

第22回アジアマスターズ選手権大会

テクニカルハンドブックと エントリー情報

2023年11月8-12日

ニュークラークシティ、カパス、
タルラック、フィリピン

一般スケジュール

DATE	EVENTS	VENUE	TIME
09/08/2023	各国からのエントリー締め切り	-	-
09/15/2023	レイトエントリー締め切り	-	-
11/06/2023	フィリピンへのAMA評議会の到着	-	-
11/06/2023- 11/11/2023	チェスト番号と認定カードの配布	Stadium 2	10.00 am- 5.00 pm
11/06/2023	トレーニングセンター稼働	Stadium 1	7.00 am – 2:00 pm
11/07/2023	AMA 評議会会議	Athletes' Village	9:00 am
11/07/2023	チームマネジャー会議 会場の習熟	Stadium 2	10: 00 am
11/07/2023	第22回AMACトーチラン	Stadium 2	4:00 pm
11/07/2023	第22回AMAC開会式	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	TRACK & FIELD (DAY 2)	Stadiums 1, 2 & 3	7.30 am – 7.25 pm
11/09/2023	チームマネジャー技術会議	Stadium 2	9:00 am
11/09/2023	AMA女性委員会会議&セミナー	Stadium 2	9:00 am to 12:30 pm
11/09/2023	AMA マネジメントセミナー	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	チームマネジャー技術会議	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	チームマネジャー技術会議	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	チームマネジャー技術会議	Stadium 2	9.00 am
11/12/2023	第22回 AMAC 閉会式 & 大会旗引き渡し式	Stadium 2	6:30 pm
11/12/2023	ASIA MASTERS 10K ロードレース	Road Race	6:30 am

**第22回アジアマスターズ陸上競技選手権大会
(第22回AMAC)**

**競技規則と規制
&
エントリー情報**

22nd 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, 2nd 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

1. コンペティションルール

第22回AMACは、AMA / WMAの競技規則および第22回AMAC競技規則で指定された特別な規則によって変更された場合を除き、ワールドアスレティックス(WA)の規則に従って実施されます。

5. 種目

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

6. 年齢要件

第22回AMACには、1988年11月8日以前に生まれ、健康で医師によって競技に参加できると認定されたすべての男女が参加できます。選手は男女ともに35歳以上から5歳ごとに分けられる。エントリー手続き中に年齢に関する誤解を招く情報を入力した場合、失格となります。

7. AGE GROUP

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

8. 参加資格と登録

- 8.1 第22回アジアマスターズ陸上競技選手権大会は、2023年11月8日までに35歳以上で、医学的に競技に適した男女のみが参加できます。エントリーは、各競技者が組織委員会が定めたルールに従わなければならないことを意味します。
- 8.2 エントリーは、アジアマスターズアスレチック (AMA) のメンバーによってオンラインで提出されるものとします。
- 8.3 アジア地域の非メンバーからのエントリーは、第22回AMAC LOCに直接送信する必要があります。
- 8.4 参加者は、それぞれの国のAMAメンバーからエントリーフォームと競技に関するすべての情報を入手できます。
- 8.5 参加者は、エントリーフォーム、IDカードまたはパスポートのコピー（アスリートの生年月日を示す）、フィットネス証明書、パスポートサイズのカラー写真、およびエントリー料を自国の各AMA会員に送付するものとします。メンバーはすべてのアスリートをオンラインで登録します。

個人のエントリーは各国のマスターズ連合が個別に行いますので、自国のエントリー要領を参照して下さい。

9. AMA 第22回AMAC LOCは、チャンピオンシップへの参加に関する情報/文書が不十分で、全額が支払われなかったため、申請を拒否する権利があります。申請プロセスが終了すると、関連情報は変更または取得できなくなります。一旦、大会に関する料金をお支払いいただいた場合、天候その他の理由により大会が中止・中止または遅延した場合、料金は返還されません。
10. 2023年9月16日に登録手続き完了後のイベント変更・イベント削除・追加・競技者変更はありません。
11. 支払い方法
 - 11.1 全てのエントリー料は各国マスターズ連盟で取りまとめてから銀行口座を通じて行います。
12. 参加費
 - 12.1 参加費用の詳細は各国のエントリー要領を参照して下さい。
 - 12.2 リレーチームは、年齢層を混合し、若い年齢層で競争することができます。リレーチームは、同じ国のメンバーで構成されている必要があります。1つのリレーチームの若い年齢層で競争するリレーアスリートは、すべてのリレーで同じ年齢グループに割り当てられたままになります。各アフィリエイトは、各リレーに1つのチームのみ参加できます。
 - 12.3

