

# **TECHNICAL HANDBOOK AND ENTRY INFORMATION**

8-12th of November 2023  
New Clark City, Capas, Tarlac, Philippines



## MESSAGE

**MR. VIWAT VIGRANTANOROS**  
**AMA PRESIDENT**

It is indeed a pleasure to pen a few words in the 22nd Asia Master Athletics Championships Technical Handbook and Entry Information. On behalf of the Asia Masters Athletics (AMA), I would like to congratulate the National Masters and Seniors Athletics Association of the Philippines, Inc. (NMSAAP), for hosting the 22nd Asia Masters Athletics Championships in New Clark City, Capas, Tarlac, Philippines from 8th to 12th November 2023. We are confident the NMSAAP will stage a wonderful championship after the pandemic era.

Many master athletes especially from Asian countries are looking forward to this championship after four years break. Although the Philippines have not hosted Masters Athletics Championships at the Asian level, they do have experience organizing this championship at the national level. With that AMA expect them to organize this championship successfully.

As the President of AMA, I take this opportunity to invite all master athletes and team officials from Asian countries and outside Asia to come to this wonderful country and experience the friendliness, hospitality, and friendship.

Finally, I thank the NMSAAP for taking up this huge responsibility and preparing well within a short period. AMA wishes NMSAAP and all those who are involved in staging this championship all the success. See you all in New Clark City!

**VIWAT VIGRANTANOROS**  
**PRESIDENT**  
**ASIA MASTERS ATHLETICS**



## MESSAGE

**MR. JOSE C. ANG, JR.  
NMSAAP PRESIDENT**

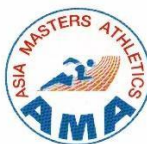
On behalf of the National Masters and Seniors Athletics Association of the Philippines, Inc. (NMSAAP), it is our great pleasure and honor to extend a warm welcome to all master athletes in Asia who will be participating in the 22nd Asia Masters Athletics Championships. This highly anticipated event will take place from November 8th to November 12th, 2023, at the breathtaking New Clark City in Capas, Tarlac, Philippines.

We are thrilled to have the opportunity to host this prestigious competition for the very first time in the Philippines. The Asia Masters Athletics Championships bring together master athletes from across the continent, providing a platform for friendly competition, camaraderie, and the celebration of sportsmanship. We are confident that this event will be a memorable experience for all participants, showcasing the exceptional talent, skill, and dedication of the athletes.

New Clark City, with its state-of-the-art facilities and scenic surroundings, will undoubtedly serve as an ideal setting for this grand event. Participants can look forward to not only top-notch sporting facilities but also a warm and hospitable atmosphere throughout their stay. The Philippines is renowned for its rich cultural heritage, stunning landscapes, and welcoming people, and we are excited to share our vibrant culture and warm hospitality with all the athletes and their accompanying delegations.

Once again, we extend our warmest welcome to all master athletes in Asia who will be joining us for this momentous occasion. May your journey to the Philippines be safe and pleasant, and may you find success, fulfillment, and lasting friendships during your participation in the 22nd Asia Masters Athletics Championships.

**JOSE C. ANG, JR.  
PRESIDENT  
NMSAAP**



## ASIA MASTERS ATHLETICS (AMA) COUNCIL MEMBERS

POSITION	NAME	COUNTRY
President	Mr. Viwat Vigrantanoros	Thailand
VP (General Affairs)	Mr. Merari Nainggolan	Indonesia
VP (Non-Stadia)	Ms Wang Xiaoying	PR China
VP (Stadia)	Mr. Kannan Arumugam	Singapore
Secretary	Mr. S. Sivapragasam	Malaysia
Treasurer	Mr. Prasert Srisueb	Thailand
Women's Committee Chairman	Ms. Kalaivalli R. Ratnam	Malaysia
Technical Member	Mr. Cho Hsin Te	Chinese Taipei
Technical Member	Mr. Shinichi Uchida	Japan
Technical Member	Mr. H.A. Upali	Sri Lanka
Technical Member	Mr. Musashi Sagara Nainggolan	Indonesia
Technical Member	Mr. Permsak Suriyachan	Thailand
Internal Auditor	Mr. Stanley Arumugam	Malaysia
Internal Auditor	Ms Chantron Pimsakul,	Thailand

### ASIA MASTERS ATHLETICS (AMA)

The first unofficial meeting to form a body for veteran athlete in Asia was held in the year 1983 in India. The Indonesian Veteran Athletics Association with the patronage of Indonesian Amateur Athletics Federation helped to draft and present the constitution at the meeting of the General Assembly on 26<sup>th</sup> July 1986, in Jakarta, Indonesia. The draft constitution was accepted by the General Assembly and subsequently office bearers for the Asian body was elected. It was then called as the Asian Veteran Athletic Association (AVAA) and officially became the Affiliate of World Association of Veteran Athletes (WAVA) in the year 1986.

However, before the formation of a formal body for Asia master athletes, Championships at Asian level were already held. The first Asian Veterans Athletics Championships were held on 27<sup>th</sup> July 1981 in Singapore.

In the year 2003, the word 'veterans' was changed to 'masters' in accordance with the change in the world body from WAVA to WMA (World Masters Athletics). AVAA followed the change and became AMA (Asia Masters Athletics). The name of the championships changed from veterans to masters as well.

Asia Masters Athletics Championships (AMAC) are held biennially. AMAC is open only to men and women who are 35 years and above who are from Asia, and are medically fit to compete.

## VISION

To promote masters athletics in Asian countries.  
To foster international friendship, understanding and cooperation through masters athletics

## MISSION

Organize, regulate and administer athletics for men and women of not less than thirty five years of age

Sanction AMAC and other international masters athletics championships

## CORE VALUES



**FRIENDSHIP AND GOODWILL**  
**SPORTING SPIRIT**  
**SELF DISCOVERY & SATISFACTION**  
**EQUALITY & WELLBEING**

All the above values are achieved through participation in masters' athletics meets.

***“EVERYONE CAN TAKE PART”***

## GENERAL SCHEDULE

DATE	EVENTS	VENUE	TIME
09/08/2023	Closing Date for Entries	-	-
09/15/2023	Closing Date for Late Entries	-	-
11/06/2023	Arrival of AMA Council in the Philippines	-	-
11/06/2023-11/11/2023	DISTRIBUTION OF CHEST NUMBERS & ACCREDITATION CARDS	Stadium 2	10.00 am- 5.00 pm
11/06/2023	TRAINING CENTER IN OPERATION	Stadium 1	7.00 am – 2:00 pm
11/07/2023	AMA COUNCIL MEETING	Athletes' Village	9:00 am
11/07/2023	TEAM MANAGERS' MEETING & Familiarization of venues	Stadium 2	10: 00 am
11/07/2023	22 <sup>nd</sup> AMAC TORCH RUN	Stadium 2	4:00 pm
11/07/2023	22 <sup>nd</sup> AMAC OPENING CEREMONY	Stadium 2	4:00 pm
11/08/2023	TRACK & FIELD (DAY 1)	Stadiums 1, 2 & 3	7.30 am – 6.30 pm
11/09/2023	Team Managers Technical Meeting	Stadium 2	9:00 am
11/09/2023	AMA WOMEN'S COMMITTEE MEETING & SEMINAR	Stadium 2	9:00 am to 12:30 pm
11/09/2023	AMA MANAGEMENT SEMINAR	Stadium 2	2:00 pm to 5:00 pm
11/10/2023	TRACK & FIELD (DAY 3)	Stadiums 1, 2 & 3	7.30 am – 7.25 pm
11/10/2023	Team Managers Technical Meeting	Stadium 2	9:00 am
11/10/2023	AMA GENERAL ASSEMBLY 2023	Stadium 2	5:00 pm
11/11/2023	TRACK & FIELD (DAY 4)	Stadiums 1, 2 & 3	7.00 am – 7.25 pm
11/11/2023	Team Managers Technical Meeting	Stadium 2	9:00 am
11/12/2023	TRACK & FIELD (DAY 5)	Stadiums 1, 2 & 3	6:30 am – 6:10 pm
11/12/2023	Team Managers Technical Meeting	Stadium 2	9.00 am
11/12/2023	22 <sup>nd</sup> AMAC CLOSING CEREMONY & CHAMPIONSHIPS FLAG HANDING OVER CEREMONY	Stadium 2	6:30 pm
11/12/2023	ASIA MASTERS 10K	Road Race	6:30 am

---

---

**22<sup>nd</sup> ASIA MASTERS ATHLETICS  
CHAMPIONSHIPS  
(22<sup>nd</sup> AMAC)**

***COMPETITION RULES  
AND REGULATIONS  
&  
ENTRY INFORMATION***

---

---

## **22<sup>nd</sup> AMAC COMPETITION RULES AND REGULATIONS and ENTRY INFORMATION**

1. **HOST CITY** : New Clark City , Capas, Tarlac, Philippines
2. **VENUE** :
  1. New Clark City Warm- up Track (Stadium 1)
  2. New Clark City Athletics Stadium (Stadium 2)
  3. Throwing Area (Stadium 3)
3. **DATE** : 8-12 November 2023
4. **Contact Address:** National Masters and Seniors Athletics Association Inc.  
c/o Atty. Ma. Carmencita C. Obmina-Muaña  
NMSAAP Secretary  
Rm. 2-F, 2<sup>nd</sup> Floor, Carrillo Bldg., Mabini cor. San Vicente Sts.  
San Pedro City, Laguna 4023  
Philippines  
  
Tel. No. : +6328847-0147  
Email : n m s a a p . o f f i c i a l @ g m a i l . c o m

### 5. **COMPETITION RULES**

The 22<sup>nd</sup> AMAC will be conducted in accordance with the rules of World Athletics (WA), except as modified by the Rules of Competition of AMA/WMA and any special rules specified in the 22<sup>nd</sup> AMAC Competition Rules.

