

第六屆香港先進田徑錦標賽

THE 6th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

參賽組別及項目 Age Group and Event

附件1 Appendix 1

出生由-至 Born from - to	年齡Age	男M / 女W	Hurdles	100m	200m	400m	800m	5Km	3000W	High Jump	Long Jump	Shot Put	Discus	Javelin	4x100M	4x400M
12/9/1986 - 11/9/1991	30 -- 34	M30/W30	N/A	✓	✓	✓	✓	✓	✓	N/A	✓	M: 7.26kg W: 4kg	N/A	M: 800g W: 600g	✓	✓
12/9/1981 - 11/9/1986	35 -- 39	M35/W35	M: 110m / 0.991m W: 100m / 0.838m	✓	✓	✓	✓	✓	✓	✓	✓	M: 7.26kg W: 4kg	M: 2kg W: 1kg	M: 800g W: 600g	✓	✓
12/9/1976 - 11/9/1981	40 -- 44	M40/W40	M: 110m / 0.991m W: 80m / 0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M: 7.26kg W: 4kg	M: 2kg W: 1kg	M: 800g W: 600g	✓	✓
12/9/1971 - 11/9/1976	45 -- 49	M45/W45	M: 110m / 0.991m W: 80m / 0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M: 7.26kg W: 4kg	M: 2kg W: 1kg	M: 800g W: 600g	✓	✓
12/9/1966 - 11/9/1971	50 -- 54	M50/W50	M: 100m / 0.914m W: 80m / 0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M: 6kg W: 3kg	M: 1.5kg W: 1kg	M: 700g W: 500g	✓	✓
12/9/1961 - 11/9/1966	55 -- 59	M55/W55	M: 100m / 0.914m W: 80m / 0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M: 6kg W: 3kg	M: 1.5kg W: 1kg	M: 700g W: 500g	✓	✓
12/9/1956 - 11/9/1961	60 -- 64	M60/W60	M: 100m/0.838m	✓	✓	✓	✓	✓	✓	✓	✓	M: 5kg W: 3kg	M: 1kg W: 1kg	M: 600g W: 500g	✓	✓
12/9/1951 - 11/9/1956	65 -- 69	M65/W65	M: 100m/0.838m	✓	✓	✓	✓	✓	✓	✓	✓	M: 5kg W: 3kg	M: 1kg W: 1kg	M: 600g W: 500g	✓	✓
12/9/1946 - 11/9/1951	70 -- 74	M70/W70	M: 80m/0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M: 4kg W: 3kg	M: 1kg W: 1kg	M: 500g W: 500g	✓	✓
12/9/1941 - 11/9/1946	75 -- 79	M75/W75	M: 80m/0.762m	✓	✓	✓	✓	✓	✓	✓	✓	M: 4kg W: 2kg	M: 1kg W: 0.75kg	M: 500g W: 400g	✓	✓
12/9/1936 - 11/9/1941	80 -- 84	M80/W80	N/A	✓	✓	✓	✓	✓	✓	✓	✓	M: 3kg W: 2kg	M: 1kg W: 0.75kg	M: 400g W: 400g	✓	✓
12/9/1931 - 11/9/1936	85 -- 89	M85/W85	N/A	✓	✓	✓	✓	✓	✓	✓	✓	M: 3kg W: 2kg	M: 1kg W: 0.75kg	M: 400g W: 400g	✓	✓
12/9/1926 - 11/9/1931	90 -- 94	M90/W90	N/A	✓	✓	✓	✓	✓	✓	✓	✓	M: 3kg W: 2kg	M: 1kg W: 0.75kg	M: 400g W: 400g	✓	✓
12/9/1921 - 11/9/1926	95 -- 99	M95/W95	N/A	✓	✓	✓	✓	✓	✓	✓	✓	M: 3kg W: 2kg	M: 1kg W: 0.75kg	M: 400g W: 400g	✓	✓
11/9/1921 或以前 on or before	≥100	M100/W100	N/A	✓	✓	✓	✓	✓	✓	✓	✓	M: 3kg W: 2kg	M: 1kg W: 0.75kg	M: 400g W: 400g	✓	✓