

賽程表Event Timetable

日期Date	時間Time	男子組Men				女子組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	
2017/11/11	8:30	110m Hurdles	M35-M45	Shot Put Discus	M30-M40 M55 and above			Discus	W35 and above	
	8:40	100m Hurdles	M50-M65			100Hurdles	W35			
	8:50	80m Hurdles	M70 and above			80Hurdles	W40 and above			
	9:00			High Jump	M35-M55					
	9:10			Shot Put	M45-M50	400m	W35 and above			
	9:25	400m	M35-M50							
	10:00	400m	M55 and above							
	10:25					100m	All age-groups			
	10:45	100m	M30-M50	Shot Put	M55 and above					
	11:00	100m	M55 and above							
	11:20	5000m	M65 and above			5000m	W50 and above			
	<b>LUNCH BREAK</b>									
		13:00			Discus High Jump	M35-M50 M60 and above	5000m	W35-W45		
	14:00	5000m	M35-M40					Shot Put High Jump	All age-groups W35 and above	
	14:50	5000m	M45-M50							
	15:45	5000m	M55-M60							
	16:20					4x400m	All age-groups			
	16:45	4x400m	All age-groups							
2017/11/12	14:00	800m	M70 and above	Javelin	M35-M45	800m	W35 and above	Long Jump	All age-groups	
	14:10	800m	M35-M65							
	14:20					200m	W35 and above			
	14:40	200m	M35 and above	Javelin	M50-M60					
	15:00			Long Jump	All age-groups					
	15:25					3000w	W35-W50			
	15:50					3000w	W55 and above			
	16:25	3000w	M35-M40							
	16:30			Javelin	M65 and above			Javelin	W35 and above	
	16:50	3000w	M45-M50							
	17:15	3000w	M55 and above							
17:40					4x100m	All age-groups				
17:50	4x100m	All age-groups								