115	1055-1105	400M	M35 - M45						
1120	1100-1110								
1125	1105-1115							Discus Throw	W55 and above
1130	1110-1120	400M	M50 - M55					Shot Put	W50
1135	1115-1125								
1140	1120-1130								
1145	1125-1135	400M	M60 and above						
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			Discus Throw	M40	100M	W30 - W50		
1320	1300-1310			High Jump	M45				
1325	1305-1315			Shot Put	M65 -M70	100M	W55 and above		
1330	1310-1320								
1335	1315-1325								
1340	1320-1330								
1345	1325-1335	100M	M30 - M40						
1350	1330-1340								
1355	1335-1345								
1400	1340-1350	100M	M45 - M50					Discus Throw	W50
1405	1345-1355								
1410	1350-1400								
1415	1355-1405	100M	M55 - M60						
1420	1400-1410								
1425	1405-1415	100M	M65 and above	Discus Throw	M50				
1430	1410-1420			Shot Put	M45				
1435	1415-1425								
1440	1420-1430								
1445	1425-1435								
1450	1430-1440								
1455	1435-1445								
1500	1440-1450					4x100M	All age-group		
1505	1445-1455								
1510	1450-1500			High Jump	M60				
1515	1455-1505			Discus Throw	M45				
1520	1500-1510							Shot Put	W55
1525	1505-1515								
1530	1510-1520	4x100M	M60 and above						
1535	1515-1525								
1540	1520-1530		M50 - M55						
1545	1525-1535								
1550	1530-1540		M35 - M45						
1555	1535-1545								
1600	1540-1550			Discus Throw	M70 and above				
1605	1545-1555								
1610	1550-1600								
1615	1555-1605								
1620	1600-1610								
1625	1605-1615								
1630	1610-1620								
1635	1615-1625								
1640	1620-1630								
1645	1625-1635			Discus Throw	M55				
1650	1630-1640								
1655	1635-1645								
1700	1640-1650								
1730	1645-1655								