### 6. **EVENTS**

NO	EVENT	WOMEN AGE GROUP	MEN AGE GROUP
1	100 M	All Age Groups	All Age Groups
2	200 M	All Age Groups	All Age Groups
3	400 M	All Age Groups	All Age Groups
4	800 M	All Age Groups	All Age Groups
5	1500 M	All Age Groups	All Age Groups
6	5000 M	All Age Groups	All Age Groups
7	5000M Track Walk	All Age Groups	All Age Groups
8	3000 M Steeple Chase	-	M35 – M59
9	2000 M Steeple Chase	All Age Groups	M60 – M100+
10	80 M Hurdles	W40 –W59	M70 – M79
11	100 M Hurdles	W35	M50 – M69
12	110 M Hurdles	-	M35 – M49
13	300 M Hurdles	W50 – W59	M60 – M69
14	400 M Hurdles	W35 – W49	M35 – M59
15	4 x 100 M	All Age Groups	All Age Groups
16	4 x 400 M	All Age Groups	All Age Groups
17	High Jump	All Age Groups	All Age Groups
18	Long Jump	All Age Groups	All Age Groups
19	Triple Jump	All Age Groups	All Age Groups
20	Pole Vault	All Age Groups	All Age Groups
21	Shot Put	All Age Groups	All Age Groups
22	Discus	All Age Groups	All Age Groups
23	Javelin	All Age Groups	All Age Groups
24	Hammer	All Age Groups	All Age Groups
25	Asia Masters 10 K	All Age Groups	All Age Groups



## 7. AGE REQUIREMENT

The 22<sup>nd</sup> AMAC is open to all men and women born on or before **8<sup>th</sup> November 1988** who are fit and **certified healthy by medical doctor** for competition. Athletes will be classified by 5 year age groups from 35 + for both men and women. Misleading information on age during entry procedure shall be grounds for disqualification.

## 8. AGE GROUP

AGE	MEN	WOMEN	BORN FROM	BORN TO
35 – 39	M35	W35	<b>9 November 1983</b>	<b>8 November 1988</b>
40 – 44	M40	W40	<b>9 November 1978</b>	<b>8 November 1983</b>
45 – 49	M45	W45	<b>9 November 1973</b>	<b>8 November 1978</b>
50 – 54	M50	W50	<b>9 November 1968</b>	<b>8 November 1973</b>
55 – 59	M55	W55	<b>9 November 1963</b>	<b>8 November 1968</b>
60 – 64	M60	W60	<b>9 November 1958</b>	<b>8 November 1963</b>
65 – 69	M65	W65	<b>9 November 1953</b>	<b>8 November 1958</b>
70 – 74	M70	W70	<b>9 November 1948</b>	<b>8 November 1953</b>
75 – 79	M75	W75	<b>9 November 1943</b>	<b>8 November 1948</b>
80 – 84	M80	W80	<b>9 November 1938</b>	<b>8 November 1943</b>
85 – 89	M85	W85	<b>9 November 1933</b>	<b>8 November 1938</b>
90 – 94	M90	W90	<b>9 November 1928</b>	<b>8 November 1933</b>
95 - 99	M95	W95	<b>9 November 1923</b>	<b>8 November 1928</b>
100 – 104	M100	W100	<b>9 November 1918</b>	<b>8 November 1923</b>

## 9. QUALIFICATION & REGISTRATION FOR ENTRY

- 9.1 22<sup>nd</sup> Asia Masters Athletics Championships are open only to men and women who are 35 years or above by 8 November 2023, and who are medically fit to compete. Entry signifies that each competitor must follow the rules laid by the organizing committee.
- 9.2 Entries shall be submitted online by the Members of Asia Masters Athletics (AMA).
- 9.3 Entries from Non-Members of Asia Region must be sent directly to 22<sup>nd</sup> AMAC LOC.
- 9.4 Participants can obtain Entry Forms and all information on competition from the AMA Members in their respective countries.
- 9.5 Participants shall send the Entry Forms, copies of ID cards or passports (indicating the athlete's date of birth), fitness certificates, passport size colored photo and Entry Fee to their respective AMA Members in their countries. The Members will register online all their athletes.

The registration procedures are as below.

10. **Online Registration Procedures**

- 10.1 Online registration is only for AMA Members .
- 10.2 Athletes from Non-Members of Asian Region must fill in the entry form manually and send to [nmsaap.official@gmail.com](mailto:nmsaap.official@gmail.com).

11. **ONLINE REGISTRATION FOR AMA MEMBERS**

- 11.1 All Entries must be registered *online* and validated by the **Members**.
- 11.2 An athlete can participate in a maximum of **4 individual events (track & field), Asia Masters 10 K, and 2 relay events**.
- 11.3 **Members must collect all the entry forms and entry fee from their master athletes and register all the entries online.**
- 11.4 **Collect the entry fee from all the master athletes and bank in by 8 September 2023 (following the instruction in Rule No. 16). Entries will only be accepted by the 22<sup>nd</sup> AMAC LOC, after receiving the proof of entry fees payment (by email).**
- 11.5 **Once the online registration is closed, the Members must log in, check all their athletes' details and validate the registration by 16 September 2023, 11:59 p.m. (Philippine Time).**
- 11.6 **If there are any corrections, Members must send email to [nmsaap.official@gmail.com](mailto:nmsaap.official@gmail.com) stating the corrections clearly. If we don't receive any email by 16 September 2023, 11:59 (Philippine Time), all the information given in the registration will be accepted as final, and after 16 September 2023, no changes or amendments will be entertained.**
- 11.7 **The Members are responsible for the details given in the online registration.**

12. **ENTRIES FROM NON-MEMBERS OF THE ASIAN REGION**

- 12.1 Entry Forms must be submitted directly to [nmsaap.official@gmail.com](mailto:nmsaap.official@gmail.com), prior to the closing date together with the copy of the athlete's identity card or passport (reflecting the athlete's date of birth), a passport size colored photo and a copy of the **payment slip** of entry fee payment, **for AMA's approval**, to the following address, [nmsaap.official@gmail.com](mailto:nmsaap.official@gmail.com).
- 12.2 An athlete can participate in a maximum of **4 individual events (track & field), and Asia Masters 10K**.
- 12.3 Only entries with correct amount of **entry fee paid** on or before the closing date will be accepted.

**12.3.1 If there are any corrections, Members must send email to the LOC at nmsaap.official@gmail.com stating the corrections clearly, by 16 September, 2023, 11:59pm. If we don't receive any email by 16 September, 2023, 11:59pm (11:59 p.m. Philippine Time) all the information given in the registration will be accepted as final, and after 16 September 2023, no changes or amendments will be entertained.**

**12.3.2 The Members/Members are responsible for the details given in the entry form registration.**

**12.3.3 AMA and the 22<sup>nd</sup> AMAC LOC reserve the right to refuse any entries without any reasons given.**

**13. AMA and the 22<sup>nd</sup> AMAC LOC are entitled to refuse any applications for insufficient information/documents concerning the championships participation and for failure of full payment. Once the application process is finished, relevant information will be unalterable or irretrievable. Once the fees related to the championships are paid, the fee will not be returned in the case of withdrawal and cancellation or delay of the championships due to weather or other reasons.**

**14. There will be no change of event / deleting or adding of event / change of competitors after registration procedures are completed on 16<sup>th</sup> September 2023.**

**15. PAYMENT PROCEDURE**

**15.1 All entry fee payments must be done through bank deposit as follows:**

**ACCOUNT NAME: National Masters and Seniors Athletics Association of the Philippines, Inc.**

**BANK: Banco de Oro**

**ACCOUNT NO. : 1005-0044-3939**

**SWIFT CODE: BNORPHMM**

**15.2 Entry fee in US Currency should reach us in full amount without deduction of any charges for the Local Organizing Committee.**

**15.3 After paying the total amount of the entry fee, please send the copy of the payment slip through email: nmsaap.official@gmail.com. The entries will only be processed after receiving complete payment.**

**16. ENTRY FEE**

NO	FEE	AMOUNT	
1	AMA Fee	USD 10	Per person
2	Administration Fee	USD 5	Per person

3	Athlete Insurance	USD 5	Per person
4	1 <sup>st</sup> Event	USD 10	
5	2 <sup>nd</sup> Event	USD 5	
6	3 <sup>rd</sup> Event	USD 5	
7	4 <sup>th</sup> Event	USD 5	
8	Relay Event	USD 20	Per team
9	Asia Masters 10 K*	USD 5	
10	Late Entry Fee (up to 15 September 2023)	USD 15	Per event

**\* If an athlete registers for Asia Masters 10K as only one event, it will be considered as 1<sup>st</sup> event, and the entry fee will be USD 10.**

16.1 Entry Fee is non-refundable.

16.2 Accompanying person has to pay:

**USD 5 - for Accreditation Card**

16.3 **A RELAY TEAM** may mix age groups and compete in the younger age group. A relay team must consist of members of the same country. A relay athlete competing in a younger age group for one relay team remains assigned to the same age group for all relays. Each affiliate may enter only one team in each relay.

