

21st. Asia Masters Athletics Championships 2019
Programme Day 3 - 04/12/2019 (WEDNESDAY)

Event No.	Time	Event	Category	Gender	Stage	Venue
301	0700	5,000m Track Walk	M 95	Men	Final	Stadium 1
302	0700	5,000m Track Walk	M 90	Men	Final	Stadium 1
303	0700	5,000m Track Walk	M 80	Men	Final	Stadium 1
304	0700	5,000m Track Walk	M 75	Men	Final	Stadium 1
305	0700	5,000m Track Walk	M 70	Men	Final	Stadium 1
306	0700	5,000m Track Walk	W 90	Women	Final	Stadium 2
307	0700	5,000m Track Walk	W 80	Women	Final	Stadium 2
308	0700	5,000m Track Walk	W 75	Women	Final	Stadium 2
309	0700	5,000m Track Walk	W 70	Women	Final	Stadium 2
310	0730	Discus Throw	M 35	Men	Final	Stadium 1
311	0730	Discus Throw	M 40	Men	Final	Stadium 2
312	0730	Long Jump	M 35	Men	Final	Stadium 1A
313	0730	Long Jump	M 40	Men	Final	Stadium 1B
314	0730	Shot Put	W 40	Women	Final	Stadium 2
315	0730	Shot Put	W 35	Women	Final	VENUE 3A
316	0800	Pole Vault	W 50	Women	Final	Stadium 1
317	0800	Pole Vault	W 55	Women	Final	Stadium 1
318	0800	Pole Vault	W 60	Women	Final	Stadium 1
319	0800	Pole Vault	W 65	Women	Final	Stadium 1
320	0805	5,000m Track Walk	M 65	Men	Final	Stadium 1
321	0805	5,000m Track Walk	M 60	Men	Final	Stadium 1
322	0810	5,000m Track Walk	W 65	Women	Final	Stadium 2
323	0900	5,000m Track Walk	M 55	Men	Final	Stadium 1
324	0900	5,000m Track Walk	M 50	Men	Final	Stadium 1
325	0900	Long Jump	M 50	Men	Final	Stadium 1B
326	0910	5,000m Track Walk	W 60	Women	Final	Stadium 2
327	0910	5,000m Track Walk	W 55	Women	Final	Stadium 2
328	0910	5,000m Track Walk	W 50	Women	Final	Stadium 2
329	0930	Discus Throw	M 50	Men	Final	Stadium 1
330	0930	Discus Throw	M 45	Men	Final	Stadium 2
331	0930	Long Jump	M 45	Men	Final	Stadium 1A
332	0930	Shot Put	W 50	Women	Final	Stadium 2
333	0930	Shot Put	W 45	Women	Final	VENUE 3A
334	0955	5,000m Track Walk	M 45	Men	Final	Stadium 1
335	0955	5,000m Track Walk	M 40	Men	Final	Stadium 1
336	0955	5,000m Track Walk	M 35	Men	Final	Stadium 1
337	1010	5,000m Track Walk	W 45	Women	Final	Stadium 2
338	1010	5,000m Track Walk	W 40	Women	Final	Stadium 2
339	1010	5,000m Track Walk	W 35	Women	Final	Stadium 2
340/1	1050	200m	M 35	Men	Heat 1	Stadium 1
340/2	1050	200m	M 35	Men	Heat 2	Stadium 1
340/3	1050	200m	M 35	Men	Heat 3	Stadium 1
340/4	1050	200m	M 35	Men	Heat 4	Stadium 1
340/5	1050	200m	M 35	Men	Heat 5	Stadium 1
341/1	1105	200m	W 35	Women	Heat 1	Stadium 2
341/2	1105	200m	W 35	Women	Heat 2	Stadium 2
342/1	1115	200m	W 60	Women	Heat 1	Stadium 2
342/2	1115	200m	W 60	Women	Heat 2	Stadium 2
343/1	1120	200m	M 60	Men	Heat 1	Stadium 1
343/2	1120	200m	M 60	Men	Heat 2	Stadium 1

