



1ST ASIA PACIFIC MASTERS GAMES-2018

TECHNICAL HANDBOOK

ATHLETICS



beyond the games

COMPETITON INFORMATION

1. ORGANIZATION

Malaysia Athletic Federation and Penang Amateur Athletic Association

2. DATE

The 1st Asia Pacific Masters Games Athletic competition will be held from 7th to 15th, September 2018.

3. SCHEDULE

The provisional Athletics competition schedule for APMG 2018 is as follows:

	7/9	8/9	9/9	10/9	11/9	12/9	13/9	14/9	15/9
	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
Morning Session	Track and Field	Track and Field	Road Races	Track and Field	Track and Field	Track and Field	Track and Field	Track and Field	Track and Field
Afternoon Session	Track and Field	Opening Ceremony	Track and Field	Track and Field	Track and Field	Track and Field	Track and Field	Track and Field	Closing Ceremony

The Opening Ceremony is scheduled for the evening of Saturday 8th September 2018 with the Closing Ceremony on the evening of Saturday 15th September 2018.

4. VENUE

The APMG 2018 Athletics competition consists of two disciplines: Road events and Track and Field events.

4.1 Track and Field Events

City Stadium Penang will be the venue for the athletic competition. The stadium has 8 lanes synthetic track with facilities for all field events.

4.2 Road Races

City Hall, Jalan Padang Kota Lama

5. COLLECTION OF BIB NUMBERS AND ACCREDITATION CARDS

5.1 Booths will be setup in the Penang International Sports Arena (PISA), Bayan Baru, Penang on the 5th Sept and 6th Sept.2018 for the participants to collect their Bibs and their Accreditation card. From 7th Sept 2018 onwards, participants could collect the bibs at Technical Information Centre (TIC) in the City Stadium.

5.2 You are to confirm your entries at the booth on the day of collection. Failure to confirm your entries will be liable for disqualification. Kindly print and bring the confirmation and withdrawal form as attached.

5.3 You are also to submit the names of your relay Team members during this confirmation using the form as attached.

6. COMPETITION RULES

6.1 All registered Athletics participants can compete in multiple disciplines. For example, an athlete registered to compete in a Road Races event can also choose to register for Track and Field events.

6.2 Each athlete can enter up to a maximum of five (5) events in the Track and Field, and one (1) relay including the road race.

6.3 In line with the sport specific rules, an athlete must compete in their actual age group, with your age determined as at 7th September 2018.

6.4 If there are insufficient entries in an age category, categories may be combined in order to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age category in which they originally entered. The age categories for Athletics at APMG 2018 are as follows:

MEN

M30 (30-34)	M35 (35-39)	M40 (40-44)	M45 (45-49)	M50 (50-54)
M55 (55-59)	M60 (60-64)	M65 (65-69)	M70 (70-74)	M75 (75-79)
M80 (80-84),	M85 (85-89)	M90 (90-94)	M95 (95-99)	M100 (100+)

WOMEN

W30 (30-34)	W35 (35-39)	W40 (40-44)	W45 (45-49)	W50 (50-54)
W55 (55-59)	W60 (60-64)	W65 (65-69)	W70 (70-74)	W75 (75-79)
W80 (80-84),	W85 (85-89)	W90 (90-94)	W95 (95-99)	W100 (100+)

RELAY RACES

In this Championship, relay races 4x100 and 4x400 meters shall be conducted in 4 age groups: <160, 160 - 199, 200 - 239 and 240+.

In this Championship, in each relay race an athlete may compete for a team in only one age group which may be a lower age group that of the athlete.

6.5 For each relay team to be confirmed, four athletes need to be registered. The combined age of the four athletes determines the age category in which the relay team will compete.

7. **TRACK AND FIELD EVENTS**

The Track and Field event schedule follows the Asia Pacific Masters Games Athletics competition program (with minor exceptions).

The following Track and Field events are offered:

Discipline	Event	Age Categories
Track	100m	All
Track	200m	All
Track	400m	All
Track	800m	All
Track	1500m	All
Track	5000m	All
Track	10,000m	All
Track	80m Hurdles	M70 & older; W40 & older
Track	100m Hurdles	M40 - M69; W30 - W39
Track	110m Hurdles	M30 - M39
Track	300m Hurdles	M60 - M79; W50 - W69
Track	400m Hurdles	M30 - M59; W30 - W49
Track	2000m Steeplechase	M60 & older
Track	3000m Steeplechase	M30 - M59
Track	4x 100m Relay	<160, 160-199, 200-239, 240+
Track	4 x 400m Relay	<160, 160-199, 200-239, 240+
Track	1500m Track Race Walk	All
Track	3000m Track Race Walk	All
Track	5000m Track Race Walk	All
Field	High Jump	All
Field	Pole Vault	All
Field	Long Jump	All
Field	Triple Jump	All
Field	Discus Throw	All
Field	Hammer Throw	All
Field	Javelin Throw	All
Field	Shot Put	All

APMG2018 Athletics Track and Field competition takes place at only one competition venue.

