


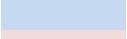




**21st. Asia Masters Athletics Championships 2019**  
**Programme Day 1 - 02/12/2019 (MONDAY)**

<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Category</b>	<b>Gender</b>	<b>Stage</b>	<b>Venue</b>
101	0700	5,000m	M 35	Men	Final	Stadium 1
102	0700	5,000m	M 40	Men	Final	Stadium 1
103	0700	5,000m	M 45	Men	Final	Stadium 1
104	0700	5,000m	W 35	Women	Final	Stadium 2
105	0700	5,000m	W 40	Women	Final	Stadium 2
106	0700	5,000m	W 45	Women	Final	Stadium 2
107	0730	Shot Put	M 60	Men	Final	Stadium 2
108	0730	Shot Put	M 35	Men	Final	VENUE 3A
109	0730	Shot Put	M 85	Men	Final	VENUE 3B
110	0730	Shot Put	M 90	Men	Final	VENUE 3B
111	0730	Shot Put	M 95	Men	Final	VENUE 3B
112	0730	Discus Throw	W 35	Women	Final	Stadium 1
113	0730	Discus Throw	W 60	Women	Final	Stadium 2
114	0730	High Jump	M 35	Men	Final	Stadium 1
115	0730	High Jump	M 40	Men	Final	Stadium 2
116	0730	5,000m	M 50	Men	Final	Stadium 1
117	0730	5,000m	M 55	Men	Final	Stadium 1
118	0730	5,000m	M 60	Men	Final	Stadium 1
119	0735	5,000m	W 50	Women	Final	Stadium 2
120	0735	5,000m	W 55	Women	Final	Stadium 2
121	0735	5,000m	W 60	Women	Final	Stadium 2
122	0735	5,000m	W 65	Women	Final	Stadium 2
123	0800	Triple Jump	M 35	Men	Final	Stadium 1A
124	0800	Triple Jump	M 60	Men	Final	Stadium 1B
125	0810	5,000m	M 65	Men	Final	Stadium 1
126	0810	5,000m	M 70	Men	Final	Stadium 1
127	0810	5,000m	M 75	Men	Final	Stadium 1
128	0815	5,000m	W 70	Women	Final	Stadium 2
129	0815	5,000m	W 75	Women	Final	Stadium 2
130	0815	5,000m	W 80	Women	Final	Stadium 2
131	0850	5,000m	M 80	Men	Final	Stadium 1
132	0850	5,000m	M 90	Men	Final	Stadium 1
133	0900	Discus Throw	W 40	Women	Final	Stadium 1
134/1	0905	100m	W 35	Women	Heat 1	Stadium 2
134/2	0905	100m	W 35	Women	Heat 2	Stadium 2
135/1	0915	100m	W 40	Women	Heat 1	Stadium 2
135/2	0915	100m	W 40	Women	Heat 2	Stadium 2
135/3	0915	100m	W 40	Women	Heat 3	Stadium 2
136	0930	Triple Jump	M 40	Men	Final	Stadium 1A
137	0930	Triple Jump	M 65	Men	Final	Stadium 1B
138	0930	High Jump	M 50	Men	Final	Stadium 2
139	0930	Shot Put	M 65	Men	Final	Stadium 2
140	0930	Shot Put	M 70	Men	Final	VENUE 3B
141	0930	Shot Put	M 75	Men	Final	VENUE 3A
142/1	0935	100m	W 45	Women	Heat 1	Stadium 2