Team Managers/Members should indicate the number of relay teams taking part to the LOC, at least one month before the competition date ( by 8<sup>th</sup> October 2023)

**Entry of relay teams and payment of the relay event fee must be submitted for registration during the Team Managers' Meeting.**

17. **CLOSING DATE FOR ENTRIES: 8<sup>th</sup> SEPTEMBER 2023. Late entry will only be up to 15<sup>th</sup> SEPTEMBER 2023**

18. **LATE ENTRIES**

Permitted with a fee of **USD 15 per event** up to **15<sup>th</sup> SEPTEMBER 2023.**

No entries will be accepted later than 11:59 p.m. (Philippine Time) of **15<sup>th</sup> September 2023**

19. **PRIZES**

19.1 1<sup>st</sup> to 3<sup>rd</sup> winners (men and women) will be awarded a medal and a diploma respectively.

19.2 Every registered competitor will be awarded a participation certificate.

19.3 A maximum of 8 finalists will be given a diploma each.

20. **VICTORY CEREMONY**

Victory ceremony will be coordinated by the Prize Committee members. The competition events shall be given precedence over the victory ceremonies.

The team managers are responsible for their athletes in the prize giving when they are called.

## 21. UNIFORM

All competitors are encouraged to wear a uniform that is approved by their national masters athletics associations, especially for the relay events.

## 22. TEAM MANAGERS' MEETING

Date: **7th November 2023**

Time: **10:00 am**

Venue: **2<sup>nd</sup> Floor, Stadium 2 (New Clark City Athletics Stadium)**

( Only two members from each country will be allowed to attend the meeting ).

## 23. FINAL CONFIRMATION

Final confirmation of participants shall be handed over to the LOC by 9.00 am the previous day, except for day 1 and 2 events for which confirmation lists shall be handed over during the Team Managers' Meeting.

Team Managers' Technical Meetings will be held at 9:00 am from 9 – 11 November 2023 at Stadium 2. It is compulsory for all the Team managers to attend these meetings.

## 24. MEDICAL

24.1 Prior to the Championships, all athletes must undergo a medical check- up confirming that they are fit and healthy to participate in the championships

24.2 During championships, a medical center will be set up at the competition site. Only First Aid will be provided by the medical officers. Any additional medical expense is to be borne by the participant.

## 25. DOPING TEST

The LOC will conduct Doping Test at random during the competition.

26. **OPENING CEREMONY** : 7<sup>th</sup> November 2023, 4:00 p.m.

**CLOSING CEREMONY** : 12<sup>th</sup> November 2023, 6:30 p.m.

27. **ASIA MASTERS 10 K** : Road race will be on 12<sup>th</sup> November 2023 at 6:30 a.m.

## 28. CHEST NUMBERS & ACCREDITATION CARDS COLLECTION

Athletes and Team Officials must collect their chest numbers / and accreditation cards **individually** at Stadium 2, from 6<sup>th</sup> November – 11<sup>th</sup> November 2023 ( from 10.00am–12:00pm and 1:00pm-5:00 pm). They must produce their International Passport to collect the above.

**COMPETITION SCHEDULE :**  
**DAY 1 (NOVEMBER 8, 2023, WEDNESDAY)**

<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Gender</b>	<b>Stage</b>	<b>Venue</b>
101	0730	5,000m Race Walking	M 35	Men	Final	Stadium 2
102	0730	5,000m Race Walking	M 40	Men	Final	Stadium 2
103	0800	1,500m	W 35	Women	Final	Stadium 1
104	0800	1,500m	W 40	Women	Final	Stadium 1
105	0800	1,500m	W 45	Women	Final	Stadium 1
106	0800	Long Jump	W 35	Women	Final	Stadium 1
107	0800	Shot Put (7.26 Kg)	M 35	Men	Final	Stadium 1
108	0800	Long Jump	W 80	Women	Final	Stadium 2
109	0800	Long Jump	W 85	Women	Final	Stadium 2
110	0800	Long Jump	W 90	Women	Final	Stadium 2
111	0800	Long Jump	W 95	Women	Final	Stadium 2
112	0800	Long Jump	W 100	Women	Final	Stadium 2
113	0800	Shot Put (4 Kg)	M 70	Men	Final	Stadium 2
114	0800	Shot Put (4 Kg)	M 75	Men	Final	Stadium 2
115	0800	Shot Put (2 Kg)	W 75	Women	Final	Stadium 3
116	0800	Shot Put (2 Kg)	W 80	Women	Final	Stadium 3
117	0800	Shot Put (2 Kg)	W 85	Women	Final	Stadium 3
118	0800	Shot Put (2 Kg)	W 90	Women	Final	Stadium 3
119	0800	Shot Put (2 Kg)	W 95	Women	Final	Stadium 3
120	0800	Shot Put (2 Kg)	W 100	Women	Final	Stadium 3
121	0800	Discus (2 Kg)	M 35	Men	Final	Stadium 3
122	0830	1,500m	W 50	Women	Final	Stadium 1

123	0830	1,500m	W 55	Women	Final	Stadium 1
124	0830	5,000m Race Walking	M 45	Men	Final	Stadium 2
125	0830	5,000m Race Walking	M 50	Men	Final	Stadium 2
126	0830	5,000m Race Walking	M 55	Men	Final	Stadium 2
127	0900	1,500m	W 60	Women	Final	Stadium 1
128	0900	1,500m	W 65	Women	Final	Stadium 1
129	0900	1,500m	W 70	Women	Final	Stadium 1
130	0900	1,500m	W 75	Women	Final	Stadium 1
131	0900	1,500m	W 80	Women	Final	Stadium 1
132	0900	1,500m	W 85	Women	Final	Stadium 1
133	0900	1,500m	W 90	Women	Final	Stadium 1
134	0900	1,500m	W 95	Women	Final	Stadium 1
135	0900	1,500m	W 100	Women	Final	Stadium 1
136	0900	Long Jump	M 60	Men	Final	Stadium 2
137	0900	Long Jump	M 65	Men	Final	Stadium 2
138	0900	Long Jump	M 70	Men	Final	Stadium 2
139	0900	Long Jump	M 75	Men	Final	Stadium 2
140	0930	1,500m	M 35	Men	Final	Stadium 1
141	0930	1,500m	M 40	Men	Final	Stadium 1
142	0930	1,500m	M 45	Men	Final	Stadium 1
143	0930	Long Jump	W 40	Women	Final	Stadium 1
144	0930	5,000m Race Walking	M 60	Men	Final	Stadium 2
145	0930	5,000m Race Walking	M 65	Men	Final	Stadium 2
146	0930	5,000m Race Walking	M 70	Men	Final	Stadium 2
147	0930	Shot Put (3 Kg)	W 50	Women	Final	Stadium 3
148	0930	Shot Put (3 Kg)	W 55	Women	Final	Stadium 3
149	0930	Shot Put (3 Kg)	W 60	Women	Final	Stadium 3

150	0930	Shot Put (3 Kg)	W 65	Women	Final	Stadium 3
151	0930	Shot Put (3 Kg)	W 70	Women	Final	Stadium 3
152	1000	Shot Put (7.26 Kg)	M 40	Men	Final	Stadium 1
153	1000	Discus (2 Kg)	M 40	Men	Final	Stadium 3
154	1000	1,500m	M 50	Men	Final	Stadium 1
155	1000	1,500m	M 55	Men	Final	Stadium 1
156	1000	1,500m	M 60	Men	Final	Stadium 1
157	1000	1,500m	M 65	Men	Final	Stadium 1
158	1030	1,500m	M 70	Men	Final	Stadium 1
159	1030	1,500m	M 75	Men	Final	Stadium 1
160	1030	1,500m	M 80	Men	Final	Stadium 1
161	1030	1,500m	M 85	Men	Final	Stadium 1
162	1030	1,500m	M 90	Men	Final	Stadium 1
163	1030	1,500m	M 95	Men	Final	Stadium 1
164	1030	1,500m	M 100	Men	Final	Stadium 1
165	1030	5,000m Race Walking	M 75	Men	Final	Stadium 2
166	1030	5,000m Race Walking	M 80	Men	Final	Stadium 2
167	1030	5,000m Race Walking	M 85	Men	Final	Stadium 2
168	1030	5,000m Race Walking	M 90	Men	Final	Stadium 2
169	1030	5,000m Race Walking	M 95	Men	Final	Stadium 2
170	1030	5,000m Race Walking	M 100	Men	Final	Stadium 2
171	1030	Long Jump	M 50	Men	Final	Stadium 2
172	1030	Long Jump	M 55	Men	Final	Stadium 2
173	1100	Long Jump	W 45	Women	Final	Stadium 1
174	1100	Shot Put (3 Kg)	M 80	Men	Final	Stadium 3
175	1100	Shot Put (3 Kg)	M 85	Men	Final	Stadium 3
176	1100	Shot Put (3 Kg)	M 90	Men	Final	Stadium 3



