

VENUE – Singapore Sports Hub



SINGAPORE 2016
19th ASIA MASTERS ATHLETICS CHAMPIONSHIPS



Day 1

8/5/2016 0:54

Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	100m	Women	W40	Heats	15	Top 3 & 2 Time
	0840hrs	100m	Women	W50	Heats	12	Top 3 & 2 Time
	0850hrs	100m	Women	W55	Heats	14	Top 3 & 2 Time
	0900hrs	100m	Men	M35	Heats	31	Top 3 & 4 Time
	0915hrs	100m	Men	M40	Heats	35	Top 4 & 4 Time
	0930hrs	100m	Men	M45	Heats	28	Top 3 & 4 Time
	0945hrs	100m	Men	M50	Heats	25	Top 3 & 4 Time
	1000hrs	100m	Men	M55	Heats	32	Top 3 & 4 Time
	1015hrs	100m	Men	M60	Heats	27	Top 3 & 4 Time
	1030hrs	100m	Men	M65	Heats	16	Top 3 & 2 Time
	1040hrs	100m	Men	M70	Heats	12	Top 3 & 2 Time
	1050hrs	100m	Men	M75	Heats	11	Top 3 & 2 Time
Afternoon							
	1330hrs	400mH	Men	M35	Timed Final	11	
	1340hrs	400mH	Men	M40	Timed Final	20	
	1350hrs	400mH	Men	M45	Timed Final	16	
	1400hrs	400mH	Men	M50	Timed Final	14	
	1410hrs	400mH	Men	M55	Timed Final	10	
	1425hrs	400mH	Women	W35	Timed Final	2	
	1435hrs	400mH	Women	W40	Timed Final	6	
	1435hrs	400mH	Women	W45	Timed Final	3	
	1450hrs	300mH	Men	M60	Timed Final	11	
	1510hrs	300mH	Men	M65	Timed Final	7	
	1520hrs	300mH	Men	M70	Timed Final	14	
	1535hrs	300mH	Men	M75	Timed Final	3	
	1550hrs	300mH	Women	W50	Timed Final	9	
	1600hrs	300mH	Women	W55	Timed Final	6	
	1615hrs	300mH	Women	W60	Timed Final	5	
	1615hrs	300mH	Women	W65	Timed Final	2	
	1630hrs	200mH	Men	M80	Timed Final	3	
	1630hrs	200mH	Men	M85	Timed Final	1	
	1630hrs	200mH	Women	W70	Timed Final	1	
	1650hrs	800m	Women	W35	Timed Final	5	
	1655hrs	800m	Women	W40	Timed Final	12	
	1700hrs	800m	Women	W45	Timed Final	12	
	1705hrs	800m	Women	W50	Timed Final	7	
	1710hrs	800m	Women	W55	Timed Final	6	
	1710hrs	800m	Women	W60	Timed Final	2	
	1710hrs	800m	Women	W65	Timed Final	3	
	1710hrs	800m	Women	W70	Timed Final	3	
	1710hrs	800m	Women	W75	Timed Final	1	



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Day 1

Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Afternoon							
	1725hrs	100m	Men	M35	Semi Final	16	Top 3 & 2 Time
	1740hrs	100m	Men	M40	Semi Final	16	Top 3 & 2 Time
	1755hrs	100m	Men	M45	Semi Final	16	Top 3 & 2 Time
	1810hrs	100m	Men	M50	Semi Final	16	Top 3 & 2 Time
	1825hrs	100m	Men	M55	Semi Final	16	Top 3 & 2 Time
	1840hrs	100m	Men	M60	Semi Final	16	Top 3 & 2 Time