<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Category</b>	<b>Gender</b>	<b>Stage</b>	<b>Venue</b>
142/2	0935	100m	W 45	Women	Heat 2	Stadium 2
142/3	0935	100m	W 45	Women	Heat 3	Stadium 2
143/1	0955	100m	W 50	Women	Heat 1	Stadium 2
143/2	0955	100m	W 50	Women	Heat 2	Stadium 2
143/3	0955	100m	W 50	Women	Heat 3	Stadium 2
144	1000	High Jump	M 45	Men	Final	Stadium 1
145/1	1000	100m	M 35	Men	Heat 1	Stadium 1
145/2	1000	100m	M 35	Men	Heat 2	Stadium 1
145/3	1000	100m	M 35	Men	Heat 3	Stadium 1
145/4	1000	100m	M 35	Men	Heat 4	Stadium 1
145/5	1000	100m	M 35	Men	Heat 5	Stadium 1
146/1	1015	100m	W 55	Women	Heat 1	Stadium 2
146/2	1015	100m	W 55	Women	Heat 2	Stadium 2
146/3	1015	100m	W 55	Women	Heat 3	Stadium 2
147	1030	Discus Throw	W 65	Women	Final	Stadium 2
148/1	1030	100m	W 60	Women	Heat 1	Stadium 2
148/2	1030	100m	W 60	Women	Heat 2	Stadium 2
149/1	1040	100m	M 40	Men	Heat 1	Stadium 1
149/2	1040	100m	M 40	Men	Heat 2	Stadium 1
149/3	1040	100m	M 40	Men	Heat 3	Stadium 1
149/4	1040	100m	M 40	Men	Heat 4	Stadium 1
149/5	1040	100m	M 40	Men	Heat 5	Stadium 1
149/6	1040	100m	M 40	Men	Heat 6	Stadium 1
150/1	1040	100m	W 65	Women	Heat 1	Stadium 2
150/2	1040	100m	W 65	Women	Heat 2	Stadium 2
151/1	1055	100m	W 70	Women	Heat 1	Stadium 2
151/2	1055	100m	W 70	Women	Heat 2	Stadium 2
152	1100	Discus Throw	W 45	Women	Final	Stadium 1
153	1100	Shot Put	M 80	Men	Final	VENUE 3A
154/1	1100	100m	M 45	Men	Heat 1	Stadium 1
154/2	1100	100m	M 45	Men	Heat 2	Stadium 1
154/3	1100	100m	M 45	Men	Heat 3	Stadium 1
154/4	1100	100m	M 45	Men	Heat 4	Stadium 1
154/5	1100	100m	M 45	Men	Heat 5	Stadium 1
154/6	1100	100m	M 45	Men	Heat 6	Stadium 1
155/1	1110	100m	W 75	Women	Heat 1	Stadium 2
155/2	1110	100m	W 75	Women	Heat 2	Stadium 2
157	1120	100m	W 80 /W 85/W 100	Women	Final	Stadium 2
156/1	1120	100m	M 50	Men	Heat 1	Stadium 1
156/2	1120	100m	M 50	Men	Heat 2	Stadium 1
156/3	1120	100m	M 50	Men	Heat 3	Stadium 1
156/4	1120	100m	M 50	Men	Heat 4	Stadium 1
156/5	1120	100m	M 50	Men	Heat 5	Stadium 1
158	1130	High Jump	M 60	Men	Final	Stadium 2
159	1130	Shot Put	M 50	Men	Final	Stadium 2
160	1130	Shot Put	M 55	Men	Final	VENUE 3B
161	1130	100m	W 35	Women	Final	Stadium 2
162	1135	100m	W 40	Women	Final	Stadium 2

<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Category</b>	<b>Gender</b>	<b>Stage</b>	<b>Venue</b>
163/1	1140	100m	M 55	Men	Heat 1	Stadium 1
163/2	1140	100m	M 55	Men	Heat 2	Stadium 1
163/3	1140	100m	M 55	Men	Heat 3	Stadium 1
163/4	1140	100m	M 55	Men	Heat 4	Stadium 1
163/5	1140	100m	M 55	Men	Heat 5	Stadium 1
164	1145	100m	W 45	Women	Final	Stadium 2
165	1155	100m	W 50	Women	Final	Stadium 2
166	1200	Discus Throw	W 70	Women	Final	Stadium 2
167	1200	Triple Jump	M 45	Men	Final	Stadium 1A
168	1200	Triple Jump	M 80	Men	Final	Stadium 1B
169	1200	Triple Jump	M 85	Men	Final	Stadium 1B
170	1200	High Jump	M 55	Men	Final	Stadium 1
171	1200	100m	W 55	Women	Final	Stadium 2
172	1205	100m	W 60	Women	Final	Stadium 2
173/1	1210	100m	M 60	Men	Heat 1	Stadium 1
173/2	1210	100m	M 60	Men	Heat 2	Stadium 1
173/3	1210	100m	M 60	Men	Heat 3	Stadium 1
173/4	1210	100m	M 60	Men	Heat 4	Stadium 1
173/5	1210	100m	M 60	Men	Heat 5	Stadium 1
174	1210	100m	W 65	Women	Final	Stadium 2
175	1220	100m	W 70	Women	Final	Stadium 2
176	1230	Shot Put	M 40	Men	Final	VENUE 3A
177/1	1230	100m	M 65	Men	Heat 1	Stadium 1
177/2	1230	100m	M 65	Men	Heat 2	Stadium 1
177/3	1230	100m	M 65	Men	Heat 3	Stadium 1
177/4	1230	100m	M 65	Men	Heat 4	Stadium 1
178	1230	100m	W 75	Women	Final	Stadium 2
179/1	1250	100m	M 70	Men	Heat 1	Stadium 1
179/2	1250	100m	M 70	Men	Heat 2	Stadium 1
179/3	1250	100m	M 70	Men	Heat 3	Stadium 1
179/4	1250	100m	M 70	Men	Heat 4	Stadium 1
180	1300	Discus Throw	W 50	Women	Final	Stadium 1
181/1	1310	100m	M 75	Men	Heat 1	Stadium 1
181/2	1310	100m	M 75	Men	Heat 2	Stadium 1
182/1	1320	100m	M 80	Men	Heat 1	Stadium 1
182/2	1320	100m	M 80	Men	Heat 2	Stadium 1
183	1330	Discus Throw	W 75	Women	Final	Stadium 2
184	1330	Discus Throw	W 80	Women	Final	Stadium 2
185	1330	Discus Throw	W 85	Women	Final	Stadium 2
186	1330	Discus Throw	W 90	Women	Final	Stadium 2
187	1330	Shot Put	M 45	Men	Final	Stadium 2
188	1330	High Jump	M 70	Men	Final	Stadium 2
189	1340	100m	M 85	Men	Final	Stadium 1
190	1350	100m	M 90 / M 95	Men	Final	Stadium 1
191	1400	Triple Jump	M 70	Men	Final	Stadium 1B
192	1400	Triple Jump	M 75	Men	Final	Stadium 1B
193	1400	100m	M 35	Men	Final	Stadium 1
194	1400	800m	M 35	Men	Final	Stadium 2