177	1100	Shot Put (3 Kg)	M 95	Men	Final	Stadium 3
178	1100	Shot Put (3 Kg)	M 100	Men	Final	Stadium 3
179	1400	100m Hurdles (.840m)	W 35	Women	Final	Stadium 1
180	1400	Shot Put (7.26 Kg)	M 45	Men	Final	Stadium 1
181	1400	5,000m Race Walking	W 65	Women	Final	Stadium 2
182	1400	5,000m Race Walking	W 70	Women	Final	Stadium 2
183	1400	5,000m Race Walking	W 75	Women	Final	Stadium 2
184	1400	5,000m Race Walking	W 80	Women	Final	Stadium 2
185	1400	Long Jump	W 50	Women	Final	Stadium 2
186	1400	Long Jump	W 55	Women	Final	Stadium 2
187	1400	Long Jump	M 35	Men	Final	Stadium 1
188	1400	Shot Put (4 Kg)	W 35	Women	Final	Stadium 1
189	1400	Discus (2 Kg)	M 45	Men	Final	Stadium 3
190	1400	Shot Put (6 Kg)	M 50	Men	Final	Stadium 3
191	1400	Shot Put (6 Kg)	M 55	Men	Final	Stadium 3
192	1400	Shot Put (5 Kg)	M 60	Men	Final	Stadium 3
193	1400	Shot Put (5 Kg)	M 65	Men	Final	Stadium 3
194	1415	100m Hurdles (.840m)	M 60	Men	Final	Stadium 1
195	1430	100m Hurdles (.840m)	M 65	Men	Final	Stadium 1
196	1445	100m Hurdles (.914m)	M 50	Men	Final	Stadium 1
197	1500	100m Hurdles (.914m)	M 55	Men	Final	Stadium 1
198	1500	5,000m Race Walking	W 85	Women	Final	Stadium 2
199	1500	5,000m Race Walking	W 90	Women	Final	Stadium 2
1100	1500	5,000m Race Walking	W 95	Women	Final	Stadium 2
1101	1500	5,000m Race Walking	W 100	Women	Final	Stadium 2

1102	1515	110m Hurdles (.991m)	M 35	Men	Final	Stadium 1
1103	1530	110m Hurdles (.991m)	M 40	Men	Final	Stadium 1
1104	1530	Discus (1 Kg)	W 50	Women	Final	Stadium 3
1105	1530	Discus (1 Kg)	W 55	Women	Final	Stadium 3
1106	1530	Discus (1 Kg)	W 60	Women	Final	Stadium 3
1107	1530	Discus (1 Kg)	W 65	Women	Final	Stadium 3
1108	1530	Discus (1 Kg)	W 70	Women	Final	Stadium 3
1109	1530	Long Jump	M 40	Men	Final	Stadium 1
1110	1530	Shot Put (4 Kg)	W 40	Women	Final	Stadium 1
1111	1545	110m Hurdles (.991m)	M 45	Men	Final	Stadium 1
1112	1600	800m	M 35	Men	Rounds	Stadium 1
1113	1600	5,000m Race Walking	W 50	Women	Final	Stadium 2
1114	1600	5,000m Race Walking	W 55	Women	Final	Stadium 2
1115	1600	5,000m Race Walking	W 60	Women	Final	Stadium 2
1116	1600	Long Jump	W 60	Women	Final	Stadium 2
1117	1600	Long Jump	W 65	Women	Final	Stadium 2
1118	1600	Long Jump	W 70	Women	Final	Stadium 2
1119	1600	Long Jump	W 75	Women	Final	Stadium 2
1120	1610	800m	M 40	Men	Rounds	Stadium 1
1121	1620	800m	M 45	Men	Rounds	Stadium 1
1122	1630	800m	M 50	Men	Rounds	Stadium 1
1123	1640	800m	M 55	Men	Rounds	Stadium 1
1124	1650	800m	M 60	Men	Rounds	Stadium 1
1125	1700	800m	M 65	Men	Rounds	Stadium 1
1126	1700	Long Jump	M 45	Men	Final	Stadium 1
1127	1700	Shot Put (4 Kg)	W 45	Women	Final	Stadium 1
1128	1700	5,000m Race Walking	W 35	Women	Final	Stadium 2

1129	1700	5,000m Race Walking	W 40	Women	Final	Stadium 2
1130	1700	5,000m Race Walking	W 45	Women	Final	Stadium 2
1131	1700	Long Jump	M 80	Men	Final	Stadium 2
1132	1700	Long Jump	M 85	Men	Final	Stadium 2
1133	1700	Long Jump	M 90	Men	Final	Stadium 2
1134	1700	Long Jump	M 95	Men	Final	Stadium 2
1135	1700	Long Jump	M 100	Men	Final	Stadium 2
1136	1710	800m	M 70	Men	Rounds	Stadium 1
1137	1720	800m	M 75	Men	Rounds	Stadium 1
1138	1730	800m	M 80	Men	Rounds	Stadium 1
1139	1740	800m	M 85	Men	Rounds	Stadium 1
1140	1740	800M	M 90	Men	Final	Stadium 1
1141	1740	800m	M 95	Men	Final	Stadium 1
1142	1740	800m	M 100	Men	Final	Stadium 1
1143	1750	800m	W 35	Women	Rounds	Stadium 1
1144	1750	800m	W 40	Women	Rounds	Stadium 1
1145	1750	800m	W 45	Women	Rounds	Stadium 1
1146	1800	800m	W 50	Women	Rounds	Stadium 1
1147	1800	800m	W 55	Women	Rounds	Stadium 1
1148	1810	800m	W 60	Women	Rounds	Stadium 1
1149	1810	800m	W 65	Women	Rounds	Stadium 1
1150	1820	800m	W 70	Women	Rounds	Stadium 1
1151	1820	800m	W 75	Women	Rounds	Stadium 1
1152	1820	800m	W 80	Women	Rounds	Stadium 1
1153	1820	800m	W 85	Women	Rounds	Stadium 1
1154	1830	800m	W 90	Women	Final	Stadium 1
1155	1830	800m	W 95	Women	Final	Stadium 1
1156	1830	800m	W 100	Women	Final	Stadium 1

**DAY 2 (NOVEMBER 9, 2023, THURSDAY)**

<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Gender</b>	<b>Stage</b>	<b>Venue</b>
201	0730	100m	M 35	Men	Rounds	Stadium 1
202	0800	100m	W 35	Women	Rounds	Stadium 1
203	0800	High Jump	M 50	Men	Final	Stadium 2
204	0800	High Jump	M 55	Men	Final	Stadium 2
205	0800	High Jump	M 60	Men	Final	Stadium 2
206	0800	High Jump	M 65	Men	Final	Stadium 2
210	0830	100m	M 40	Men	Rounds	Stadium 1
211	0830	High Jump	W 35	Women	Final	Stadium 1
212	0830	High Jump	W 40	Women	Final	Stadium 1
213	0830	High Jump	W 45	Women	Final	Stadium 1
214	0830	Discus (1 Kg)	M 70	Men	Final	Stadium 3
215	0830	Discus (1 Kg)	M 75	Men	Final	Stadium 3
216	0830	Discus (1 Kg)	M 80	Men	Final	Stadium 3
217	0830	Discus (1 Kg)	M 85	Men	Final	Stadium 3
218	0830	Discus (1 Kg)	M 90	Men	Final	Stadium 3
219	0830	Discus (1 Kg)	M 95	Men	Final	Stadium 3
220	0830	Discus (1 Kg)	M 100	Men	Final	Stadium 3
221	0900	100m	W 40	Women	Rounds	Stadium 1

222	0930	100m	M 45	Men	Rounds	Stadium 1
223	1000	100m	W 45	Women	Rounds	Stadium 1
224	1000	High Jump	M 35	Men	Final	Stadium 1
225	1000	High Jump	M 40	Men	Final	Stadium 1
226	1000	High Jump	M 45	Men	Final	Stadium 1
227	1000	High Jump	W 70	Women	Final	Stadium 2
228	1000	High Jump	W 75	Women	Final	Stadium 2
229	1000	High Jump	W 80	Women	Final	Stadium 2
230	1000	High Jump	W 85	Women	Final	Stadium 2
231	1000	High Jump	W 90	Women	Final	Stadium 2
232	1000	High Jump	W 95	Women	Final	Stadium 2
233	1000	High Jump	W 100	Women	Final	Stadium 2
234	1030	100m	M 50	Men	Rounds	Stadium 1
235	1100	100m	W 50	Women	Rounds	Stadium 1
236	1100	Discus (1 Kg)	M 60	Men	Final	Stadium 2
237	1100	Discus (1 Kg)	M 65	Men	Final	Stadium 2
238	1100	Discus (1.5 Kg)	M 50	Men	Final	Stadium 2
239	1100	Discus (1.5 Kg)	M 55	Men	Final	Stadium 2
240	1130	100m	M 55	Men	Rounds	Stadium 1
241	1200	100m	W 55	Women	Rounds	Stadium 1
242	1200	Discus (.75 Kg)	W 75	Women	Final	Stadium 2
243	1200	Discus (.75 Kg)	W 80	Women	Final	Stadium 2
244	1200	Discus (.75 Kg)	W 85	Women	Final	Stadium 2

