

21ST AMAC COMPETITION SCHEDULE : MEN

EVENT / AGE GROUP	35	40	45	50	55	60	65	70	75	80	85	90	95	100+
100M (HEAT)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
100M (FINAL)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
200M (HEAT)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
200M (FINAL)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
400M (HEAT)	3	3	3	3	3	3	3	3	3	3	3	3	3	3
400M (FINAL)	3	3	3	3	3	3	3	3	3	3	3	3	3	3
800M (FINAL)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
1,500M (FINAL)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
5,000M (FINAL)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
5,000M TRACK WALK (FINAL)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
3,000M STEEPLECHASE (FINAL)	6	6	6	6	6									
2,000M STEEPLECHASE (FINAL)						5	5	5	5	5	5	5	5	5
80M H (HEAT)								3	3	3	3	3	3	3
80M H (FINAL)								3	3	3	3	3	3	3
100M H (HEAT)				3	3	3	3							
100M H (FINAL)				3	3	3	3							
110M H (HEAT)	3	3	3											
110M H (FINAL)	3	3	3											
200M H (HEAT)										5	5	5	5	5
200M H (FINAL)										5	5	5	5	5
300M H (HEAT)						5	5	5	5					
300M H (FINAL)						5	5	5	5					
400M H (HEAT)	5	5	5	5	5									
400M H (FINAL)	5	5	5	5	5									
4X100M (FINAL)	6	6	6	6	6	6	6	6	6	6	6	6	6	6
4X400M (FINAL)	6	6	6	6	6	6	6	6	6	6	6	6	6	6
HIGH JUMP (FINAL)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
LONG JUMP (FINAL)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
TRIPLE JUMP (FINAL)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
POLE VAULT (FINAL)	5	5	5	5	5	5	5	6	6	6	6	6	6	6
SHOT PUT (FINAL)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
DISCUS (FINAL)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
JAVELIN (FINAL)	6	6	6	6	6	6	6	6	6	6	6	6	6	6
HAMMER (FINAL)	5	5	5	5	5	5	5	5	5	5	5	5	5	5
ASIA MASTERS 10K	7	7	7	7	7	7	7	7	7	7	7	7	7	7

2 = 2/12/2019 (Day 1)
 3 = 3/12/2019 (Day 2)
 4 = 4/12/2019 (Day 3)
 5 = 5/12/2019 (Day 4)
 6 = 6/12/2019 (Day 5)
 7 = 7/12/2019 (Day 6)

21ST AMAC COMPETITION SCHEDULE : WOMEN

EVENT / AGE GROUP	35	40	45	50	55	60	65	70	75	80	85	90	95	100+
100M (HEAT)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
100M (FINAL)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
200M (HEAT)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
200M (FINAL)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
400M (HEAT)	3	3	3	3	3	3	3	3	3	3	3	3	3	3
400M (FINAL)	3	3	3	3	3	3	3	3	3	3	3	3	3	3
800M (FINAL)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
1,500M (FINAL)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
5,000M (FINAL)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
5,000M TRACK WALK (FINAL)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
2,000M STEEPLECHASE (FINAL)	5	5	5	5	5	5	5	5	5	5	5	5	5	5
80M H (HEAT)		3	3	3	3	3	3	3	3	3	3	3	3	3
80M H (FINAL)		3	3	3	3	3	3	3	3	3	3	3	3	3
100M H (HEAT)	3													
100M H (FINAL)	3													
200M H (HEAT)								5	5	5	5	5	5	5
200M H (FINAL)								5	5	5	5	5	5	5
300M H (HEAT)				5	5	5	5							
300M H (FINAL)				5	5	5	5							
400M H (HEAT)	5	5	5											
400M H (FINAL)	5	5	5											
4X100M (FINAL)	6	6	6	6	6	6	6	6	6	6	6	6	6	6
4X400M (FINAL)	6	6	6	6	6	6	6	6	6	6	6	6	6	6
HIGH JUMP (FINAL)	3	3	3	3	3	3	3	3	3	3	3	3	3	3
LONG JUMP (FINAL)	5	5	5	5	5	5	5	5	5	5	5	5	5	5
TRIPLE JUMP (FINAL)	3	3	3	3	3	3	3	3	3	3	3	3	3	3
POLE VAULT (FINAL)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
SHOT PUT (FINAL)	4	4	4	4	4	4	4	4	4	4	4	4	4	4
DISCUS (FINAL)	2	2	2	2	2	2	2	2	2	2	2	2	2	2
JAVELIN (FINAL)	3	3	3	3	3	3	3	3	3	3	3	3	3	3
HAMMER (FINAL)	6	6	6	6	6	6	6	6	6	6	6	6	6	6
ASIA MASTERS 10K	7	7	7	7	7	7	7	7	7	7	7	7	7	7

2 = 2/12/2019 3 = 3/12/2019 4 = 4/12/2019 5 = 5/12/2019 6 = 6/12/2019 7 = 7/12/2019
 (Day 1) (Day 2) (Day 3) (Day 4) (Day 5) (Day 6)