チームマネジャー/メンバーは、競技日の少なくとも1か月前(2023年10月8日まで)に、LOCに参加するリレーチームの数を明記する必要があります。

リレーチームのエントリーとリレーイベント料金の支払いは、チームマネジャー会議中に登録のために提出する必要があります。
13. 表彰
 - 13.1 1位から3位の受賞者(男性と女性)には、それぞれメダルと賞状が授与されます。
 - 13.2 登録されたすべての競技者には参加証明書が授与されます。
 - 13.3 最大8人のファイナリストにそれぞれ賞状が授与されます。
14. 表彰式

表彰式は、賞選考委員がコーディネートします。競技種目は表彰式に優先する。

チームマネジャーは、アスリートが呼ばれたときに賞品を授与する責任があります。

15. ユニフォーム

すべての競技者は、特にリレーイベントのために、全国マスターズ陸上競技協会によって承認されたユニフォームを着用することが奨励されています。

16. チームマネジャー会議

日付: **2023年11月7日**

時間:**10:00 午前**

会場: **スタジアム2(ニュークラークシティ 陸上競技場)2階**

(各国から2人のメンバーのみが会議に出席できます)。

17. 最終確認

参加者の最終確認は、チームマネジャー会議中に確認リストが渡される1日目と2日目のイベントを除き、前日の午前**9.00**時までにLOCに引き渡されます。

チームマネジャーのテクニカルミーティングは、**2023年11月9日**から**11日**まで午前**9:00**にスタジアム2で開催されます。すべてのチームマネジャーがこれらの会議に出席することが義務付けられています。

18. 医療

チャンピオンシップの前に、すべてのアスリートは健康診断を受け、チャンピオンシップに参加するために健康で健康であることを確認する必要があります。

チャンピオンシップ期間中、競技会場に医療センターが設置されます。応急処置のみが医療官によって提供されます。追加の医療費は参加者の負担となります。

19. ドーピング検査

LOCは、競技中にランダムにドーピングテストを実施します。

20. 開会式:2023年11月7日16:00

閉会式:2023年11月12日18:30

21. アジアマスターズ 10K:ロードレースは2023年11月12日午前6時30分に行われます。**22. アスリートビブス(チェスト番号)&認定カードの取得**

アスリートとチームオフィシャルは、**2023年11月6日**から**11月11日**まで(午前**10:00**～午後**12:00**および午後**1:00**～午後**5:00**)スタジアム2でアスリートビブス(チェスト番号)/認定カードを個別に受け取る必要があります。上記を収集するには、国際パスポートを提示する必要があります。

競技スケジュール:

1日目(2023年11月8日(水))

Event No.	Time	Event	Age Group	Gender	Stage	Venue
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

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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

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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 (.8400m)	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

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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

2日目(2023年11月9日(木))

<i>Event No.</i>	<i>Time</i>	<i>Event</i>	<i>Age Group</i>	<i>Gender</i>	<i>Stage</i>	<i>Venue</i>
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

22nd ASIA MASTERS ATHLETICS CHAMPIONSHIPS

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

22nd ASIA MASTERS ATHLETICS CHAMPIONSHIPS

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

3日目(2023年11月10日(金))

<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

TECHNICAL HANDBOOK AND ENTRY INFORMATION

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

4日目(2023年11月11日(土))

Event No.	Time	Event	Age Group	Gender	Stage	Venue
401	0730	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

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

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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

5日目(2023年11月12日(日))

Event No.	Time	Event	Age Group	Gender	Stage	Venue
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

WOMEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
INDOOR	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
SHORT	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
LONG	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

MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
INDOOR	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
SHORT	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
LONG	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.