

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；
 如不在檢錄處報到者或超過檢錄時間未能檢錄，即當作缺席處理。**

**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 to the Call Room will be treated as absence and will not be allowed to compete in that event.**

比賽時間 Start Time	檢錄時間 Roll Call Time	男子 Men				女子 Women			
		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 2 - 23/11/2025									
0820	0800-0810			High Jump	M40			Shot Put	W45
0825	0805-0815								
0830	0810-0820			Javelin Throw	M50 - M55			Javelin Throw	W60 - W70
0835	0815-0825								
0840	0820-0830					2000MSC	All age-group	Long Jump	W55 - W70
0845	0825-0835								
0850	0830-0840								
0855	0835-0845	2000MSC	All age-group						
0900	0840-0850								
0905	0845-0855								
0910	0850-0900								
0915	0855-0905								
0920	0900-0910								
0925	0905-0915	3000MSC	All age-group	Long Jump 13	M65 - M70				
0930	0910-0920			Shot Put 32	M50 - M55				
0935	0915-0925								
0940	0920-0930								
0945	0925-0935							High Jump	W45 - W50
0950	0930-0940								
0955	0935-0945					200M	W65 and above		
1000	0940-0950								
1005	0945-0955			Javelin Throw	M60	200M	W55 - W60		
1010	0950-1000								
1015	0955-1005					200M	W40 - W50	Javelin Throw	W75 - W80
1020	1000-1010			Long Jump	M40				
1025	1005-1015					200M	W30 - W35		
1030	1010-1020								
1035	1015-1025	200M	M75 and above						
1040	1020-1030								
1045	1025-1035	200M	M65 - M70						
1050	1030-1040								
1055	1035-1045	200M	M55 - M60	Javelin Throw	M65				
1100	1040-1050								
1105	1045-1055	200M	M45 - M50						
1110	1050-1100								
1115	1055-1105	200M	M30 - M40	Javelin Throw	M80 - M95			Shot Put	W55
1120	1100-1110								
1125	1105-1115			Long Jump	M55				
1130	1110-1120								
1135	1115-1125			High Jump	M45	5000M	All age-group		
1140	1120-1130								
1145	1125-1135								
1150	1130-1140							Javelin Throw	W50 - W55
1155	1135-1145								
1200	1140-1150			Javelin Throw	M70 - M75				
1205	1145-1155								
1210	1150-1200			Shot Put	M35				
1215	1155-1205	5000M	M50 - M55						
1220	1200-1210								
1225	1205-1215			Long Jump	M30 - M35				
1230	1210-1220								
1235	1215-1225								
1240	1220-1230								
1245	1225-1235								
1250	1230-1240								
1255	1235-1245								
1300	1240-1250	5000M	M40 - M45						
1305	1245-1255								
1310	1250-1300								
1315	1255-1305								
1320	1300-1310			Discus Throw	M60 - M65				
1325	1305-1315							Javelin Throw	W30 - W45
1330	1310-1320								
1335	1315-1325								
1340	1320-1330	5000M	M30 - M35						
1345	1325-1335								
1350	1330-1340								
1355	1335-1345								
1400	1340-1350			High Jump	M55				
1405	1345-1355			Shot Put	M70 - M75				
1410	1350-1400								
1415	1355-1405								
1420	1400-1410					300MH	W50 - W55		
1425	1405-1415								
1430	1410-1420	300MH	M60 - M65						
1435	1415-1425								
1440	1420-1430								
1445	1425-1435					400MH	W30 - W45		
1450	1430-1440								
1455	1435-1445	400MH	M50 - M55						
1500	1440-1450			Long Jump	M75 - M85				
1505	1445-1455	400MH	M40 - M45						
1510	1450-1500								
1515	1455-1505			Javelin Throw	M45				
1520	1500-1510	400MH	M30 - M35						
1525	1505-1515			Shot Put	M65				
1530	1510-1520			High Jump	M60				
1535	1515-1525							Discus Throw	W60 - W75
1540	1520-1530					800M	All age-group		
1545	1525-1535								
1550	1530-1540			Long Jump	M50				
1555	1535-1545	800M	M65 and above						
1600	1540-1550								
1605	1545-1555								
1610	1550-1600	800M	M50 - M60						
1615	1555-1605								
1620	1600-1610								
1625	1605-1615	800M	M30 - M45	Javelin Throw	M40				
1630	1610-1620								
1635	1615-1625			Shot Put	M45				
1640	1620-1630							Long Jump	W50
1645	1625-1635					4X400M	W55 and above		
1650	1630-1640								
1655	1635-1645					4X400M	W45 - W50		
1700	1640-1650			Discus Throw	M70 - M75				
1705	1645-1655								
1710	1650-1700					4X400M	W30 - W40		
1715	1655-1705								
1720	1700-1710							Long Jump	W30 - W40
1725	1705-1715								
1730	1710-1720	4X400M	M65 and above						
1735	1715-1725								
1740	1720-1730	4X400M	M55 - M60	Javelin Throw	M30 - M35				
1745	1725-1735								
1750	1730-1740								
1755	1735-1745	4X400M	M45 - M50						
1800	1740-1750								
1805	1745-1755								
1810	1750-1800	4X400M	M30 - M40					Discus Throw	W50 - W55
1830	1810-1820	5000M	M60 - M65						

!!! 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 enters the competition venue without permission, the athletes may be disqualified.

賽後情況：運動員須先向田徑裁判長請假，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，應即向裁判長請假。兼提情況：運動員須先向田徑裁判長請假，方可離去參加徑賽項目，返回後，應即向裁判長請假。

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.

若運動員向田徑裁判長請假前往徑賽項目參賽，當返回田徑賽場時比賽已結束，恕不能追討應賽。

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.