Venue Name	Penang City Stadium
Venue Address	Jalan Perak, 10450 George Town, Penang, Malaysia
Venue Contact	+60 4-226 2953

ROAD RACES

7.1 The 10km and Half Marathon events will be held on the same day during the Games. As such, each athlete must choose to enter at the time of registration, either the 10km or the Half Marathon only. The following Road events are offered:

Discipline	Event	Age Categories
Road	10km	Men's/Women's: all age categories
Road	Half Marathon	Men's/Women's: all age categories

(It is possible to register with the intention to walk in the Road events; however, as the event is conducted on public roads and permission is provided to close all or parts of those roads, there are certain time restrictions after which athletes will be required to continue the event on the footpath, or for safety reasons, may be withdrawn from the event.)

7.2 All events will be conducted on a closed road circuit. The 10km event will complete two and a half laps, whilst the Half Marathon runners will complete four and a half laps of the course.

7.3 The start and cut-Off Time for both the races is as follows: -

21KM – Start 0530 hrs and cut-off Time – 0900 hrs

10KM - Start 0630 hrs and cut-off Time – 0830 hrs

8. GENERAL RULES

8.1 Asia Pacific Masters Games athletics competition shall be conducted in accordance with the technical rules of IAAF except as modified by By-Laws and /or Rules of Competitions. The rule changes have been endorsed by the Malaysian Athletic Federation Technical Committee before being introduced into competition.

8.2 In the Championships, all competitors must wear appropriate sporting attire.

8.3 The Organizing Committee shall appoint a Safety Judge with authority to withdraw from competition any athlete who is improperly performing the event whose continued participation in the competition would in the opinion of the Safety Judge endanger the athlete's health or the progress of other competitors. The Safety Judge may exercise his authority through deputies, and both the Safety Judge and any deputies shall be clearly identifiable as such.

8.4 Competitors shall be advised, preferably in the program, of the reporting time for each event. No round or stage of any event will commence at a time earlier than that shown in the printed programme.

8.5 Where possible some events will be combined to reduce session times. The top three athletes in each age category for each event will be awarded competition medals.

9. WMA RULES

9.1 For outdoor track events which are conducted entirely in lanes, lane assignments in rounds after the first round shall be based on competitors' performances (times) at the most recent stage of the event and shall be as follows:

1st lane 4	2nd lane 5	3rd lane 3
4th lane 6	5th lane 2	6th lane 7
7th lane 1	8th lane 8	

Where two or more competitors have recorded the same time at the most recent stage, those competitors shall draw lots for the lanes involved.

9.2 The Meeting Director or his designee may alter the composition of heats, as well as the number of participants per heat, depending on the number of competitors actually reporting.

9.3 First preliminary rounds, if required, will always be run at their scheduled times. Further rounds will then be cancelled as necessary. All finals will be run at their scheduled times.

9.4 Master competitors are not required to use starting blocks or a crouch start or have both hands in contact with the track for the start of any race.

9.5 In any race, athletes who are charged with a false start as determined by the chief starter shall be warned by show of cards. Athletes who are charged with a second false start in the same race as determined by the chief starter, shall be disqualified. The current IAAF rule regarding one false start is consequently not adopted in this championship.

9.6 HURDLES

- Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant.

9.7 STEEPLECHASE

- Competitors may hurdle or vault the barriers or step on the top rail in continuous motion but may not climb them. The hands or the feet may touch only the top surface of the barrier and no other part of the body may touch any part of the barriers.

9.8 Competitors may use their own implements, provided these are checked and marked as approved by Organizing Committee before the competition and made available to all competitors (Such implements if any should be submitted to the Organizing Committee a day before the Championship)

9.9 When a field event competition includes competitors in different age groups, such groups will be considered separate competitions for the purpose of deciding which competitors shall be allowed to advance. There may thus be more than the usual maximum number of competitors allowed additional trials.

9.10 When a high jump and pole vault competition includes competitors in different age groups jumping and vaulting in the same competition pool and there is only one competitor left in an age group, that competitor shall have the right to have the height of the bar raised in terms of applicable IAAF Rules even though other competitors in other age groups may still be jumping/ vaulting. Said competitors must continue in the normal progression and may not jump at these special heights.

9.11 BIBS

- A pair of bibs will be distributed during the team managers meeting. All competitors must wear the bibs they have been allocated.
- Bibs must be worn in accordance with IAAF Rules 143.7 — 143.8
- In relay events each athlete shall wear the letters of the designated Team on the front and their individual bib on the back.
- Throwing events only ONE bib shall be required, which shall be worn on the BACK.
- In the jumping events (High Jump & Pole Vault) only one number bib shall be required.

10. HIGH JUMP/ POLE VAULT

10.1 Both feet must be off the ground during the vault.

10.2 Competitors are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Referee.

11. STARTING COMMANDS

11.1 All start commands will be given in English.

11.2 For events up to and including the 400m and also for the Relays, the following commands will be used: -"On your marks" -"Set"- Followed by the report of the gun.

