







21st. Asia Masters Athletics Championships 2019
Programme Day 2 - 03/12/2019 (TUESDAY)

Event No.	Time	Event	Category	Gender	Stage	Venue
201	0800	High Jump	W 35	Women	Final	Stadium 1
202	0800	High Jump	W 40	Women	Final	Stadium 1
203	0800	High Jump	W 45	Women	Final	Stadium 2
204	0800	Javelin Throw	W 100	Women	Final	Stadium 1
205	0800	Javelin Throw	W 75	Women	Final	Stadium 1
206	0800	Javelin Throw	W 80	Women	Final	Stadium 1
207	0800	Javelin Throw	W 85	Women	Final	Stadium 1
208	0800	Javelin Throw	W 90	Women	Final	Stadium 1
209	0800	Javelin Throw	W 50	Women	Final	Stadium 2
210	0800	Triple Jump	W 50	Women	Final	Stadium 1A
211	0800	Triple Jump	W 55	Women	Final	Stadium 1B
212	0800	400m	W 65	Women	Final	Stadium 1
213	0800	400m	W 75	Women	Final	Stadium 1
214/1	0800	400m	M 35	Men	Heat 1	Stadium 2
214/2	0800	400m	M 35	Men	Heat 2	Stadium 2
214/3	0800	400m	M 35	Men	Heat 3	Stadium 2
214/4	0800	400m	M 35	Men	Heat 4	Stadium 2
215	0810	400m	M 85	Men	Final	Stadium 1
216	0810	400m	M 90	Men	Final	Stadium 1
217/1	0820	400m	W 35	Women	Heat 1	Stadium 2
217/2	0820	400m	W 35	Women	Heat 2	Stadium 2
218/1	0830	100m Hurdles	M 60	Men	Heat 1	Stadium 1
218/2	0830	100m Hurdles	M 60	Men	Heat 2	Stadium 1
219/1	0830	400m	M 40	Men	Heat 1	Stadium 2
219/2	0830	400m	M 40	Men	Heat 2	Stadium 2
219/3	0830	400m	M 40	Men	Heat 3	Stadium 2
219/4	0830	400m	M 40	Men	Heat 4	Stadium 2
220/1	0845	100m Hurdles	M 65	Men	Heat 1	Stadium 1
220/2	0845	100m Hurdles	M 65	Men	Heat 2	Stadium 1
221/1	0850	400m	W 40	Women	Heat 1	Stadium 2
221/2	0850	400m	W 40	Women	Heat 2	Stadium 2
222/1	0900	400m	M 45	Men	Heat 1	Stadium 2
222/2	0900	400m	M 45	Men	Heat 2	Stadium 2
222/3	0900	400m	M 45	Men	Heat 3	Stadium 2
222/4	0900	400m	M 45	Men	Heat 4	Stadium 2
222/5	0900	400m	M 45	Men	Heat 5	Stadium 2
223/1	0910	100m Hurdles	M 50	Men	Heat 1	Stadium 1
223/2	0910	100m Hurdles	M 50	Men	Heat 2	Stadium 1
223/3	0910	100m Hurdles	M 50	Men	Heat 3	Stadium 1
224/1	0925	100m Hurdles	M 55	Men	Heat 1	Stadium 1
224/2	0925	100m Hurdles	M 55	Men	Heat 2	Stadium 1
224/3	0925	100m Hurdles	M 55	Men	Heat 3	Stadium 1
225/1	0925	400m	W 45	Women	Heat 1	Stadium 2
225/2	0925	400m	W 45	Women	Heat 2	Stadium 2
225/3	0925	400m	W 45	Women	Heat 3	Stadium 2
226	0930	Triple Jump	W 35	Women	Final	Stadium 1A
227	0930	Triple Jump	W 60	Women	Final	Stadium 1B
228/1	0930	400m	M 50	Men	Heat 1	Stadium 2
228/2	0930	400m	M 50	Men	Heat 2	Stadium 2
228/3	0930	400m	M 50	Men	Heat 3	Stadium 2

