

比賽時間 Start Time	檢錄時間 Roll Call Time	男子						女子					
		主場徑項 Main Sports Ground Track	組別 Age Group	副場徑項 Secondary Sports Ground Track	組別	田項 Field	組別 Age Group	主場徑項 Main Sports Ground Track	組別 Age Group	副場徑項 Secondary Sports Ground Track	組別	田項 Field	組別 Age Group
Day 2													
0830	0810-0820			5000m	M55		High Jump	M60 and above	80m Hurdles	W40 and above			
0835	0815-0825						Long Jump	M55				Discus Throw	W60 and above
0840	0820-0830												
0845	0825-0835												
0850	0830-0840												
0855	0835-0845												
0900	0840-0850			3000m Walk	M30 - M45								
0905	0845-0855											Discus Throw	W50 - W55
0910	0850-0900												
0915	0855-0905												
0920	0900-0910	100m Hurdles	M50 - M60										
0925	0905-0915												
0930	0910-0920												
0935	0915-0925						Discus Throw	M55			3000m Walk	All age-group	
0940	0920-0930	110m Hurdles	M35 - M45										
0945	0925-0935												
0950	0930-0940								400m	All age-group			
0955	0935-0945												
1000	0940-0950						Shot Put	M70 and above					
1005	0945-0955												
1010	0950-1000			3000m Walk	M50 - M55								
1015	0955-1005						Discus Throw	M50					
1020	1000-1010												
1025	1005-1015						Long Jump	M40 - M45					
1030	1010-1020												
1035	1015-1025												
1040	1020-1030												
1045	1025-1035	400m	M55 and above	3000m Walk	M60 - M80								
1050	1030-1040												
1055	1035-1045												
1100	1040-1050											High Jump	W35 - W40
1105	1045-1055						Discus Throw	M60					
1110	1050-1100	400m	M45 - M50										
1115	1055-1105												
1120	1100-1110												
1125	1105-1115												
1130	1110-1120	400m	M30 - M40										
1135	1115-1125												
1140	1120-1130												
1145	1125-1135												
1150	1130-1140												
1155	1135-1145												
1200	1140-1150												
1205	1145-1155												
1210	1150-1200												
1215	1155-1205												
1220	1200-1210												
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												
1325	1305-1315												
1330	1310-1320												
1335	1315-1325						Discus Throw	M35 - M45				Long Jump	W50 and above
1340	1320-1330								100m	W30 - W45			
1345	1325-1335						High Jump	M35 - M40					
1350	1330-1340												
1355	1335-1345						Shot Put	M50 - M55	100m	W50 and above			
1400	1340-1350												
1405	1345-1355												
1410	1350-1400	100m	M30 - M35										
1415	1355-1405												
1420	1400-1410												
1425	1405-1415	100m	M40										
1430	1410-1420												
1435	1415-1425												
1440	1420-1430	100m	M45										
1445	1425-1435												
1450	1430-1440											Discus Throw	W35 - W45
1455	1435-1445	100m	M50										
1500	1440-1450												
1505	1445-1455											Shot Put	W50 - W55
1510	1450-1500	100m	M55										
1515	1455-1505												
1520	1500-1510												
1525	1505-1515	100m	M60										
1530	1510-1520												
1535	1515-1525						Discus Throw	M65 and above					
1540	1520-1530	100m	M65 and above										
1545	1525-1535												
1550	1530-1540												
1555	1535-1545												
1600	1540-1550												
1605	1545-1555								4x400m	All age-group			
1610	1550-1600												
1615	1555-1605												
1620	1600-1610												
1625	1605-1615												
1630	1610-1620	4x400m	All age-group										
1635	1615-1625												
1640	1620-1630												
1645	1625-1635												
1650	1630-1640												
1655	1635-1645												
1700	1640-1650												
1705	1645-1655												

*最終時間表會因應今年參加人數以調整