11.3 For races of 800m and longer, the following command will be used: -"On your marks" - Followed by the report of the gun.

12. STARTING BLOCK

Master competitors are not required to use starting blocks or a crouch start on both hands in contact with the track for the start of any race.

13. IMPLEMENTS

The specifications for the throwing implements shall be as set out in the technical rules of IAAF / WMA

Hurdles and Implement Specifications

WOMEN	Age	Race	Hurdle	Number of	To 1st	Between	To	
		Distance	Height	Hurdles	Hurdle	Hurdles	Finish	
Short	W30-39	100M	.840M (33")	10	13M	8.5M	10.5M	
	W40-49	80M	.762M (30")	8	12M	8M	12M	
	W50-59	80M	.762M (30")	8	12M	7M	19M	
	W60+	80M	.686M (27")	8	12M	7M	19M	
Long	W30-34	400M	.762M (30")	10	45M	35M	40M	
	W35-49	400M	.762M (30")	10	45M	35M	40M	
	W50-59	300M	.762M (30")	7	50M	35M	40M	
	W60+	300M	.686M (27")	7	50M	35M	40M	
Steeplechase	W35+	2000M	rules (2001)					
MEN	Age			Number of	To 1st	Between	Finish	
Short	M30-39	110M	1.067M	10	13.72M	9.14M	14.02M	
	M40-49	100M	.991M (39")	10	13.72M	9.14M	14.02M	
	M50-59	100M	.914M (36")	10	13M	8.5M	10.5M	
	M60-69	100M	.840M (33")	10	16M	8.0M	12M	
	70-79	80M	.762M (30")	8	12M	7M	19M	
	80+	80M	.686M (27")	8	12M	7M	19M	
Long	M40-49	400M	.914M (36")	10	45M	35M	40M	
	M50-59	400M	.840M (33")	10	45M	35M	40M	
	60-69	300M	.762M (30")	7	50M	35M	40M	
	70+	300M	.686M (27")	7	50M	35M	40M	
Steeplechase	M40 - 59	3000M	Per IAAF Specifications					
Steeplechase	M60+	2000M	Per IAAF Specifications (same rules as for women)					

Specification	Age	Hammer	Shot Put	Discus	Javelin
Women	30-34	4K	4K	1.0K	600G
	35-49	4K	4K	1.0K	600G
	50-59	3K	3K	1.0K	500G
	60+	3K	3K	1.0K	400G
Men	30-39	7.26K(16#)	7.26K (16#)	2.0K	800G
	40-49	7.26K(16#)	7.26K (16#)	2.0K	800G
	50-59	6K	6K	1.5K	700G
	60-69	5K	5K	1.0K	600G
	70-79	4K	4K	1.0K	500G
	80+	4K	4K	1.0K	400G

14. RECORDS

All achievements established at this Championship shall automatically be recognized and be considered new records in future.

15. MEDALS

Medals will be awarded to the first 3 winners of each age category. It can be collected at the Medal Canopy 30 minutes after the announcement of the Official result of the event.

16. QUALIFYING STANDARDS

16.1 HEATS

If there are (2) two heats the first three (3) in each heat and the Fastest two losers will qualify for the finals.

16.2 If three (3) heats the first Two (2) in each heat and the Fastest two losers will qualify for the finals.

16.3 If they are four (4) heats the fast two (2) in each heat will Qualify for the finals.

16.4 LONG JUMP, TRIPLE JUMP AND ALL THROWING EVENTS

- In all Field Events, except for the High Jump and Pole Vault, trials where there are more than eight athletes, each athlete shall be allowed three and the eight athletes with the best valid performances shall be allowed . three additional trials.
- Where there are eight athletes or fewer, each athlete shall be allowed six trials.

Starting heights for vertical Jumps (High Jump and Pole Vault)

To be decided by the respective referees in consultation with the competitors.

17. REPORTING TIMES

17.1 For all track events: 30 minutes to call room -10 minutes to competition area

17.2 For all field events: 45 minutes to call room -30 minutes to competition area

17.3 For Pole Vault event: 75 minutes to call room - 60 minutes to competition area

18. WARM UP FOR FIELD EVENTS

Once athletes have arrived at the event site, athletes in Field events will be allowed to practice their trials within the time available at the discretion of the Chief Judge and under the supervision of the Judges.

19. MEDICAL SERVICES

- The Medical Centre is located in Stadium nearer to the finish.
- First Aiders will be stationed around the track.

20. PROTEST

20.1 Any protest related to the competition shall be made in writing by team manager or athlete concern, with the cash of US\$100, which will not be paid back in the case of failure.