Event No.	Time	Event	Category	Gender	Stage	Venue
228/4	0930	400m	M 50	Men	Heat 4	Stadium 2
229/1	0950	400m	W 50	Women	Heat 1	Stadium 2
229/2	0950	400m	W 50	Women	Heat 2	Stadium 2
229/3	0950	400m	W 50	Women	Heat 3	Stadium 2
230	1000	High Jump	W 50	Women	Final	Stadium 2
231	1000	Javelin Throw	W 40	Women	Final	Stadium 1
232	1000	Javelin Throw	W 55	Women	Final	Stadium 2
233/1	1000	110m Hurdles	M 35	Men	Heat 1	Stadium 1
233/2	1000	110m Hurdles	M 35	Men	Heat 2	Stadium 1
234/1	1015	110m Hurdles	M 40	Men	Heat 1	Stadium 1
234/2	1015	110m Hurdles	M 40	Men	Heat 2	Stadium 1
235/1	1015	400m	M 55	Men	Heat 1	Stadium 2
235/2	1015	400m	M 55	Men	Heat 2	Stadium 2
235/3	1015	400m	M 55	Men	Heat 3	Stadium 2
235/4	1015	400m	M 55	Men	Heat 4	Stadium 2
236/1	1030	110m Hurdles	M 45	Men	Heat 1	Stadium 1
236/2	1030	110m Hurdles	M 45	Men	Heat 2	Stadium 1
237/1	1035	400m	W 55	Women	Heat 1	Stadium 2
237/2	1035	400m	W 55	Women	Heat 2	Stadium 2
238/1	1045	400m	M 60	Men	Heat 1	Stadium 2
238/2	1045	400m	M 60	Men	Heat 2	Stadium 2
238/3	1045	400m	M 60	Men	Heat 3	Stadium 2
238/4	1045	400m	M 60	Men	Heat 4	Stadium 2
239	1100	High Jump	W 55	Women	Final	Stadium 1
240	1100	High Jump	W 60	Women	Final	Stadium 1
241	1100	Triple Jump	W 40	Women	Final	Stadium 1A
242/1	1105	400m	W 60	Women	Heat 1	Stadium 2
242/2	1105	400m	W 60	Women	Heat 2	Stadium 2
243/1	1115	400m	M 65	Men	Heat 1	Stadium 2
243/2	1115	400m	M 65	Men	Heat 2	Stadium 2
243/3	1115	400m	M 65	Men	Heat 3	Stadium 2
243/4	1115	400m	M 65	Men	Heat 4	Stadium 2
244	1130	Triple Jump	W 65	Women	Final	Stadium 1B
245/1	1135	400m	M 70	Men	Heat 1	Stadium 2
245/2	1135	400m	M 70	Men	Heat 2	Stadium 2
245/3	1135	400m	M 70	Men	Heat 3	Stadium 2
246/1	1150	400m	W 70	Women	Heat 1	Stadium 2
246/2	1150	400m	W 70	Women	Heat 2	Stadium 2
247	1200	Javelin Throw	W 35	Women	Final	Stadium 1
248	1200	Javelin Throw	W 60	Women	Final	Stadium 2
249/1	1200	400m	M 75	Men	Heat 1	Stadium 2
249/2	1200	400m	M 75	Men	Heat 2	Stadium 2
250/1	1210	400m	M 80	Men	Heat 1	Stadium 2
250/2	1210	400m	M 80	Men	Heat 2	Stadium 2
251	1230	80m Hurdles	M 80	Men	Final	Stadium 2
252	1230	80m Hurdles	M 85	Men	Final	Stadium 2
253	1250	80m Hurdles	W 60	Women	Final	Stadium 2
254	1300	80m Hurdles	W 65	Women	Final	Stadium 2
255	1310	80m Hurdles	W 70 / W 75	Women	Final	Stadium 2
256/1	1320	80m Hurdles	W 40	Women	Heat 1	Stadium 2
256/2	1320	80m Hurdles	W 40	Women	Heat 2	Stadium 2
257/1	1330	80m Hurdles	W 45	Women	Heat 1	Stadium 2
257/2	1330	80m Hurdles	W 45	Women	Heat 2	Stadium 2

Event No.	Time	Event	Category	Gender	Stage	Venue
258	1400	Javelin Throw	W 45	Women	Final	Stadium 1
259	1400	Javelin Throw	W 65	Women	Final	Stadium 2
260	1400	Javelin Throw	W 70	Women	Final	Stadium 2
261	1400	High Jump	W 65	Women	Final	Stadium 2
262	1400	High Jump	W 70	Women	Final	Stadium 2
263	1400	High Jump	W 75	Women	Final	Stadium 2
264	1400	Triple Jump	W 45	Women	Final	Stadium 1A
265	1400	Triple Jump	W 70	Women	Final	Stadium 1B
266	1400	Triple Jump	W 75	Women	Final	Stadium 1B
267	1400	Triple Jump	W 80	Women	Final	Stadium 1B
268	1430	110m Hurdles	M 45	Men	Final	Stadium 1
269	1430	80m Hurdles	W 45	Women	Final	Stadium 2
270	1440	110m Hurdles	M 40	Men	Final	Stadium 1
271	1440	80m Hurdles	W 40	Women	Final	Stadium 2
272	1450	110m Hurdles	M 35	Men	Final	Stadium 1
273	1500	80m Hurdles	W 50	Women	Final	Stadium 2
274	1510	100m Hurdles	M 50	Men	Final	Stadium 1
275	1510	80m Hurdles	W 55	Women	Final	Stadium 2
276	1520	100m Hurdles	M 55	Men	Final	Stadium 1
277	1520	80m Hurdles	M 70	Men	Final	Stadium 2
278	1530	80m Hurdles	M 75	Men	Final	Stadium 2
279	1540	100m Hurdles	M 60	Men	Final	Stadium 1
280	1540	400m	M 35	Men	Final	Stadium 2
281	1545	400m	W 35	Women	Final	Stadium 2
282	1550	100m Hurdles	M 65	Men	Final	Stadium 1
283	1550	400m	M 40	Men	Final	Stadium 2
284	1555	400m	W 40	Women	Final	Stadium 2
285	1600	100m Hurdles	W 35	Women	Final	Stadium 1
286	1600	400m	M 45	Men	Final	Stadium 2
287	1605	400m	W 45	Women	Final	Stadium 2
288	1610	400m	M 50	Men	Final	Stadium 2
289	1615	400m	W 50	Women	Final	Stadium 2
290	1620	400m	M 55	Men	Final	Stadium 2
291	1625	400m	W 55	Women	Final	Stadium 2
292	1630	400m	M 60	Men	Final	Stadium 2
293	1635	400m	W 60	Women	Final	Stadium 2
294	1640	400m	M 65	Men	Final	Stadium 2
295	1645	400m	M 70	Men	Final	Stadium 2
296	1650	400m	W 70	Women	Final	Stadium 2
297	1655	400m	M 75	Men	Final	Stadium 2
298	1700	400m	M 80	Men	Final	Stadium 2
299	1705	400m	W 80 / W 90	Women	Final	Stadium 2

	1
	1A
	1B
	2
	3A
	3B