245	1220	100m	M 60	Men	Rounds	Stadium 1
246	1240	100m	W 60	Women	Rounds	Stadium 1
247	1300	100m	M 65	Men	Rounds	Stadium 1
248	1320	100m	W 65	Women	Rounds	Stadium 1
249	1340	100m	M 70	Men	Rounds	Stadium 1
250	1400	100m	W 70	Women	Rounds	Stadium 1
251	1400	High Jump	W 50	Women	Final	Stadium 1
252	1400	High Jump	W 55	Women	Final	Stadium 1
253	1400	High Jump	W 60	Women	Final	Stadium 1
254	1400	High Jump	W 65	Women	Final	Stadium 1
255	1400	High Jump	M 95	Men	Final	Stadium 2
256	1400	High Jump	M 100	Men	Final	Stadium 2
257	1400	Discus (.75 Kg)	W 100	Women	Final	Stadium 3
258	1400	Discus (.75 Kg)	W 90	Women	Final	Stadium 3
259	1400	Discus (.75 Kg)	w 95	Women	Final	Stadium 3
260	1400	400m Hurdles (.914m)	M 35	Men	Final	Stadium 1
261	1410	400m Hurdles (.914m)	M 40	Men	Final	Stadium 1
262	1415	100m	M 75	Men	Rounds	Stadium 1
263	1420	400m Hurdles (.914m)	M 45	Men	Final	Stadium 1
264	1420	300m Hurdles (.762m)	W 55	Women	Final	Stadium 2
265	1425	300m Hurdles (.762m)	W 50	Women	Final	Stadium 2
266	1430	100m	W 75	Women	Rounds	Stadium 1
267	1430	3,000m Steeplechase (.914m)	M 35	Men	Final	Stadium 2

268	1430	3,000m Steeplechase (.914m)	M 40	Men	Final	Stadium 2
269	1430	3,000m Steeplechase (.914m)	M 45	Men	Final	Stadium 2
270	1430	3,000m Steeplechase (.914m)	M 50	Men	Final	Stadium 2
271	1430	3,000m Steeplechase (.914m)	M 55	Men	Final	Stadium 2
272	1430	2,000m Steeplechase (.762m)	M 60	Men	Final	Stadium 2
273	1430	400m Hurdles (.8400m)	M 50	Men	Final	Stadium 1
274	1430	300m Hurdles (.762m)	M 65	Men	Final	Stadium 2
275	1435	300m Hurdles (.762m)	M 60	Men	Final	Stadium 2
276	1440	400m Hurdles (.840m)	M 55	Men	Final	Stadium 1
277	1445	100m	M 80	Men	Rounds	Stadium 1
278	1450	400m Hurdles (.762m)	W 35	Women	Final	Stadium 1
279	1500	100m	W 80	Women	Rounds	Stadium 1
280	1500	2,000m Steeplechase (.762m)	W 35	Women	Final	Stadium 2
281	1500	2,000m Steeplechase (.762m)	W 40	Women	Final	Stadium 2
282	1500	2,000m Steeplechase (.762m)	W 45	Women	Final	Stadium 2
283	1500	2,000m Steeplechase (.762m)	W 50	Women	Final	Stadium 2
284	1500	2,000m Steeplechase (.762m)	W 55	Women	Final	Stadium 2
285	1500	2,000m Steeplechase (.762m)	W 60	Women	Final	Stadium 2
286	1500	400m Hurdles (.762m)	W 40	Women	Final	Stadium 1
287	1510	400m Hurdles (.762m)	W 45	Women	Final	Stadium 1
288	1515	100m	M 85	Men	Rounds	Stadium 1
289	1530	100m	W 85	Women	Rounds	Stadium 1
290	1530	2,000m Steeplechase (.762m)	M 65	Men	Final	Stadium 2

291	1530	2,000m Steeplechase (.762m)	M 70	Men	Final	Stadium 2
292	1530	2,000m Steeplechase (.762m)	M 75	Men	Final	Stadium 2
293	1530	2,000m Steeplechase (.762m)	M 80	Men	Final	Stadium 2
294	1530	2,000m Steeplechase (.762m)	M 85	Men	Final	Stadium 2
295	1530	2,000m Steeplechase (.762m)	M 90	Men	Final	Stadium 2
296	1530	2,000m Steeplechase (.762m)	M 95	Men	Final	Stadium 2
297	1530	2,000m Steeplechase (.762m)	M 100	Men	Final	Stadium 2
298	1530	Discus (1 Kg)	W 35	Women	Final	Stadium 2
299	1530	Discus (1 Kg)	W 40	Women	Final	Stadium 2
2100	1530	Discus (1 Kg)	W 45	Women	Final	Stadium 2
2101	1545	100m	M 90	Men	Rounds	Stadium 1
2102	1600	100m	W 90	Women	Rounds	Stadium 1
2103	1600	High Jump	M 70	Men	Final	Stadium 1
2104	1600	High Jump	M 75	Men	Final	Stadium 1
2105	1600	High Jump	M 80	Men	Final	Stadium 1
2106	1600	High Jump	M 85	Men	Final	Stadium 1
2107	1600	High Jump	M 90	Men	Final	Stadium 1
2108	1615	100m	M 95	Men	Rounds	Stadium 1
2109	1630	100m	W 95	Women	Rounds	Stadium 1
2110	1630	2,000m Steeplechase (.762m)	W 65	Women	Final	Stadium 2
2111	1630	2,000m Steeplechase (.762m)	W 70	Women	Final	Stadium 2
2112	1630	2,000m Steeplechase (.762m)	W 75	Women	Final	Stadium 2
2113	1630	2,000m Steeplechase (.762m)	W 80	Women	Final	Stadium 2



2114	1630	2,000m Steeplechase (.762m)	W 85	Women	Final	Stadium 2
2115	1630	2,000m Steeplechase (.762m)	W 90	Women	Final	Stadium 2
2116	1630	2,000m Steeplechase (.762m)	W 95	Women	Final	Stadium 2
2117	1630	2,000m Steeplechase (.762m)	W 100	Women	Final	Stadium 2
2118	1645	100m	M 100	Men	Rounds	Stadium 1
2119	1700	100m	W 100	Women	Rounds	Stadium 1
2120	1710	100m	M 35	Men	Final	Stadium 1
2121	1715	100m	W 35	Women	Final	Stadium 1
2122	1720	100m	M 40	Men	Final	Stadium 1
2123	1725	100m	W 40	Women	Final	Stadium 1
2124	1730	100m	M 45	Men	Final	Stadium 1
2125	1735	100m	W 45	Women	Final	Stadium 1
2126	1740	100m	M 50	Men	Final	Stadium 1
2127	1745	100m	W 50	Women	Final	Stadium 1
2128	1750	100m	M 55	Men	Final	Stadium 1
2129	1755	100m	W 55	Women	Final	Stadium 1
2130	1800	100m	M 60	Men	Final	Stadium 1
2131	1805	100m	W 60	Women	Final	Stadium 1
2132	1810	100m	M 65	Men	Final	Stadium 1
2133	1815	100m	W 65	Women	Final	Stadium 1
2134	1820	100m	M 70	Men	Final	Stadium 1
2135	1825	100m	W 70	Women	Final	Stadium 1
2136	1830	100m	M 75	Men	Final	Stadium 1

2137	1835	100m	W 75	Women	Final	Stadium 1
2138	1840	100m	M 80	Men	Final	Stadium 1
2139	1845	100m	W 80	Women	Final	Stadium 1
2140	1850	100m	M 85	Men	Final	Stadium 1
2141	1855	100m	W 85	Women	Final	Stadium 1
2142	1900	100m	M 90	Men	Final	Stadium 1
2143	1905	100m	W 90	Women	Final	Stadium 1
2144	1910	100m	M 95	Men	Final	Stadium 1
2145	1915	100m	W 95	Women	Final	Stadium 1
2146	1920	100m	M 100	Men	Final	Stadium 1
2147	1925	100m	W 100	Women	Final	Stadium 1

### DAY 3 (NOVEMBER 10, 2023, FRIDAY)

<i>Event No.</i>	<i>Time</i>	<i>Event</i>	<i>Age Group</i>	<i>Gender</i>	<i>Stage</i>	<i>Venue</i>
301	0730	5,000m	W 35	Women	Final	Stadium 2
302	0730	5,000m	W 40	Women	Final	Stadium 2
303	0730	5,000m	W 45	Women	Final	Stadium 2
304	0730	400m	M 35	Men	Rounds	Stadium 1
305	0800	Javelin (800 g)	M 35	Men	Final	Stadium 1
306	0800	Javelin (800 g)	M 40	Men	Final	Stadium 1
307	0800	Javelin (800 g)	M 45	Men	Final	Stadium 1
308	0800	Pole Vault	W 35	Women	Final	Stadium 1
309	0800	Pole Vault	W 40	Women	Final	Stadium 1
310	0800	Pole Vault	W 45	Women	Final	Stadium 1

