

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 Steeplechase	-	M35 – M59
9	2000 M Steeplechase	All Age Groups	M60 – M100+
10	80 M Hurdles	W40 – W100+	M70 – M100+
11	100 M Hurdles	W35 - 39	M50 – M69
12	110 M Hurdles	-	M35 – M49
13	300 M Hurdles	W50 – W69	M60 – M79
14	200 M Hurdles	W70+	M80+
15	400 M Hurdles	W35 – W49	M35 – M59
16	4 x 100 M	All Age Groups	All Age Groups
17	4 x 400 M	All Age Groups	All Age Groups
18	High Jump	All Age Groups	All Age Groups
19	Long Jump	All Age Groups	All Age Groups
20	Triple Jump	All Age Groups	All Age Groups
21	Pole Vault	All Age Groups	All Age Groups
22	Shot Put	All Age Groups	All Age Groups
23	Discus	All Age Groups	All Age Groups
24	Javelin	All Age Groups	All Age Groups
25	Hammer	All Age Groups	All Age Groups
26	Asia Masters 10 K	All Age Groups	All Age Groups