

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<br>Discus<br>High Jump | M30-M40<br>M55 and above<br>M55 |                          |                | Discus  | W35 and above         |                                 |
|            | 8:40               | 100m Hurdles | M50-M65        |                                 |                                 | 100Hurdles               | W35            |         |                       |                                 |
|            | 8:50               | 80m Hurdles  | M70 and above  | High Jump                       | M40-M50                         | 80Hurdles                | W40 and above  |         |                       |                                 |
|            | 9:10               |              |                | Shot Put                        | M45-M50                         | 400m                     | W35 and above  |         |                       |                                 |
|            | 9:25               | 400m         | M35-M50        | High Jump                       | M35                             |                          |                |         |                       |                                 |
|            | 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        | M60 and above  |                                 |                                 | 5000m                    | W45 and above  |         |                       |                                 |
|            | <b>LUNCH BREAK</b> |              |                |                                 |                                 |                          |                |         |                       |                                 |
|            |                    | 13:00        |                |                                 | Discus<br>High Jump             | M35-M50<br>M60 and above | 5000m          | W35-W40 |                       |                                 |
|            |                    | 13:35        | 5000m          | M35-M40                         |                                 |                          |                |         |                       |                                 |
|            |                    | 14:00        |                |                                 |                                 |                          |                |         | Shot Put<br>High Jump | All age-groups<br>W35 and above |
|            | 14:25              | 5000m        | M45            |                                 |                                 |                          |                |         |                       |                                 |
|            | 14:50              | 5000m        | M50-M55        |                                 |                                 |                          |                |         |                       |                                 |
|            | 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 |               |           |                |        |                |           |                |