


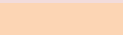




**21st. Asian Masters Athletics Championship 2019
Programme Day 4 - 05/12/2019 (THURSDAY)**

Event No.	Time	Event	Category	Gender	Stage	Venue
401	0730	Hammer Throw	M 35	Men	Final	Stadium 1
402	0730	Long Jump	W 35	Women	Final	Stadium 1A
403	0730	Long Jump	W 40	Women	Final	Stadium 1B
404	0800	Pole Vault	M 55	Men	Final	Stadium 1
405	0800	Pole Vault	M 60	Men	Final	Stadium 2
406	0800	Pole Vault	M 65	Men	Final	Stadium 2
407/1	0800	400m Hurdles	W 35	Women	Heat 1	Stadium 1
407/2	0800	400m Hurdles	W 35	Women	Heat 2	Stadium 1
408/1	0815	300m Hurdles	M 65	Men	Heat 1	Stadium 2
408/2	0815	300m Hurdles	M 65	Men	Heat 2	Stadium 2
408/3	0815	300m Hurdles	M 65	Men	Heat 3	Stadium 2
409/1	0815	400m Hurdles	W 45	Women	Heat 1	Stadium 1
409/2	0815	400m Hurdles	W 45	Women	Heat 2	Stadium 1
410/1	0830	300m Hurdles	W 50	Women	Heat 1	Stadium 2
410/2	0830	300m Hurdles	W 50	Women	Heat 2	Stadium 2
411/1	0830	400m Hurdles	M 50	Men	Heat 1	Stadium 1
411/2	0830	400m Hurdles	M 50	Men	Heat 2	Stadium 1
411/3	0830	400m Hurdles	M 50	Men	Heat 3	Stadium 1
412/1	0845	400m Hurdles	M 55	Men	Heat 1	Stadium 1
412/2	0845	400m Hurdles	M 55	Men	Heat 2	Stadium 1
413	0900	Hammer	M 40	Men	Final	Stadium 1
414	0900	Long Jump	W 45	Women	Final	Stadium 1A
415	0900	Long Jump	W 65	Women	Final	Stadium 1B
416/1	0900	300m Hurdles	M 60	Men	Heat 1	Stadium 2
416/2	0900	300m Hurdles	M 60	Men	Heat 2	Stadium 2
417/1	0900	400m Hurdles	M 35	Men	Heat 1	Stadium 1
417/2	0900	400m Hurdles	M 35	Men	Heat 2	Stadium 1
418/1	0915	400m Hurdles	M 40	Men	Heat 1	Stadium 1
418/2	0915	400m Hurdles	M 40	Men	Heat 2	Stadium 1
419/1	0915	300m Hurdles	M 70	Men	Heat 1	Stadium 2
419/2	0915	300m Hurdles	M 70	Men	Heat 2	Stadium 2
420/1	0930	400m Hurdles	M 45	Men	Heat 1	Stadium 1
420/2	0930	400m Hurdles	M 45	Men	Heat 2	Stadium 1
420/3	0930	400m Hurdles	M 45	Men	Heat 3	Stadium 1
421	0945	300m Hurdles	M 75	Men	Final	Stadium 2
422	0955	300m Hurdles	W 60	Women	Final	Stadium 2
423	0955	300m Hurdles	W 65	Women	Final	Stadium 2
424	0955	400m Hurdles	W 40	Women	Final	Stadium 1
425	1000	Hammer Throw	M 45	Men	Final	Stadium 1
426	1000	Long Jump	W 75	Women	Final	Stadium 1B
427	1000	Long Jump	W 80	Women	Final	Stadium 1B
428	1005	400m Hurdles	W 35	Women	Final	Stadium 1
429	1005	300m Hurdles	W 55	Women	Final	Stadium 2
430	1015	400m Hurdles	W 45	Women	Final	Stadium 1
431	1015	300m Hurdles	M 60	Men	Final	Stadium 2
432	1025	400m Hurdles	M 55	Men	Final	Stadium 1
433	1025	300m Hurdles	M 65	Men	Final	Stadium 2
434	1035	400m Hurdles	M 50	Men	Final	Stadium 1
435	1035	300m Hurdles	W 50	Women	Final	Stadium 2

<i>Event No.</i>	<i>Time</i>	<i>Event</i>	<i>Category</i>	<i>Gender</i>	<i>Stage</i>	<i>Venue</i>
436	1045	400m Hurdles	M 35	Men	Final	Stadium 1
437	1055	400m Hurdles	M 40	Men	Final	Stadium 1
438	1055	300m Hurdles	M 70	Men	Final	Stadium 2
439	1100	Long Jump	W 60	Women	Final	Stadium 1A
440	1100	Pole Vault	M 45	Men	Final	Stadium 2
441	1100	Pole Vault	M 35	Men	Final	Stadium 1
442	1105	200m Hurdles	M 80	Men	Final	Stadium 2
443	1105	200m Hurdles	M 85	Men	Final	Stadium 2
444	1105	400m Hurdles	M 45	Men	Final	Stadium 1
445	1115	200m Hurdles	W 70	Women	Final	Stadium 2
446	1115	200m Hurdles	W 75	Women	Final	Stadium 2
447	1130	Hammer Throw	M 50	Men	Final	Stadium 1
448	1200	Long Jump	W 55	Women	Final	Stadium 1B
449	1200	2,000m Steeplechase	W 35	Women	Final	Stadium 1
450	1200	2,000m Steeplechase	W 40	Women	Final	Stadium 1
451	1200	2,000m Steeplechase	W 50	Women	Final	Stadium 1
452	1200	2,000m Steeplechase	W 55	Women	Final	Stadium 1
453	1230	Hammer Throw	M 60	Men	Final	Stadium 1
454	1230	Long Jump	W 70	Women	Final	Stadium 1A
455	1330	Hammer Throw	M 65	Men	Final	Stadium 1
456	1400	Pole Vault	M 40	Men	Final	Stadium 1
457	1400	Pole Vault	M 50	Men	Final	Stadium 2
458	1400	Long Jump	W 50	Women	Final	Stadium 1A
459	1400	2,000m Steeplechase	W 60	Women	Final	Stadium 1
460	1400	2,000m Steeplechase	W 65	Women	Final	Stadium 1
461	1400	2,000m Steeplechase	W 70	Women	Final	Stadium 1
462	1430	2,000m Steeplechase	W 45	Women	Final	Stadium 1
463	1430	Hammer Throw	M 55	Men	Final	Stadium 1
464	1500	2,000m Steeplechase	M 60	Men	Final	Stadium 1
465	1530	2,000m Steeplechase	M 65	Men	Final	Stadium 1
466	1600	Hammer Throw	M 70	Men	Final	Stadium 1
467	1600	Hammer Throw	M 75	Men	Final	Stadium 1
468	1630	2,000m Steeplechase	M 70	Men	Final	Stadium 1
469	1630	2,000m Steeplechase	M 75	Men	Final	Stadium 1
469A	1630	2,000m Steeplechase	M 80	Men	Final	Stadium 1
469B	1630	2,000m Steeplechase	M 85	Men	Final	Stadium 1
470	1730	Hammer Throw	M 85	Men	Final	Stadium 1
470A	1730	Hammer Throw	M 80	Men	Final	Stadium 1
471	1730	Hammer Throw	M 90	Men	Final	Stadium 1

	1
	1A
	1B
	2
	3A
	3B