20.2 Any athletes proved to violate the rules of Asia Pacific Masters Games will be disqualified from the competition.

21. TIME TABLE

Friday 7 September 2018 -Day One Morning Session					
Event Number	Time	Event	Category	Age Group	Heats/Final
101	07:20	5000m	Men	30	Final
102	07:20	5000m	Men	35	Final
103	08:00	High Jump	Men	65	Final
104	08:00	High Jump	Men	70	Final
105	08:00	Javelin Throw (700g)	Men	50	Final
106	08:00	5000m	Men	40	Final
107	08:00	5000m	Men	45	Final
108	08:40	100m	Women	40	Heats
109	09:00	Triple Jump	Women	55	Final

110	09:00	Triple Jump	Women	60	Final
111	09:00	Triple Jump	Women	65	Final
112	09:00	Triple Jump	Women	70	Final
113	09:00	Triple Jump	Women	75	Final
114	09:00	Javelin Throw (700g)	Men	55	Final
115	09:00	100m	Women	55	Heats
116	09:20	100m	Men	35	Heats
117	09:40	100m	Men	40	Heats
118	10:00	High Jump	Men	75	Final
119	10:00	High Jump	Men	80	Final
120	10:00	High Jump	Men	85	Final
121	10:00	100m	Men	45	Heats
122	10:20	100m	Men	50	Heats
123	10:20	Javelin Throw (500g)	Women	50	Final
124	10:20	Javelin Throw (500g)	Women	55	Final
125	10:40	100m	Men	55	Heats
126	11:00	100m	Men	60	Heats
127	11:20	100m	Men	65	Heats
128	11:40	100m	Men	70	Heats

Friday 7 September 2018 -Day One Afternoon Session

Event Number	Time	Event	Category	Age Group	Heats /Final
129	14:20	High Jump	Men	35	Final
130	14:20	High Jump	Men	40	Final
131	14:20	Triple Jump	Women	40	Final
132	14:20	100m	Women	30	Final
133	14:30	100m	Women	35	Final
134	14:40	100m	Women	40	Final
135	14:50	100m	Women	45	Final
136	15:00	Javelin Throw (400g)	Women	60	Final
137	15:00	Javelin Throw (400g)	Women	65	Final
138	15:00	100m	Women	50	Final
139	15:10	100m	Women	55	Final
140	15:20	100m	Women	60	Final

141	15:30	100m	Women	70	Final
142	15:40	100m	Women	75	Final
143	15:40	100m	Women	80	Final
144	15:50	100m	Men	30	Final
145	16:00	100m	Men	35	Final
146	16:10	100m	Men	40	Final
147	16:20	100m	Men	45	Final
148	16:30	100m	Men	50	Final
149	16:30	High Jump	Men	45	Final
150	16:30	High Jump	Men	50	Final
151	16:40	100m	Men	55	Final
152	16:50	100m	Men	60	Final
153	16:50	Javelin Throw (400g)	Women	70	Final
154	16:50	Javelin Throw (400g)	Women	75	Final
155	16:50	Javelin Throw (400g)	Women	80	Final
156	17:00	Triple Jump	Women	45	Final
157	17:00	Triple Jump	Women	50	Final
158	17:00	100m	Men	65	Final
159	17:10	100m	Men	70	Final
160	17:20	100m	Men	75	Final
161	17:30	100m	Men	80	Final
162	17:30	100m	Men	85	Final
163	17:40	5000m	Women	35	Final
164	17:40	5000m	Women	40	Final
165	17:40	5000m	Women	45	Final
166	18:20	5000m	Women	50	Final
167	18:20	5000m	Women	55	Final
168	18:20	5000m	Women	60	Final
Saturday 8 September 2018- Day Two Morning Session					
Event Number	Time	Event	Category	Age Group	Heats /Final
201	07:30	5000m	Men	50	Final
202	07:30	5000m	Men	55	Final

203	07:40	Javelin Throw (600g)	Women	35	Final
204	08:00	Triple Jump	Men	65	Final
205	08:20	Javelin Throw (600g)	Women	40	Final
206	08:20	5000m	Men	60	Final
207	08:20	5000m	Men	65	Final
208	08:30	High Jump	Men	60	Final
209	09:10	5000m	Men	70	Final
210	09:10	5000m	Men	75 & Above	Final
211	09:30	Javelin Throw (600g)	Women	45	Final
212	09:30	Triple Jump	Men	55	Final
213	09:30	Triple Jump	Men	70	Final
214	09:30	Triple Jump	Men	80	Final
215	09:50	High Jump	Men	55	Final
216	10:20	Javelin Throw (500g)	Men	70	Final
217	10:20	100mH(0.914)	Men	50	Heats
218	10:40	100mH(0.99)	Men	40	Heats

Sunday 9 September 2018- Day Three Morning Session

Event Number	Time	Event	Category	Age Group	Heats /Final
301	05:30	21 KM Run	Men	All	Final
302	05:30	21 KM Run	Women	All	Final
303	06:30	10 KM Run	Men	All	Final
304	06:30	10 KM Run	Women	All	Final

Sunday 9 September 2018- Day Three Afternoon Session

Event Number	Time	Event	Category	Age Group	Heats /Final
305	14:20	Javelin Throw (800g)	Men	35	Final
306	14:30	Triple Jump	Men	30	Final
307	14:30	Triple Jump	Men	35	Final
308	14:40	80mH(0.686)	Women	75	Final
309	14:50	80mH(0.686)	Men	85	Final
310	14:50	80mH(0.686)	Men	80	Final
311	15:05	80mH(0.762)	Women	55	Final

