

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	
2018/10/27	8:30			Shot Put	M60	100m	All age-groups	Javelin(副/Secondary)	W50 and above	
				Javelin	M50 - M55,M65			High Jump	W35 - W45	
				High Jump (A)	M35 - M45					
	9:00	100m	M30 - M45							
	9:30	100m	M50 - M60					Shot Put	W30 - W45	
	10:15	100m	M65 and above			400m	All age-groups			
	10:30							High Jump	W50 and above	
	10:40	400m	M35 - M50							
	11:00			Javelin	M45					
	11:10	400m	M55 and above							
	11:30	5000m	M60 and above			5000m	W55 and above			
	LUNCH BREAK									
	13:00				High Jump (A)	M60 and above	5000m	W35 - W50	Javelin(副/Secondary)	W35 - W45
				Javelin	M35 - M40					
				Shot Put	M50 - M55					
13:30	5000m	M35								
14:00	5000m	M40	High Jump (A)	M50 - M55						
14:30	5000m	M45 - M50								
15:00	5000m	M50 - M55								
15:30				Javelin	M60	4x100m	All age-groups			
				Javelin (副/Secondary)	M70 and above					
15:50	4x100m	All age-groups	Shot Put	M65						

2018/10/28	8:30	110m Hurdles	M35 - M45	Shot Put	M30 - M35			Discus (DBS Site)	W50
				Discus (DBS)	M60 - M65			Long Jump (B)	W40 - W45
				Long Jump (A)	M30 - M35				
	8:40	100m Hurdles	M50 - M65			100m Hurdles	W35		
	9:00					80m Hurdles	W40 and above		
	9:30					800m	All age-groups		
	9:50	800m	M30 - M45						
	10:00	800m	M50 and above	Long Jump (A)	M40			Long Jump (B)	W30 - W35
				Shot Put	M40 - M45				
	10:15			Discus (DBS Site)	M50, M70 and above			Discus (DBS Site)	W55 and above
	10:30					200m	All age-groups		
	11:00	200m	M35 - M50						
	11:30	200m	M55 and above						
LUNCH BREAK									
13:00				Discus (DBS Site)	M55	3000w	W35 - W55	Shot Put	W50
				Long Jump (A)	M45			Discus (DBS Site)	W35 - W45
				Long Jump (B)	M60 and above				
13:30	3000w	M65 and above			3000w	W60 and above			
14:00	3000w	M35 - M45	Discus (DBS Site)	M35 - M45			Shot Put	W55 and above	
14:30	3000w	M50 - M60	Long Jump (A)	M50 - M55			Long Jump (B)	W50 and above	
15:30	2000m	BSHK	Shot Put	M70 and above					
15:50					4x400m	All age-groups			
16:20	4x400m	All age-groups							