Event No.	Time	Event	Category	Gender	Stage	Venue
343/3	1120	200m	M 60	Men	Heat 3	Stadium 1
343/4	1120	200m	M 60	Men	Heat 4	Stadium 1
344/1	1125	200m	W 40	Women	Heat 1	Stadium 2
344/2	1125	200m	W 40	Women	Heat 2	Stadium 2
345	1130	Long Jump	M 60	Men	Final	Stadium 1B
346	1130	Shot Put	W 55	Women	Final	Stadium 2
347/1	1135	200m	W 45	Women	Heat 1	Stadium 2
347/2	1135	200m	W 45	Women	Heat 2	Stadium 2
347/3	1135	200m	W 45	Women	Heat 3	Stadium 2
347/4	1135	200m	W 45	Women	Heat 4	Stadium 2
348/1	1150	200m	M 40	Men	Heat 1	Stadium 1
348/2	1150	200m	M 40	Men	Heat 2	Stadium 1
348/3	1150	200m	M 40	Men	Heat 3	Stadium 1
348/4	1150	200m	M 40	Men	Heat 4	Stadium 1
348/5	1150	200m	M 40	Men	Heat 5	Stadium 1
349/1	1150	200m	W 70	Women	Heat 1	Stadium 2
349/2	1150	200m	W 70	Women	Heat 2	Stadium 2
350	1200	Discus Throw	M 55	Men	Final	Stadium 1
351	1200	Discus Throw	M 80	Men	Final	Stadium 2
352	1200	Discus Throw	M 85	Men	Final	Stadium 2
353	1200	Discus Throw	M 90	Men	Final	Stadium 2
354	1200	Discus Throw	M 95	Men	Final	Stadium 2
355	1200	Long Jump	M 55	Men	Final	Stadium 1A
356	1200	Shot Put	W 60	Women	Final	VENUE 3A
357/1	1200	200m	W 50	Women	Heat 1	Stadium 2
357/2	1200	200m	W 50	Women	Heat 2	Stadium 2
357/3	1200	200m	W 50	Women	Heat 3	Stadium 2
358/1	1210	200m	M 65	Men	Heat 1	Stadium 1
358/2	1210	200m	M 65	Men	Heat 2	Stadium 1
358/3	1210	200m	M 65	Men	Heat 3	Stadium 1
358/4	1210	200m	M 65	Men	Heat 4	Stadium 1
359/1	1215	200m	W 55	Women	Heat 1	Stadium 2
359/2	1215	200m	W 55	Women	Heat 2	Stadium 2
359/3	1215	200m	W 55	Women	Heat 3	Stadium 2
360/1	1240	200m	M 45	Men	Heat 1	Stadium 1
360/2	1240	200m	M 45	Men	Heat 2	Stadium 1
360/3	1240	200m	M 45	Men	Heat 3	Stadium 1
360/4	1240	200m	M 45	Men	Heat 4	Stadium 1
360/5	1240	200m	M 45	Men	Heat 5	Stadium 1
360/6	1240	200m	M 45	Men	Heat 6	Stadium 1
361/1	1310	200m	M 50	Men	Heat 1	Stadium 1
361/2	1310	200m	M 50	Men	Heat 2	Stadium 1
361/3	1310	200m	M 50	Men	Heat 3	Stadium 1
361/4	1310	200m	M 50	Men	Heat 4	Stadium 1
361/5	1310	200m	M 50	Men	Heat 5	Stadium 1
362	1330	Shot Put	W 65	Women	Final	Stadium 2
363/1	1340	200m	M 55	Men	Heat 1	Stadium 1
363/2	1340	200m	M 55	Men	Heat 2	Stadium 1
363/3	1340	200m	M 55	Men	Heat 3	Stadium 1
363/4	1340	200m	M 55	Men	Heat 4	Stadium 1
364	1400	200m	W 35	Women	Final	Stadium 2
365	1400	Long Jump	M 70	Men	Final	Stadium 1B
372	1400	Pole Vault	W 40	Women	Final	Stadium 1