312	15:15	80mH(0.762)	Women	50	Final
313	15:20	Javelin Throw (800g)	Men	40	Final
314	15:20	Triple Jump	Men	40	Final
315	15:20	Triple Jump	Men	45	Final
316	15:25	80mH(0.762)	Women	45	Final
317	15:35	80mH(0.762)	Women	40	Final
318	15:45	80mH(0.762)	Men	75	Final
319	15:45	80mH(0.762)	Men	70	Final
320	16:00	100mH(0.84)	Women	30	Final
321	16:00	100mH(0.84)	Women	40	Final
322	16:10	Javelin Throw (800g)	Men	45	Final
323	16:10	100mH(0.84)	Men	65	Final
324	16:20	100mH(0.84)	Men	60	Final
325	16:30	Triple Jump	Men	50	Final
326	16:35	100mH(0.914)	Men	55	Final
327	16:45	100mH(0.914)	Men	50	Final
328	17:00	100mH(0.99)	Men	45	Final
329	17:10	100mH(0.99)	Men	40	Final
330	17:20	Javelin Throw (600g)	Men	60	Final
331	17:20	Javelin Throw (600g)	Men	65	Final
332	17:20	110mH(0.99)	Men	35	Final
333	17:20	110mH(0.99)	Men	30	Final
334	17:50	5000m	Women	65	Final
335	17:50	5000m	Women	70	Final
336	17:50	5000m	Women	75	Final

Monday 10 September 2018 Day Four Morning Session

Event Number	Time	Event	Category	Age Group	Heats /Final
401	07:30	3000m Walk	Women	60	Final
402	07:30	3000m Walk	Women	65	Final
403	07:30	3000m Walk	Women	70	Final
404	07:30	3000m Walk	Women	75	Final
405	08:10	Shot Put(4K)	Women	35	Final
406	08:10	Long Jump	Men	50	Final

407	08:10	Discus Throw(1K)	Men	60	Final
408	08:15	3000m Walk	Women	35	Final
409	08:15	3000m Walk	Women	40	Final
410	08:15	3000m Walk	Women	45	Final
411	08:15	3000m Walk	Women	50	Final
412	08:15	3000m Walk	Women	55	Final
413	09:20	Shot Put(4K)	Women	40	Final
414	09:20	High Jump	Women	55	Final
415	09:20	High Jump	Women	60	Final
416	09:20	Long Jump	Men	55	Final
417	09:25	Discus Throw(1K)	Men	65	Final
418	10:00	4x100m	Men	< 160	Final
419	10:10	4x100m	Men	160 -199	Final
420	10:20	4x100m	Men	200 - 239	Final
421	10:30	4x100m	Men	240 +	Final
422	10:40	4x100m	Women	200 - 239	Final
Monday 10 September 2018 Day Four Afternoon Session					
Event Number	Time	Event	Category	Age Group	Heats /Final
423	14:30	Long Jump	Men	75	Final
424	14:30	Long Jump	Men	80	Final
425	15:15	800m	Men	35	Final
426	15:30	800m	Men	40	Final
427	15:40	Pole Vault	Men	30	Final
428	15:45	4x100m	Women	< 160	Final
429	16:00	4x100m	Women	160 -199	Final
430	16:20	4x100m	Women	240 +	Final
431	16:30	Long Jump	Men	60	Final
432	16:30	Shot Put(4K)	Women	45	Final
433	16:40	3000m Walk	Men	35	Final
434	16:40	3000m Walk	Men	40	Final
435	16:40	3000m Walk	Men	45	Final
436	16:45	Javelin Throw	Men	30	Final
437	17:15	3000m Walk	Men	50	Final

438	17:15	3000m Walk	Men	55	Final
439	17:15	3000m Walk	Men	60	Final
440	17:50	3000m Walk	Men	65	Final
441	17:50	3000m Walk	Men	70	Final
442	17:50	3000m Walk	Men	75	Final
443	17:50	3000m Walk	Men	80	Final
Tuesday 11 September 2018 -Day Five Morning Session					
Event Number	Time	Event	Category	Age Group	Heats /Final
501	07:20	5000m Walk	Men	30	Final
502	07:20	5000m Walk	Men	35	Final
503	07:20	5000m Walk	Men	40	Final
504	07:20	5000m Walk	Men	45	Final
505	08:05	5000m Walk	Men	50	Final
506	08:05	5000m Walk	Men	55	Final
507	08:05	5000m Walk	Men	60	Final
508	08:05	5000m Walk	Men	65	Final
509	08:05	Discus Throw (1K)	Women	60	Final
510	08:05	Javelin Throw (400g)	Men	85	Final
511	08:05	Javelin Throw (400g)	Men	80	Final
512	08:50	1500m	Men	30	Final
513	08:50	1500m	Men	35	Final
514	09:05	1500m	Men	40	Final
515	09:05	1500m	Men	45	Final
516	09:10	Discus Throw (1K)	Women	65	Final
517	09:10	Discus Throw (1K)	Women	70	Final
518	09:20	1500m	Men	50	Final
519	09:35	1500m	Men	55	Final
520	09:40	Pole Vault	Women	70	Final
521	09:40	Triple Jump	Men	60	Final
522	09:40	200m	Women	40	Heats
523	09:55	200m	Men	65	Heats
524	10:10	200m	Men	35	Heats

