

第八屆香港先達田徑錦標賽
THE 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS
 二零二三年十月二十七日、二十八及二十九日 - 灣仔運動場
 27, 28 & 29/October, 2023 - Wan Chai Sports Ground

		男子				女子			
比賽時間 Start Time	檢錄時間 Roll Call Time	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 - 28/10/2023									
0830	0810-0820			Shot Put	M55			Javelin	W45 - W50
0835	0815-0825								
0840	0820-0830							High Jump	W35 - w40
0845	0825-0835								
0850	0830-0840	5000M	M30 - M35						
0855	0835-0845								
0900	0840-0850								
0905	0845-0855								
0910	0850-0900							Javelin	W55 - W60
0915	0855-0905								
0920	0900-0910	5000M	M40 - M50						
0925	0905-0915								
0930	0910-0920								
0935	0915-0925								
0940	0920-0930								
0945	0925-0935								
0950	0930-0940								
0955	0935-0945								
1000	0940-0950	5000M	M55 and above					Shot Put	W30 - W35
1005	0945-0955			High Jump	M35				
1010	0950-1000			Javelin	M55				
1015	0955-1005								
1020	1000-1010								
1025	1005-1015								
1030	1010-1020								
1035	1015-1025								
1040	1020-1030			Shot Put	M50				
1045	1025-1035								
1050	1030-1040			Javelin	M75 and above	200M	W30 - W50		
1055	1035-1045								
1100	1040-1050					200M	W55 and above		
1105	1045-1055								
1110	1050-1100	200M	M30 - M40						
1115	1055-1105								
1120	1100-1110	200M	M45 - M55						
1125	1105-1115								
1130	1110-1120							Javelin	W30 - W40
1135	1115-1125	200M	M60 and above						
1140	1120-1130								
1145	1125-1135								
1150	1130-1140			High Jump	M40				
1155	1135-1145								
1200	1140-1150								
1205	1145-1155								
1210	1150-1200			Javelin	M45 - M50	300M Hurdles	W55		
1215	1155-1205								
1220	1200-1210	300M Hurdles	M60 - M65						
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								
1320	1300-1310			Javelin	M65 - M70				
1325	1305-1315								
1330	1310-1320								
1335	1315-1325								
1340	1320-1330								
1345	1325-1335								
1350	1330-1340					400M Hurdles	W30 - W40		
1355	1335-1345								
1400	1340-1350	400M Hurdles	M30 - M40						
1405	1345-1355								
1410	1350-1400								
1415	1355-1405								
1420	1400-1410	400M Hurdles	M45 - M55	Javelin	M30 - M35				
1425	1405-1415								
1430	1410-1420								
1435	1415-1425								
1440	1420-1430								
1445	1425-1435								
1450	1430-1440					800M	W30 - W60		
1455	1435-1445								
1500	1440-1450								
1505	1445-1455	800M	M30 - M45					Javelin	W65 and above
1510	1450-1500								
1515	1455-1505			Shot Put	M30 - M35				
1520	1500-1510								
1525	1505-1515	800M	M50 and above	High Jump	M45				
1530	1510-1520								
1535	1515-1525								
1540	1520-1530								
1545	1525-1535								
1550	1530-1540					4x400M	W30 - W60		
1555	1535-1545								
1600	1540-1550			Javelin	M60				
1605	1545-1555								
1610	1550-1600								
1615	1555-1605	4x400M	M30 - M40						
1620	1600-1610								
1625	1605-1615								
1630	1610-1620	4x400M	M45 - M55						
1635	1615-1625								
1640	1620-1630								
1645	1625-1635			Javelin	M40				
1650	1630-1640								
1655	1635-1645	4x400M	M60 and above						