Event No.	Time	Event	Category	Gender	Stage	Venue
373	1400	Pole Vault	W 45	Women	Final	Stadium 1
366	1405	200m	W 40	Women	Final	Stadium 2
367/1	1410	200m	M 70	Men	Heat 1	Stadium 1
367/2	1410	200m	M 70	Men	Heat 2	Stadium 1
367/3	1410	200m	M 70	Men	Heat 3	Stadium 1
367/4	1410	200m	M 70	Men	Heat 4	Stadium 1
368	1410	200m	W 45	Women	Final	Stadium 2
369	1415	200m	W 50	Women	Final	Stadium 2
370	1420	200m	W 55	Women	Final	Stadium 2
371	1425	200m	W 60	Women	Final	Stadium 2
374	1430	Discus Throw	M 60	Men	Final	Stadium 1
375	1430	Discus Throw	M 65	Men	Final	Stadium 2
376	1430	Shot Put	W 75	Women	Final	VENUE 3A
377	1430	Shot Put	W 80	Women	Final	VENUE 3A
378	1430	Shot Put	W 85	Women	Final	VENUE 3A
379	1430	Shot Put	W 90 / W 100	Women	Final	VENUE 3A
380	1430	200m	W 65	Women	Final	Stadium 2
381	1435	200m	W 70	Women	Final	Stadium 2
383	1440	200m	W 75	Women	Final	Stadium 2
382/1	1440	200m	M 75	Men	Heat 1	Stadium 1
382/2	1440	200m	M 75	Men	Heat 2	Stadium 1
382A/1	1450	200m	M 85	Men	Heat 1	Stadium 1
382A/2	1450	200m	M 85	Men	Heat 2	Stadium 1
384	1445	200m	W 80	Women	Final	Stadium 2
384A	1445	200m	W 100	Women	Final	Stadium 2
385	1450	1,500m	W 35	Women	Final	Stadium 2
386	1455	200m	M 35	Men	Final	Stadium 1
387	1500	200m	M 40	Men	Final	Stadium 1
388	1500	Long Jump	M 65	Men	Final	Stadium 1A
389	1505	200m	M 45	Men	Final	Stadium 1
390	1505	1,500m	W 40	Women	Final	Stadium 2
391	1510	200m	M 50	Men	Final	Stadium 1
392	1515	200m	M 55	Men	Final	Stadium 1
393	1520	200m	M 60	Men	Final	Stadium 1
394	1520	1,500m	W 45	Women	Final	Stadium 2
395	1525	200m	M 65	Men	Final	Stadium 1
396	1530	200m	M 70	Men	Final	Stadium 1
397	1530	Shot Put	W 70	Women	Final	Stadium 2
398	1535	200m	M 75	Men	Final	Stadium 1
399	1535	1,500m	W 50	Women	Final	Stadium 2
3100	1540	200m	M 85	Men	Final	Stadium 1
3101	1545	200m	M 80	Men	Final	Stadium 1
3102	1550	200m	M 95	Men	Final	Stadium 1
3103	1550	1,500m	W 55	Women	Final	Stadium 2
3104/1	1600	1,500m	M 35	Men	Final 1	Stadium 1
3104/2	1600	1,500m	M 35	Men	Final 2	Stadium 1
3105	1600	Long Jump	M 80	Men	Final	Stadium 1B
3106	1600	Long Jump	M 85	Men	Final	Stadium 1B
3107	1610	1,500m	W 60	Women	Final	Stadium 2
3108/1	1615	1,500m	M 40	Men	Final 1	Stadium 1
3108/2	1615	1,500m	M 40	Men	Final 2	Stadium 1
3109	1630	1,500m	W 65	Women	Final	Stadium 2
3110/1	1640	1,500m	M 45	Men	Final 1	Stadium 1

Event No.	Time	Event	Category	Gender	Stage	Venue
3110/2	1640	1,500m	M 45	Men	Final 2	Stadium 1
3111	1650	1,500m	W 70	Women	Final	Stadium 2
3112	1650	1,500m	W 75	Women	Final	Stadium 2
3113	1650	1,500m	W 80 / W 100	Women	Final	Stadium 2
3114/1	1655	1,500m	M 50	Men	Final 1	Stadium 1
3114/2	1655	1,500m	M 50	Men	Final 2	Stadium 1
3115	1700	Discus Throw	M 70	Men	Final	Stadium 2
3116	1700	Discus Throw	M 75	Men	Final	Stadium 1
3117	1700	Long Jump	M 75	Men	Final	Stadium 1A
3118/1	1710	1,500m	M 55	Men	Final 1	Stadium 1
3118/2	1710	1,500m	M 55	Men	Final 2	Stadium 1
3119/1	1725	1,500m	M 60	Men	Final 1	Stadium 1
3119/2	1725	1,500m	M 60	Men	Final 2	Stadium 1
3120	1745	1,500m	M 65	Men	Final	Stadium 1
3121	1745	1,500m	M 70	Men	Final	Stadium 1
3122	1805	1,500m	M 75	Men	Final	Stadium 1
3123	1805	1,500m	M 80	Men	Final	Stadium 1

	1
	1A
	1B
	2
	3A
	3B