311	0800	Pole Vault	W 50	Women	Final	Stadium 1
312	0800	Pole Vault	W 55	Women	Final	Stadium 1
313	0800	Pole Vault	W 60	Women	Final	Stadium 1
314	0800	Pole Vault	W 65	Women	Final	Stadium 1
315	0800	400m	W 35	Women	Rounds	Stadium 1
316	0830	400m	M 40	Men	Rounds	Stadium 1
317	0830	5,000m	W 50	Women	Final	Stadium 2
318	0830	5,000m	W 55	Women	Final	Stadium 2
319	0830	5,000m	W 60	Women	Final	Stadium 2
320	0830	5,000m	W 65	Women	Final	Stadium 2
321	0830	5,000m	W 70	Women	Final	Stadium 2
322	0900	400m	W 40	Women	Rounds	Stadium 1
323	0900	Javelin (700 g)	M 50	Men	Final	Stadium 1
324	0900	Javelin (700 g)	M 55	Men	Final	Stadium 1
325	0930	400m	M 45	Men	Rounds	Stadium 1
326	0930	5,000m	W 75	Women	Final	Stadium 2
327	0930	5,000m	W 80	Women	Final	Stadium 2
328	0930	5,000m	W 85	Women	Final	Stadium 2
329	0930	5,000m	W 90	Women	Final	Stadium 2
330	0930	5,000m	W 95	Women	Final	Stadium 2
331	0930	5,000m	W 100	Women	Final	Stadium 2
332	1000	400m	W 45	Women	Rounds	Stadium 1
333	1000	Pole Vault	W 70	Women	Final	Stadium 2
334	1000	Pole Vault	W 75	Women	Final	Stadium 2
335	1000	Pole Vault	W 80	Women	Final	Stadium 2
336	1000	Pole Vault	W 85	Women	Final	Stadium 2
337	1000	Pole Vault	W 90	Women	Final	Stadium 2
338	1000	Pole Vault	w 95	Women	Final	Stadium 2

339	1000	Pole Vault	W 100	Women	Final	Stadium 2
340	1030	400m	M 50	Men	Rounds	Stadium 1
341	1030	Javelin (600 g)	M 60	Men	Final	Stadium 1
342	1030	Javelin (600 g)	M 65	Men	Final	Stadium 1
343	1040	5,000m	M 35	Men	Final	Stadium 2
344	1040	5,000m	M 40	Men	Final	Stadium 2
345	1040	5,000m	M 45	Men	Final	Stadium 2
346	1100	400m	W 50	Women	Rounds	Stadium 1
347	1100	Javelin (400 g)	M 80	Men	Final	Stadium 1
348	1100	Javelin (400 g)	M 85	Men	Final	Stadium 1
349	1100	Javelin (500 g)	M 70	Men	Final	Stadium 1
350	1100	Javelin (500 g)	M 75	Men	Final	Stadium 1
351	1100	Javelin (400g)	M 90	Men	Final	Stadium 1
352	1100	Javelin (400g)	M 95	Men	Final	Stadium 1
353	1100	Javelin (400g)	M 100	Men	Final	Stadium 1
354	1130	400m	M 55	Men	Rounds	Stadium 1
355	1130	Javelin (600 g)	W 35	Women	Final	Stadium 1
356	1130	Javelin (600 g)	W 40	Women	Final	Stadium 1
357	1130	Javelin (600 g)	W 45	Women	Final	Stadium 1
358	1200	400m	W 55	Women	Rounds	Stadium 1
359	1220	400m	M 60	Men	Rounds	Stadium 1
360	1240	400m	W 60	Women	Rounds	Stadium 1
361	1300	400m	M 65	Men	Rounds	Stadium 1
362	1320	400m	W 65	Women	Rounds	Stadium 1
363	1340	400m	M 70	Men	Rounds	Stadium 1
364	1400	400m	W 70	Women	Rounds	Stadium 1

365	1400	Javelin (400g)	W 100	Women	Final	Stadium 1
366	1400	Javelin (400g)	W 90	Women	Final	Stadium 1
367	1400	Javelin (400g)	W 95	Women	Final	Stadium 1
368	1400	Pole Vault	M 35	Men	Final	Stadium 1
369	1400	Pole Vault	M 40	Men	Final	Stadium 1
370	1400	Pole Vault	M 45	Men	Final	Stadium 1
371	1415	400m	M 75	Men	Rounds	Stadium 1
372	1430	400m	W 75	Women	Rounds	Stadium 1
373	1445	400m	M 80	Men	Rounds	Stadium 1
374	1500	400m	W 80	Women	Rounds	Stadium 1
375	1510	Javelin (400g)	W 75	Women	Final	Stadium 1
376	1510	Javelin (400g)	W 80	Women	Final	Stadium 1
377	1510	Javelin (400g)	W 85	Women	Final	Stadium 1
378	1510	Pole Vault	M 50	Men	Final	Stadium 1
379	1510	Pole Vault	M 55	Men	Final	Stadium 1
380	1510	Pole Vault	M 60	Men	Final	Stadium 1
381	1510	Pole Vault	M 65	Men	Final	Stadium 1
382	1515	400m	M 85	Men	Rounds	Stadium 1
383	1530	400m	W 85	Women	Rounds	Stadium 1
384	1545	400m	M 90	Men	Rounds	Stadium 1
385	1600	5,000m	M 50	Men	Final	Stadium 2
386	1600	5,000m	M 55	Men	Final	Stadium 2
387	1600	5,000m	M 60	Men	Final	Stadium 2
388	1600	5,000m	M 65	Men	Final	Stadium 2
389	1600	5,000m	M 70	Men	Final	Stadium 2
390	1600	400m	W 90	Women	Rounds	Stadium 1
391	1600	Javelin (500g)	W 50	Women	Final	Stadium 1

392	1600	Javelin (500 g)	W 55	Women	Final	Stadium 1
393	1600	Javelin (500 g)	W 60	Women	Final	Stadium 1
394	1600	Javelin (500 g)	W 65	Women	Final	Stadium 1
395	1600	Javelin (500 g)	W 70	Women	Final	Stadium 1
396	1615	400m	M 95	Men	Rounds	Stadium 1
397	1630	400m	W 95	Women	Rounds	Stadium 1
398	1645	400m	M 100	Men	Rounds	Stadium 1
399	1700	400m	W 100	Women	Rounds	Stadium 1
3100	1700	5,000m	M 75	Men	Final	Stadium 2
3101	1700	5,000m	M 80	Men	Final	Stadium 2
3102	1700	5,000m	M 85	Men	Final	Stadium 2
3103	1700	5,000m	M 95	Men	Final	Stadium 2
3104	1700	5,000m	M 100	Men	Final	Stadium 2
3105	1700	5,000m	M 90	Men	Final	Stadium 2
3106	1710	400m	M 35	Men	Final	Stadium 1
3107	1715	400m	W 35	Women	Final	Stadium 1
3108	1720	400m	M 40	Men	Final	Stadium 1
3109	1725	400m	W 40	Women	Final	Stadium 1
3110	1730	400m	M 45	Men	Final	Stadium 1
3111	1735	400m	W 45	Women	Final	Stadium 1
3112	1740	400m	M 50	Men	Final	Stadium 1
3113	1745	400m	W 50	Women	Final	Stadium 1
3114	1750	400m	M 55	Men	Final	Stadium 1
3115	1755	400m	W 55	Women	Final	Stadium 1
3116	1800	400m	M 60	Men	Final	Stadium 1
3117	1805	400m	W 60	Women	Final	Stadium 1
3118	1810	400m	M 65	Men	Final	Stadium 1
3119	1815	400m	W 65	Women	Final	Stadium 1

3120	1820	400m	M 70	Men	Final	Stadium 1
3121	1825	400m	W 70	Women	Final	Stadium 1
3122	1830	400m	M 75	Men	Final	Stadium 1
3123	1835	400m	W 75	Women	Final	Stadium 1
3124	1840	400m	M 80	Men	Final	Stadium 1
3125	1845	400m	W 80	Women	Final	Stadium 1
3126	1850	400m	M 85	Men	Final	Stadium 1
3127	1855	400m	W 85	Women	Final	Stadium 1
3128	1900	400m	M 90	Men	Final	Stadium 1
3129	1905	400m	W 90	Women	Final	Stadium 1
3130	1910	400m	M 95	Men	Final	Stadium 1
3131	1915	400m	W 95	Women	Final	Stadium 1
3132	1920	400m	M 100	Men	Final	Stadium 1
3133	1925	400m	W 100	Women	Final	Stadium 1

### DAY 4 (NOVEMBER 11, 2023, SATURDAY)

<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Gender</b>	<b>Stage</b>	<b>Venue</b>
401	0'730	200m	W 35	Women	Rounds	Stadium 1
402	0800	200m	M 35	Men	Rounds	Stadium 1
403	0800	Hammer (4 Kg)	W 35	Women	Final	Stadium 1
404	0800	Hammer (4 Kg)	W 40	Women	Final	Stadium 1
405	0800	Hammer (4 Kg)	W 45	Women	Final	Stadium 1
406	0800	Triple Jump	M 100	Men	Final	Stadium 1
407	0800	Triple Jump	M 80	Men	Final	Stadium 1
408	0800	Triple Jump	M 85	Men	Final	Stadium 1
409	0800	Triple Jump	M 90	Men	Final	Stadium 1
410	0800	Triple Jump	M 95	Men	Final	Stadium 1