<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Category</b>	<b>Gender</b>	<b>Stage</b>	<b>Venue</b>
195	1405	100m	M 40	Men	Final	Stadium 1
196	1410	100m	M 45	Men	Final	Stadium 1
197/1	1410	800m	M 40	Men	Final 1	Stadium 2
197/2	1410	800m	M 40	Men	Final 2	Stadium 2
198	1415	100m	M 50	Men	Final	Stadium 1
199	1420	100m	M 55	Men	Final	Stadium 1
1100/1	1420	800m	M 45	Men	Final 1	Stadium 2
1100/2	1420	800m	M 45	Men	Final 2	Stadium 2
1101	1425	100m	M 60	Men	Final	Stadium 1
1102	1430	100m	M 65	Men	Final	Stadium 1
1103/1	1430	800m	M 50	Men	Final 1	Stadium 2
1103/2	1430	800m	M 50	Men	Final 2	Stadium 2
1104	1430	Triple Jump	M 50	Men	Final	Stadium 1A
1105	1435	100m	M 70	Men	Final	Stadium 1
1106	1440	100m	M 75	Men	Final	Stadium 1
1107/1	1440	800m	M 55	Men	Final 1	Stadium 2
1107/2	1440	800m	M 55	Men	Final 2	Stadium 2
1108	1445	100m	M 80	Men	Final	Stadium 1
1109	1450	800m	M 60	Men	Final	Stadium 2
1110	1500	Triple Jump	M 55	Men	Final	Stadium 2
1111	1500	Discus Throw	W 55	Women	Final	Stadium 2
1112	1500	High Jump	M 65	Men	Final	Stadium 1
1113	1500	800m	M 65	Men	Final	Stadium 2
1114	1510	800m	M 70	Men	Final	Stadium 2
1115	1520	800m	M 75	Men	Final	Stadium 2
1116	1530	High Jump	M 75	Men	Final	Stadium 2
1117	1530	High Jump	M 80	Men	Final	Stadium 2
1118	1530	800m	M 80 / M 85	Men	Final	Stadium 2
1119	1540	800m	W 35	Women	Final	Stadium 2
1120	1550	800m	W 40	Women	Final	Stadium 2
1121	1600	800m	W 45	Women	Final	Stadium 2
1122	1610	800m	W 50	Women	Final	Stadium 2
1123	1620	800m	W 55	Women	Final	Stadium 2
1124	1630	800m	W 60	Women	Final	Stadium 2
1125	1640	800m	W 65	Women	Final	Stadium 2
1126	1650	800m	W 70	Women	Final	Stadium 2
1127	1700	800m	W 75	Women	Final	Stadium 2
1128	1700	800m	W 80 / W 90	Women	Final	Stadium 2

	1
	1A
	1B
	2
	3A
	3B