525	10:15	Discus Throw (0.75K)	Women	75	Final
526	10:15	Discus Throw (0.75K)	Women	80	Final
527	10:25	200m	Men	40	Heats
528	10:45	200m	Men	45	Heats
529	11:05	200m	Men	50	Heats
530	11:30	200m	Men	55	Heats
531	11:45	200m	Men	60	Heats
Tuesday 11 September 2018 - Day Five Afternoon Session					
Event Number	Time	Event	Category	Age Group	Heats /Final
532	14:20	Pole Vault	Men	40	Final
533	14:20	Pole Vault	Men	45	Final
534	14:20	Long Jump	Women	50	Final
535	14:20	Long Jump	Women	55	Final
536	14:20	Discus Throw (2K)	Men	35	Final
537	14:20	200m	Women	30	Final
538	14:30	200m	Women	35	Final
539	14:40	200m	Women	40	Final
540	14:50	200m	Women	45	Final
541	15:00	200m	Women	50	Final
542	15:10	200m	Women	55	Final
543	15:20	200m	Women	65	Final
544	15:20	Shot Put (6K)	Men	55	Final
545	15:25	Long Jump	Women	60	Final
546	15:25	Long Jump	Women	65	Final
547	15:30	Discus Throw (2K)	Men	40	Final
548	15:30	Discus Throw (2K)	Men	45	Final
549	15:30	200m	Women	70	Final
550	15:30	200m	Women	75	Final
551	15:30	200m	Women	80	Final
552	15:40	200m	Men	30	Final
553	15:50	200m	Men	35	Final
554	16:00	Pole Vault	Men	50	Final
555	16:00	Pole Vault	Men	55	Final

556	16:00	Pole Vault	Men	60	Final
557	16:00	200m	Men	40	Final
558	16:10	200m	Men	45	Final
559	16:20	200m	Men	50	Final
560	16:30	Long Jump	Women	70	Final
561	16:30	Long Jump	Women	75	Final
562	16:30	200m	Men	55	Final
563	16:40	200m	Men	60	Final
564	16:50	200m	Men	65	Final
565	17:00	200m	Men	70	Final
566	17:10	200m	Men	75	Final
567	17:20	200m	Men	80	Final
568	17:30	Discus Throw (1.5K)	Men	50	Final
569	17:30	Discus Throw (1.5K)	Men	55	Final
570	17:30	1500m	Men	60	Final
571	17:45	1500m	Men	65	Final
572	18:00	1500m	Men	70	Final
573	18:00	1500m	Men	75	Final
574	18:00	1500m	Men	80	Final
575	18:00	1500m	Men	85	Final
576	18:15	5000m Walk	Men	60	Final
577	18:15	5000m Walk	Men	70	Final
578	18:15	5000m Walk	Men	75	Final
579	18:15	5000m Walk	Men	80	Final

Wednesday 12 September 2018- Day Six Morning Session

Event Number	Time	Event	Category	Age Group	Heats /Final
601	07:30	5000m Walk	Women	35	Final
602	07:30	5000m Walk	Women	40	Final
603	07:30	5000m Walk	Women	45	Final
604	07:30	5000m Walk	Women	50	Final
605	07:45	Long Jump	Women	35	Final
606	07:45	Long Jump	Women	40	Final

607	07:45	Discus Throw (1.0K)	Women	30	Final
608	07:45	Discus Throw (1K)	Women	35	Final
609	07:45	Discus Throw (1K)	Women	40	Final
610	08:30	5000m Walk	Women	55	Final
611	08:30	5000m Walk	Women	60	Final
612	08:45	Pole Vault	Men	65	Final
613	08:45	Pole Vault	Men	70	Final
614	08:45	Pole Vault	Men	85	Final
615	09:40	Long Jump	Women	45	Final
616	09:40	800m	Women	30	Final
617	09:40	800m	Women	35	Final
618	09:40	Discus Throw (1K)	Women	45	Final
619	09:55	800m	Women	40	Final
620	09:55	800m	Women	45	Final
621	10:10	800m	Women	50	Final
622	10:25	800m	Women	55	Final
623	10:40	800m	Women	65	Final
624	10:40	800m	Women	70	Final
625	10:40	800m	Women	80	Final
Wednesday 12 September 2018- Day Six Afternoon Session					
Event Number	Time	Event	Category	Age Group	Heats /Final
626	14:20	High Jump	Women	40	Final
627	14:20	High Jump	Women	45	Final
628	14:20	Shot Put(7.26K)	Men	35	Final
629	14:20	Long Jump	Men	35	Final
630	14:30	800m	Men	30	Final
631	14:45	800m	Men	45	Final
632	14:45	Discus Throw (1.0K)	Men	70	Final
633	14:45	Discus Throw (1.0K)	Men	75	Final
634	15:00	800m	Men	50	Final
635	15:15	800m	Men	55	Final
636	15:30	Shot Put(7.26K)	Men	40	Final