## 22nd ASIA MASTERS ATHLETICS CHAMPIONSHIPS

411	0830	200m	W 40	Women	Rounds	Stadium 1
412	0900	200m	M 40	Men	Rounds	Stadium 1
413	0930	200m	W 45	Women	Rounds	Stadium 1
414	0930	Hammer (3 Kg)	W 50	Women	Final	Stadium 2
415	0930	Hammer (3 Kg)	W 55	Women	Final	Stadium 2
416	0930	Hammer (3 Kg)	W 60	Women	Final	Stadium 2
417	0930	Hammer (3 Kg)	W 65	Women	Final	Stadium 2
418	0930	Hammer (3 Kg)	W 70	Women	Final	Stadium 3
419	0930	Hammer (6 Kg)	M 55	Men	Final	Stadium 1
420	0930	Hammer (6 Kg)	M 50	Men	Final	Stadium 1
421	0940	200m	W 75	Women	Final	Stadium 1
422	0950	200m	W 80	Women	Final	Stadium 1
423	1000	200m	M 45	Men	Rounds	Stadium 1
424	1000	200m	W 85	Women	Final	Stadium 1
425	1010	200m	W 90	Women	Final	Stadium 1
426	1020	200m	W 100	Women	Final	Stadium 1
427	1020	200m	W 95	Women	Final	Stadium 1
428	1030	200m	W 50	Women	Rounds	Stadium 1
429	1030	Hammer (2 Kg)	W 100	Women	Final	Stadium 2
430	1030	Hammer (2 Kg)	W 75	Women	Final	Stadium 2
431	1030	Hammer (2 Kg)	W 80	Women	Final	Stadium 2
432	1030	Hammer (2 Kg)	W 85	Women	Final	Stadium 2
433	1030	Hammer (2 Kg)	W 90	Women	Final	Stadium 2
434	1030	Hammer (2 Kg)	W 95	Women	Final	Stadium 2
435	1030	Triple Jump	M 60	Men	Final	Stadium 2
436	1030	Triple Jump	M 65	Men	Final	Stadium 2
437	1030	Triple Jump	M 70	Men	Final	Stadium 2
438	1030	Triple Jump	M 75	Men	Final	Stadium 2
439	1100	200m	M 50	Men	Rounds	Stadium 1



440	1130	200m	W 55	Women	Rounds	Stadium 1
441	1140	80m Hurdles (.762m)	W 40	Women	Final	Stadium 2
442	1145	80m Hurdles (.762m)	W 45	Women	Final	Stadium 2
443	1150	80m Hurdles (.762m)	W 50	Women	Final	Stadium 2
444	1155	80m Hurdles (.762m)	W 55	Women	Final	Stadium 2
445	1200	80m Hurdles (.762m)	M 70	Men	Final	Stadium 2
446	1205	80m Hurdles (.762m)	M 75	Men	Final	Stadium 2
447	1210	200m	M 55	Men	Rounds	Stadium 1
448	1220	200m	W 60	Women	Rounds	Stadium 1
449	1240	200m	M 60	Men	Rounds	Stadium 1
450	1240	200M	M 85	Men	Final	Stadium 1
451	1245	200m	M 90	Men	Final	Stadium 1
452	1245	200m	M 95	Men	Final	Stadium 1
453	1300	200m	W 65	Women	Rounds	Stadium 1
454	1320	200m	M 65	Men	Rounds	Stadium 1
455	1340	200m	W 70	Women	Rounds	Stadium 1
456	1400	200m	M 70	Men	Rounds	Stadium 1
457	1400	Hammer (7.26 Kg)	M 45	Men	Final	Stadium 1
458	1400	Hammer (7.26 Kg)	M 40	Men	Final	Stadium 1
459	1400	Hammer (7.26 Kg)	M 35	Men	Final	Stadium 1
460	1400	Hammer (3 Kg)	M 100	Men	Final	Stadium 2
461	1400	Hammer (3 Kg)	M 80	Men	Final	Stadium 2
462	1400	Hammer (3 Kg)	M 85	Men	Final	Stadium 2
463	1400	Hammer (3 Kg)	M 90	Men	Final	Stadium 2
464	1400	Hammer (3 Kg)	M 95	Men	Final	Stadium 2
465	1400	Triple Jump	W 35	Women	Final	Stadium 1
466	1400	Triple Jump	W 40	Women	Final	Stadium 1

467	1400	Triple Jump	W 45	Women	Final	Stadium 1
468	1400	Triple Jump	M 35	Men	Final	Stadium 2
469	1400	Triple Jump	M 40	Men	Final	Stadium 2
470	1400	Triple Jump	M 45	Men	Final	Stadium 2
471	1400	Triple Jump	M 50	Men	Final	Stadium 2
472	1400	Triple Jump	M 55	Men	Final	Stadium 2
473	1415	200m	W 75	Women	Rounds	Stadium 1
474	1430	200m	M 75	Men	Rounds	Stadium 1
475	1445	200m	W 80	Women	Rounds	Stadium 1
476	1500	200m	M 80	Men	Rounds	Stadium 1
477	1515	200m	W 85	Women	Rounds	Stadium 1
478	1520	200m	W 35	Women	Final	Stadium 1
479	1530	200m	M 85	Men	Rounds	Stadium 1
480	1530	200m	W 40	Women	Final	Stadium 1
481	1530	Hammer (5 Kg)	M 65	Men	Final	Stadium 1
482	1530	Hammer (5 Kg)	M 60	Men	Final	Stadium 1
483	1540	200m	W 45	Women	Final	Stadium 1
484	1545	200m	W 90	Women	Rounds	Stadium 1
485	1550	200m	W 50	Women	Final	Stadium 1
486	1600	200m	M 90	Men	Rounds	Stadium 1
487	1600	200m	W 55	Women	Final	Stadium 1
488	1600	Pole Vault	M 100	Men	Final	Stadium 1
489	1600	Pole Vault	M 70	Men	Final	Stadium 1
490	1600	Pole Vault	M 75	Men	Final	Stadium 1
491	1600	Pole Vault	M 80	Men	Final	Stadium 1
492	1600	Pole Vault	M 85	Men	Final	Stadium 1
493	1600	Pole Vault	M 90	Men	Final	Stadium 1
494	1600	Pole Vault	M 95	Men	Final	Stadium 1
495	1600	Triple Jump	W 50	Women	Final	Stadium 2

496	1600	Triple Jump	W 55	Women	Final	Stadium 2
497	1600	Triple Jump	W 60	Women	Final	Stadium 2
498	1600	Triple Jump	W 65	Women	Final	Stadium 2
499	1605	200m	W 60	Women	Final	Stadium 1
4100	1610	200m	W 65	Women	Final	Stadium 1
4101	1615	200m	W 95	Women	Rounds	Stadium 1
4102	1615	200m	W 70	Women	Final	Stadium 1
4103	1620	200m	M 35	Men	Final	Stadium 1
4104	1625	200m	M 40	Men	Final	Stadium 1
4105	1630	200m	M 95	Men	Rounds	Stadium 1
4106	1630	200m	M 45	Men	Final	Stadium 1
4107	1635	200m	M 100	Men	Final	Stadium 1
4108	1635	200m	M 50	Men	Final	Stadium 1
4109	1640	200m	M 55	Men	Final	Stadium 1
4110	1645	200m	W 100	Women	Rounds	Stadium 1
4111	1645	200m	M 60	Men	Final	Stadium 1
4112	1645	200m	M 65	Men	Final	Stadium 1
4113	1650	200m	M 70	Men	Final	Stadium 1
4114	1655	200m	M 75	Men	Final	Stadium 1
4115	1700	200m	M 100	Men	Rounds	Stadium 1
4116	1700	200m	M 80	Men	Final	Stadium 1
4117	1700	Hammer (4 Kg)	M 70	Men	Final	Stadium 2
4118	1700	Hammer (4 Kg)	M 75	Men	Final	Stadium 2
4119	1710	200m	W 35	Women	Final	Stadium 1
4120	1715	200m	M 35	Men	Final	Stadium 1
4121	1720	200m	W 40	Women	Final	Stadium 1
4122	1725	200m	M 40	Men	Final	Stadium 1
4123	1730	200m	W 45	Women	Final	Stadium 1
4124	1730	Triple Jump	W 70	Women	Final	Stadium 2
4125	1730	Triple Jump	W 75	Women	Final	Stadium 2

