

**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
<b>Day 2 - 24/11/2024</b>													
0820	0800-0810	5000M	M30 - M40	Long Jump	M45							Discus Throw	W60-W70
				Shot Put	M35								
				Discus Throw	M40								
				High Jump	M65 - M70								
0855	0830-0840							80MH	W50 - W55				
0900	0835-0845							80MH	W40 - W45				
0910	0845-0855							100MH	W30 - W35				
0915	0900-0910	100MH	M50 - M55										
0930	0905-0915	100MH	M60 - M65										
0935	0915-0925									Shot Put	W55 - W60		
0940	0920-0930			Long Jump	M55					Discus Throw	W30 - W35		
0945	0925-0935					Discus Throw 10	M50						
0945	0920-0930	110MH	M40 - M45										
1000	0935-0945	110MH	M30 - M35										
1005	0945-0955			High Jump	M40								
1020	1000-1010							1500M	W45 and above				
1030	1010-1020							1500M	W30 - W40				
1035	1015-1025					Discus Throw	M70						
1040	1020-1030	1500M	M65 and above	Discus Throw	M30								
1050	1030-1040	1500M	M60										
1055	1035-1045									Shot Put	W50		
1100	1040-1050	1500M	M55							Long Jump	W40		
1110	1050-1100	1500M	M50										
1120	1100-1110	1500M	M45			Discus Throw	M65						
1130	1110-1120	1500M	M40	Shot Put	M70 - M75								
1140	1120-1130	1500M	M30 - M35							Discus Throw	W75		
1200	1140-1150							5000M	All age-group				
1230	1210-1220	5000M	M45 - M50										
1310	1250-1300							100 M	W65 and above				
1315	1255-1305			Discus Throw	M55								
1320	1300-1310			Long Jump	M40								
1325	1305-1315			High Jump	M45	Discus Throw 7	M60	100 M	W50 - W60				
1335	1315-1325							100 M	W30 - W45				
1345	1325-1335			Shot Put	M30								
1350	1330-1340	100M	M75 and above										
1400	1340-1350	100M	M65 - M70										
1415	1355-1405	100M	M60										
1425	1405-1415	100M	M50 - M55										
1430	1410-1420									Shot Put	W40	Discus Throw 16	W50 - W55
1440	1420-1430	100M	M45	Discus Throw	M35								
1445	1425-1435			High Jump	M75 and above								
1450	1430-1440	100M	M40										
1455	1435-1445			Long Jump	M60								
1505	1445-1455	100M	M30 - M35										
1530	1510-1520							400M	W60 and above				
1535	1515-1525			Shot Put	M50			400M	W45-W55				
1540	1520-1530			Discus Throw	M45								
1545	1525-1535							400M	W30-W40				
1555	1535-1545	400M	M70 and above									Discus Throw	W40
1605	1545-1555									High Jump	W45 - W50		
1610	1550-1600	400M	M60 - M65										
1620	1600-1610	400M	M50 - M55										
1635	1615-1625	400M	M40 - M45										
1645	1625-1635			Long Jump	M65								
1650	1630-1640	400M	M30 - M35	Shot Put	M55								
1700	1640-1650							4X100	W50 - W80				
1715	1655-1705							4X100	W30 - W45				
1720	1700-1710					Discus Throw	M75 and above						
1730	1710-1720	4X100M	M55 and above										
1740	1720-1730									Discus Throw	W45		
1745	1725-1735	4X100M	M30 - M50										
1750	1730-1740			Shot Put	M65								
1800	1740-1750	5000M	M55 and above										

!!! 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，應即向裁判長消假。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，應即向裁判長消假。

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.