637	15:30	800m	Men	60	Final
638	15:45	800m	Men	65	Final
639	15:45	Long Jump	Men	40	Final
640	16:00	800m	Men	70	Final
641	16:00	800m	Men	75	Final
642	16:20	800m	Men	80	Final
643	16:20	800m	Men	85	Final
644	16:20	Discus Throw (1.0K)	Men	80	Final
645	16:20	Discus Throw (1.0K)	Men	85	Final
646	16:50	Shot Put(7.26K)	Men	45	Final
647	16:50	Long Jump	Men	45	Final
648	17:00	5000m Walk	Women	65	Final
649	17:00	5000m Walk	Women	70	Final
650	17:00	5000m Walk	Women	75	Final

Thursday 13 August 2018- Day Seven Morning Session

Event Number	Time	Event	Category	Age Group	Heats /Final
701	07:30	1500m Walk	Women	35	Final
702	07:30	1500m Walk	Women	40	Final
703	07:30	1500m Walk	Women	50	Final
704	07:50	1500m Walk	Women	55	Final
705	07:50	1500m Walk	Women	60	Final
706	08:00	Discus Throw (1K)	Women	50	Final
707	08:00	Shot Put (6K)	Men	50	Final
708	08:20	1500m Walk	Women	65	Final
709	08:20	1500m Walk	Women	70	Final
710	08:20	1500m Walk	Women	75	Final
711	08:20	1500m Walk	Women	80	Final
712	08:45	High Jump	Women	75	Final
713	08:45	High Jump	Women	80	Final
714	08:45	Long Jump	Men	65	Final
715	08:45	Long Jump	Men	70	Final
716	08:50	400m	Men	35	Heats

717	09:10	400m	Men	40	Heats
718	09:10	Discus Throw (1K)	Women	55	Final
719	09:35	400m	Men	45	Heats
720	09:55	400m	Men	50	Heats
721	10:00	Discus Throw (2K)	Men	30	Final
722	10:20	400m	Men	55	Heats
723	10:40	400m	Men	60	Heats
724	11:00	400m	Men	65	Heats
Thursday 13 September 2018- Day Seven Afternoon Session					
Event Number	Time	Event	Category	Age Group	Heats /Final
725	14:20	Hammer Throw (7.26K)	Men	35	Final
726	14:20	Shot Put (4K)	Men	70	Final
727	14:20	Shot Put (4K)	Men	75	Final
728	14:30	400m	Women	30	Final
729	14:30	400m	Women	35	Final
730	14:40	400m	Women	40	Final
731	14:50	400m	Women	45	Final
732	15:00	400m	Women	50	Final
733	15:10	400m	Women	55	Final
734	15:20	400m	Women	65	Final
735	15:20	400m	Women	70	Final
736	15:20	400m	Women	80	Final
737	15:30	Shot Put (3K)	Men	80	Final
738	15:30	Shot Put (3K)	Men	85	Final
739	15:30	Hammer Throw (7.26K)	Men	40	Final
740	15:30	Hammer Throw (7.26K)	Men	45	Final
741	15:30	400m	Men	30	Final
742	15:40	400m	Men	35	Final
743	15:50	400m	Men	40	Final
744	16:00	400m	Men	45	Final
745	16:10	400m	Men	50	Final
746	16:20	400m	Men	55	Final
747	16:30	400m	Men	60	Final

748	16:40	400m	Men	65	Final
749	16:50	400m	Men	70	Final
750	16:50	Shot Put(4K)	Women	30	Final
751	16:50	Hammer Throw (6K)	Men	50	Final
752	16:50	Hammer Throw (6K)	Men	55	Final
753	17:00	400m	Men	75	Final
754	17:10	400m	Men	80	Final
755	17:10	400m	Men	85	Final
756	17:20	10000m	Men	30	Final
757	17:20	10000m	Men	35	Final
758	17:20	10000m	Men	40	Final
759	18:15	10000m	Men	45	Final
760	18:15	10000m	Men	50	Final
761	18:15	10000m	Men	55	Final

Friday 14 September 2018 Day Eight Morning Session

Event Number	Time	Event	Category	Age Group	Heats /Final
801	07:20	10000m	Men	60	Final
802	07:20	10000m	Men	65	Final
803	07:20	10000m	Men	70	Final
804	07:20	10000m	Men	75	Final
805	07:20	10000m	Men	85	Final
806	07:45	Hammer Throw (5K)	Men	60	Final
807	07:45	Hammer Throw (5K)	Men	65	Final
808	08:10	Shot Put (2K)	Women	75	Final
809	08:10	Shot Put (2K)	Women	80	Final
810	08:50	1500m	Women	30	Final
811	08:50	1500m	Women	35	Final
812	08:50	1500m	Women	40	Final
813	08:50	1500m	Women	45	Final
814	09:10	1500m	Women	50	Final
815	09:10	1500m	Women	55	Final
816	09:20	Hammer Throw (4K)	Men	70	Final