4126	1730	Triple Jump	W 80	Women	Final	Stadium 2
4127	1730	Triple Jump	W 85	Women	Final	Stadium 2
4128	1730	Triple Jump	W 90	Women	Final	Stadium 2
4129	1730	Triple Jump	W 95	Women	Final	Stadium 2
4130	1730	Triple Jump	W 100	Women	Final	Stadium 2
4131	1735	200m	M 45	Men	Final	Stadium 1
4132	1740	200m	W 50	Women	Final	Stadium 1
4133	1745	200m	M 50	Men	Final	Stadium 1
4134	1750	200m	W 55	Women	Final	Stadium 1
4135	1755	200m	M 55	Men	Final	Stadium 1
4136	1800	200m	W 60	Women	Final	Stadium 1
4137	1805	200m	M 60	Men	Final	Stadium 1
4138	1810	200m	W 65	Women	Final	Stadium 1
4139	1815	200m	M 65	Men	Final	Stadium 1
4140	1820	200m	W 70	Women	Final	Stadium 1
4141	1825	200m	M 70	Men	Final	Stadium 1
4142	1830	200m	W 75	Women	Final	Stadium 1
4143	1835	200m	M 75	Men	Final	Stadium 1
4144	1840	200m	W 80	Women	Final	Stadium 1
4145	1845	200m	M 80	Men	Final	Stadium 1
4146	1850	200m	W 85	Women	Final	Stadium 1
4147	1855	200m	M 85	Men	Final	Stadium 1
4148	1900	200m	W 90	Women	Final	Stadium 1
4149	1905	200m	M 90	Men	Final	Stadium 1
4150	1910	200m	W 95	Women	Final	Stadium 1
4151	1915	200m	M 95	Men	Final	Stadium 1
4152	1920	200m	W 100	Women	Final	Stadium 1
4153	1925	200m	M 100	Men	Final	Stadium 1

**DAY 5 (NOVEMBER 12, 2023, SUNDAY)**

<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Gender</b>	<b>Stage</b>	<b>Venue</b>
501	0630	10 KM RUN	M 35	Men	Final	
502	0630	10 KM RUN	M 40	Men	Final	
503	0630	10 KM RUN	M 45	Men	Final	
504	0630	10 KM RUN	M 50	Men	Final	
505	0630	10 KM RUN	M 55	Men	Final	
506	0630	10 KM RUN	M 60	Men	Final	
507	0630	10 KM RUN	M 65	Men	Final	
508	0630	10 KM RUN	M 70	Men	Final	
509	0630	10 KM RUN	M 75	Men	Final	
510	0630	10 KM RUN	M 80	Men	Final	
511	0630	10 KM RUN	M 85	Men	Final	
512	0630	10 KM RUN	M 90	Men	Final	
513	0630	10 KM RUN	M 95	Men	Final	
514	0630	10 KM RUN	M 100	Men	Final	
515	0640	10 KM RUN	W 35	Women	Final	
516	0640	10 KM RUN	W 40	Women	Final	
517	0640	10 KM RUN	W 45	Women	Final	
518	0640	10 KM RUN	W 50	Women	Final	
519	0640	10 KM RUN	W 55	Women	Final	
520	0640	10 KM RUN	W 60	Women	Final	
521	0640	10 KM RUN	W 65	Women	Final	
522	0640	10 KM RUN	W 70	Women	Final	
523	0640	10 KM RUN	W 75	Women	Final	
524	0640	10 KM RUN	W 80	Women	Final	

525	0640	10 KM RUN	W 85	Women	Final	
526	0640	10 KM RUN	W 90	Women	Final	
527	0640	10 KM RUN	W 95	Women	Final	
528	0640	10 KM RUN	W 100	Women	Final	
529	1000	4 X 100m	M 35	Men	Final	Stadium 1
530	1010	4 X 100m	W 35	Women	Final	Stadium 1
531	1020	4 X 100m	M 40	Men	Final	Stadium 1
532	1030	4 X 100m	W 40	Women	Final	Stadium 1
533	1040	4 X 100m	M 45	Men	Final	Stadium 1
534	1050	4 X 100m	W 45	Women	Final	Stadium 1
535	1100	4 X 100m	M 50	Men	Final	Stadium 1
536	1110	4 X 100m	W 50	Women	Final	Stadium 1
537	1120	4 X 100m	M 55	Men	Final	Stadium 1
538	1130	4 X 100m	W 55	Women	Final	Stadium 1
539	1140	4 X 100m	M 60	Men	Final	Stadium 1
540	1150	4 X 100m	W 60	Women	Final	Stadium 1
541	1100	4 X 100m	M 65	Men	Final	Stadium 1
542	1110	4 X 100m	W 65	Women	Final	Stadium 1
543	1120	4 X 100m	M 70	Men	Final	Stadium 1
544	1130	4 X 100m	W 70	Women	Final	Stadium 1
545	1140	4 X 100m	M 75	Men	Final	Stadium 1
546	1150	4 X 100m	W 75	Women	Final	Stadium 1
547	1200	4 X 100m	M 80	Men	Final	Stadium 1
548	1210	4 X 100m	W 80	Women	Final	Stadium 1

549	1220	4 X 100m	M 85	Men	Final	Stadium 1
550	1230	4 X 100m	W 85	Women	Final	Stadium 1
551	1240	4 X 100m	M 90	Men	Final	Stadium 1
552	1250	4 X 100m	W 90	Women	Final	Stadium 1
553	1300	4 X 100m	M 95	Men	Final	Stadium 1
554	1310	4 X 100m	W 95	Women	Final	Stadium 1
555	1320	4 X 100m	M 100	Men	Final	Stadium 1
556	1330	4 X 100m	W 100	Women	Final	Stadium 1
557	1340	4 X 400m	W 35	Women	Final	Stadium 1
558	1350	4 X 400m	M 35	Men	Final	Stadium 1
559	1400	4 X 400m	W 40	Women	Final	Stadium 1
560	1410	4 X 400m	M 40	Men	Final	Stadium 1
561	1420	4 X 400m	W 45	Women	Final	Stadium 1
562	1430	4 X 400m	M 45	Men	Final	Stadium 1
563	1440	4 X 400m	W 50	Women	Final	Stadium 1
564	1450	4 X 400m	M 50	Men	Final	Stadium 1
565	1500	4 X 400m	W 55	Women	Final	Stadium 1
566	1510	4 X 400m	M 55	Men	Final	Stadium 1
567	1520	4 X 400m	W 60	Women	Final	Stadium 1
568	1530	4 X 400m	M 60	Men	Final	Stadium 1
569	1540	4 X 400m	W 65	Women	Final	Stadium 1
570	1550	4 X 400m	M 65	Men	Final	Stadium 1
571	1600	4 X 400m	W 70	Women	Final	Stadium 1

572	1610	4 X 400m	M 70	Men	Final	Stadium 1
573	1620	4 X 400m	W 75	Women	Final	Stadium 1
574	1630	4 X 400m	M 75	Men	Final	Stadium 1
575	1640	4 X 400m	W 80	Women	Final	Stadium 1
576	1650	4 X 400m	M 80	Men	Final	Stadium 1
577	1700	4 X 400m	W 85	Women	Final	Stadium 1
578	1710	4 X 400m	M 85	Men	Final	Stadium 1
579	1720	4 X 400m	W 90	Women	Final	Stadium 1
580	1730	4 X 400m	M 90	Men	Final	Stadium 1
581	1740	4 X 400m	W 95	Women	Final	Stadium 1
582	1750	4 X 400m	M 95	Men	Final	Stadium 1
583	1800	4 X 400m	W 100	Women	Final	Stadium 1
584	<u>1810</u>	4 X 400m	M 100	Men	Final	Stadium 1



## 34. APPENDIX

**APPENDIX A:  
WMA Hurdle, Steeplechase and implement Specifications**

## 1. HURDLES

<b>WOMEN</b>	<b>Age Group</b>	<b>Race (m)</b>	<b>Height (m)</b>	<b>No.</b>	<b>To First (m)</b>	<b>Interval (m)</b>	<b>To Finish (m)</b>
<b>INDOOR</b>	35-39	60	0.84	5	13	8.5	13
	40-49	60	0.762	5	12	8	16
	50-59	60	0.762	5	12	7	20
	60+	60	0.686	5	12	7	20
<b>SHORT</b>	35-39	100	0.84	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60+	80	0.686	8	12	7	19
<b>LONG</b>	35-49	400	0.762	10	45	35	40
	50-59	300	0.762	7	50	35	40
	60-69	300	0.686	7	50	35	40
	70+	200	0.686	5	20	35	40

<b>MEN</b>	<b>Age Group</b>	<b>Race (m)</b>	<b>Height (m)</b>	<b>No.</b>	<b>To First (m)</b>	<b>Interval (m)</b>	<b>To Finish (m)</b>
<b>INDOOR</b>	35-49	60	0.991	5	13.72	9.14	9.72
	50-59	60	0.914	5	13	8.5	13
	60-69	60	0.84	5	12	8	16
	70-79	60	0.762	5	12	7	20
	80+	60	0.686	5	12	7	20
<b>SHORT</b>	35-49	110	0.991	10	13.72	9.14	14.02
	50-59	100	0.914	10	13	8.5	10.5
	60-69	100	0.84	10	12	8	16
	70-79	80	0.762	8	12	7	19
	80+	80	0.686	8	12	7	19
<b>LONG</b>	35-49	400	0.914	10	45	35	40
	50-59	400	0.84	10	45	35	40
	60-69	300	0.762	7	50	35	40
	70-79	300	0.686	7	50	35	40
	80+	200	0.686	5	20	35	40

## 2. STEEPLECHASE

### WOMEN

2000m .762m (30") 18 barriers and 5 water jumps

### MEN

35-59 3000m .914m (36") 28 barriers and 7 water jumps

60+ 2000m .762m (30") 18 barriers and 5 water jumps

**Note:** When it is commonly available at facilities worldwide, the barrier height for the 3000m shall be 0.838m.