

第九屆香港先進田徑錦標賽
THE 9th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS
 二零二四年十一月二十三及二十四日(星期六及日) - 將軍澳運動場
 23 - 24/ 11 /2024 (Sat & Sun) - Tseung Kwan O Sports Ground

現場不設宣佈檢錄時間，徑賽項目召集處設於檢錄處，然後由工作人員帶往比賽場地；如不往檢錄處報到者，即當作缺席棄權論。田賽項目如跳遠、跳高、鉛球、鐵餅及標槍則在比賽場地集合

There will be no announcement for the roll call times at the venue. Marshaling point for all the track events is located at Marshall. All Track event athletes must report to the Call Room on time, officials will escort the reported athletes to the competition area after the end of the call. Athletes who fail to report to the Call Room will be treated as absence and will not be allowed to compete in that event.

Marshaling points for Long Jump, High Jump, Shot Put, Discus and Javelin are located at the respective competition areas.

		男子 Men						女子 Women							
比賽時間 Start Time	檢錄時間 Roll Call Time	主場徑項 Main Sports Ground Track	組別 Age Group	主場田項 Main Sports Ground Field	組別 Age Group	副場 田項 Secondary Sports Ground Field	組別 Age Group	主場徑項 Main Sports Ground Track	組別 Age Group	主場田項 Main Sports Ground Field	組別 Age Group	副場 田項 Secondary Sports Ground Field	組別 Age Group		
Day 1 - 23/11/2024															
0830	0805-0815			Long Jump	M35			2000M SC	All age-group			Shot Put	W65 - W70	Javelin Throw	W30 - W40
0830	0810-0820			Javelin Throw	M45										
0835	0815-0825			High Jump	M50										
0855	0830-0840	2000M SC	All age-group												
0920	0855-0905	3000M SC	All age-group												
0935	0915-0925			Shot Put	M60										
0950	0930-0940							200M	W50and above						
1000	0940-0950			Long Jump	M30										
1005	0945-0955			Javelin Throw	M35			200M	W40 - W45						
1010	0950-1000									High Jump	W55and above	Javelin Throw	W75 - W80		
1020	1000-1010							200M	W30 - W35						
1030	1010-1020	200M	M75and above												
1040	1020-1030	200M	M65-M70							Long Jump	W30-W35				
1055	1035-1045	200M	M50 - M60									Javelin Throw	W55		
1100	1040-1050			Shot Put	M80 and above										
1115	1055-1105	200M	M40-M45												
1125	1105-1115			Long Jump	M50										
1130	1110-1120	200M	M30 - M35												
1140	1120-1130			Javelin Throw	M30										
1145	1125-1135			High Jump	M35										
1150	1130-1140							800M	W55and above						
1155	1135-1145							800M	W30 - W50						
1210	1150-1200	800 M	M65and above							Shot Put	W45				
1215	1155-1205											Javelin Throw	W50		
1220	1200-1210	800 M	M55 - M60												
1230	1210-1220	800 M	M45 - M50												
1235	1215-1225									Long Jump	W60 and above				
1245	1225-1235	800 M	M30 -M40												
1400	1335-1345							300MH	W50 - W55						
1400	1340-1350			Javelin Throw	M40										
1405	1345-1355					Javelin Throw	M70 - M75								
1410	1345-1355	300MH	M60 - M65												
1420	1400-1410			Shot Put	M45										
1425	1405-1415									Long Jump	W50 -W55				
1430	1405-1415							400MH	All age-group						
1435	1415-1425			High Jump	M60										
1440	1415-1425	400MH	M50-M55												
1455	1430-1440	400MH	M30-M45												
1510	1450-1500			Long Jump	M75and above										
1520	1500-1510					Javelin Throw	M55								
1530	1510-1520			Javelin Throw	M50			4X400 M	W45 -W60						
1545	1525-1535							4X400 M	W30 - W40						
1600	1540-1550	4X400 M	M65 - M75												
1605	1545-1555									High Jump	W35 - W40				
1610	1550-1600	4X400 M	M50 - M60							Shot Put	W75				
1620	1600-1610									Long Jump	W45				
1630	1610-1620	4X400 M	M30 - M45	Javelin Throw	M65										
1635	1615-1625					Javelin Throw	M60								
1650	1630-1640									Shot Put	W30 - W35				
1700	1640-1650							5000MW	All age-group						
1725	1705-1715			Shot Put	M40										
1730	1710-1720			Long Jump	M70					Javelin Throw	W60 - W70				
1735	1715-1725			High Jump	M55										
1740	1720-1730											Javelin Throw	W45		
1800	1740 - 1750	5000MW	M55 and above												
1835	1815-1825					Javelin Throw	M80and above								
1900	1840-1850	5000MW	M30-M50												

!!! 為確保運動員安全及賽事順利進行，所有比賽場地嚴禁教練進入 !!! 如未經許可下進入比賽場地，賽後或會被取消資格

In order to ensure the safety of athletes and the smooth progress of events, coaches are strictly prohibited from entering all competition venues!!!! If anyone enter the competition venue without permission, the athletes may be disqualified.

兼項情況：運動員須先向田賽裁判長請假，裁判長允許運動員以不同抽籤排定的順序進行一次試跳後，方可離去參加徑賽項目。返回後，應即向裁判長請假。兼項情況：運動員須先向田賽裁判長請假，方可離去參加徑賽項目。返回後，應即向裁判長請假。

If the athletes compete in track and field events at the same time, they should inform the field judges before they leave for the other event, and report to Call Room in person for their Track Event. Athletes should report to the field judges again immediately after finishing the track event.

若運動員向田賽裁判長請假前往徑賽項目參賽，當返回田賽賽場時比賽已結束，恕不能追討重賽。

If the athlete asked for leave from the field event to compete in a track event, and the competition is over when he returns to the field event, no rematch can be claimed.