817	09:20	Hammer Throw (4K)	Men	75	Final
818	09:25	1500m	Women	65	Final
819	09:25	1500m	Women	70	Final
820	09:25	1500m	Women	75	Final
821	09:25	1500m	Women	80	Final
822	09:30	High Jump	Women	30	Final
823	09:30	Shot Put (3K)	Women	60	Final
824	09:30	Shot Put (3K)	Women	65	Final
825	09:30	Shot Put (3K)	Women	70	Final
826	09:40	400mH(0.914)	Men	30	Final
827	09:40	400mH(0.914)	Men	35	Final
828	09:50	400mH(0.914)	Men	40	Final
829	10:00	400mH(0.914)	Men	45	Final
830	10:10	Hammer Throw (3K)	Men	80	Final
831	10:10	Hammer Throw (3K)	Men	85	Final
832	10:20	400mH(0.84)	Men	50	Final
833	10:30	400mH(0.84)	Men	55	Final
834	10:50	400mH(0.762)	Women	40	Final
835	11:00	400mH(0.762)	Women	45	Final
Friday 14 September 2018 - Day Eight Afternoon Session					
Event Number	Time	Event	Category	Age Group	Heats /Final
836	14:30	Hammer Throw (3K)	Women	60	Final
837	14:30	Hammer Throw (3K)	Women	65	Final
838	14:30	Hammer Throw (3K)	Women	70	Final
839	14:30	Shot Put (3K)	Women	50	Final
840	14:30	Shot Put (3K)	Women	55	Final
841	15:00	300mH(0.762)	Women	55	Final
842	15:10	300mH(0.762)	Men	60	Final
843	15:20	300mH(0.762)	Men	65	Final
844	15:30	300mH(0.686)	Men	70	Final
845	15:30	Shot Put (5K)	Men	60	Final
846	15:30	Shot Put (5K)	Men	65	Final

847	15:50	Hammer Throw (2K)	Women	80	Final
848	16:00	3000m SC (0.914)	Men	30	Final
849	16:00	3000m SC (0.914)	Men	35	Final
850	16:00	3000m SC (0.914)	Men	40	Final
851	16:35	3000m SC (0.914)	Men	50	Final
852	16:35	3000m SC (0.914)	Men	55	Final

Saturday 15 September 2018- Day Nine Morning Session

Event Number	Time	Event	Category	Age Group	Heats /Final
901	07:20	10000m	Women	40	Final
902	07:20	10000m	Women	45	Final
903	07:20	10000m	Women	50	Final
904	07:20	10000m	Women	55	Final
905	07:20	10000m	Women	60	Final
906	08:00	Long Jump	Men	30	Final
907	08:00	Hammer Throw (4K)	Women	35	Final
908	08:00	Hammer Throw (4K)	Women	40	Final
909	08:45	1500m Walk	Men	30	Final
910	08:45	1500m Walk	Men	35	Final
911	08:45	1500m Walk	Men	40	Final
912	08:45	1500m Walk	Men	45	Final
913	09:15	1500m Walk	Men	50	Final
914	09:15	1500m Walk	Men	55	Final
915	09:15	1500m Walk	Men	60	Final
916	09:40	Hammer Throw (7.26K)	Men	30	Final
917	10:00	1500m Walk	Men	65	Final
918	10:00	1500m Walk	Men	70	Final
919	10:00	1500m Walk	Men	75	Final
920	10:00	1500m Walk	Men	80	Final

Saturday 15 September 2018- Day Nine Afternoon Session

Event Number	Time	Event	Category	Age Group	Heats /Final
921	14:30	2000m SC (0.762)	Men	60	Final

922	14:30	2000m SC (0.762)	Men	65	Final
923	14:30	Long Jump	Women	30	Final
924	14:30	Hammer Throw (3K)	Women	50	Final
925	14:30	Hammer Throw (3K)	Women	55	Final
926	14:30	Shot Put(7.26K)	Men	30	Final
927	15:00	2000m SC (0.762)	Men	70	Final
928	15:00	2000m SC (0.762)	Men	75	Final
929	15:00	2000m SC (0.762)	Men	80	Final
930	15:40	4x400m	Women	240 +	Final
931	15:50	4x400m	Women	200 - 239	Final
932	16:00	4x400m	Women	160 - 199	Final
933	16:10	4x400m	Women	<160	Final
934	16:20	4x400m	Men	240 +	Final
935	16:30	4x400m	Men	200 - 239	Final
936	16:40	4x400m	Men	160 - 199	Final
937	16:50	4x400m	Men	<160	Final