Field

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	High Jump	Men	M65	Final	5	
	0830hrs	High Jump	Men	M70	Final	7	
	0830hrs	Triple Jump	Women	W55	Final	5	
	0830hrs	Triple Jump	Women	W60	Final	8	
	0830hrs	Javelin Throw (400g)	Women	W75	Final	6	
	0830hrs	Javelin Throw (400g)	Women	W80	Final	2	
	0830hrs	Javelin Throw (400g)	Women	W85	Final	4	
	1030hrs	High Jump	Men	M75	Final	5	
	1030hrs	High Jump	Men	M80	Final	2	
	1030hrs	High Jump	Men	M85	Final	1	
	1030hrs	Triple Jump	Women	W65	Final	1	
	1030hrs	Triple Jump	Women	W70	Final	2	
	1030hrs	Triple Jump	Women	W80	Final	1	
	1030hrs	Triple Jump	Women	W85	Final	1	
	1030hrs	Javelin Throw (500g)	Women	W60	Final	14	
Afternoon							
	1330hrs	High Jump	Men	M35	Final	7	
	1330hrs	Triple Jump	Women	W35	Final	6	
	1330hrs	Triple Jump	Women	W40	Final	6	
	1330hrs	Javelin Throw (500g)	Women	W65	Final	6	
	1330hrs	Javelin Throw (500g)	Women	W70	Final	7	
	1500hrs	Javelin Throw (600g)	Women	W35	Final	6	
	1500hrs	Javelin Throw (600g)	Women	W40	Final	8	
	1530hrs	High Jump	Men	M40	Final	11	
	1530hrs	Triple Jump	Women	W45	Final	5	
	1530hrs	Triple Jump	Women	W50	Final	6	
	1720hrs	Javelin Throw (600g)	Women	W45	Final	9	
	1720hrs	Javelin Throw (500g)	Women	W55	Final	9	



Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	800m	Men	M35	Timed Final	12	
	0835hrs	800m	Men	M40	Timed Final	18	
	0840hrs	800m	Men	M45	Timed Final	13	
	0845hrs	800m	Men	M50	Timed Final	28	
	0855hrs	800m	Men	M55	Timed Final	22	
	0900hrs	800m	Men	M60	Timed Final	8	
	0905hrs	800m	Men	M65	Timed Final	14	
	0910hrs	800m	Men	M70	Timed Final	6	
	0920hrs	800m	Men	M75	Timed Final	6	
	0930hrs	800m	Men	M80	Timed Final	2	
	0930hrs	800m	Men	M85	Timed Final	2	
	0930hrs	800m	Men	M95	Timed Final	1	
Afternoon							
	1500hrs	100m	Women	W35	Final	11	
	1505hrs	100m	Women	W40	Final	8	
	1510hrs	100m	Women	W45	Final	8	
	1515hrs	100m	Women	W50	Final	8	
	1520hrs	100m	Women	W55	Final	8	
	1525hrs	100m	Women	W60	Final	8	
	1530hrs	100m	Women	W65	Final	7	
	1535hrs	100m	Women	W70	Final	5	
	1540hrs	100m	Women	W75	Final	4	
	1545hrs	100m	Women	W80	Final	5	
	1550hrs	100m	Men	M35	Final	8	
	1600hrs	100m	Men	M40	Final	8	
	1605hrs	100m	Men	M45	Final	8	
	1610hrs	100m	Men	M50	Final	8	
	1615hrs	100m	Men	M55	Final	8	
	1620hrs	100m	Men	M60	Final	8	
	1625hrs	100m	Men	M65	Final	8	
	1630hrs	100m	Men	M70	Final	8	
	1635hrs	100m	Men	M75	Final	8	
	1640hrs	100m	Men	M80	Final	8	
	1645hrs	100m	Men	M85	Final	3	
	1645hrs	100m	Men	M95	Final	1	
	1645hrs	100m	Men	M100+	Final	1	
	1655hrs	400m	Women	W40	Heats	17	Top 2 & 2 Time
	1710hrs	400m	Women	W45	Heats	14	Top 3 & 2 Time
	1720hrs	400m	Women	W50	Heats	16	Top 3 & 2 Time
	1730hrs	400m	Women	W60	Heats	9	Top 3 & 2 Time
	1740hrs	400m	Men	M35	Heats	30	Top 3 & 4 Time
	1800hrs	400m	Men	M40	Heats	40	Top 4 & 4 Time
	1825hrs	400m	Men	M45	Heats	19	Top 2 & 2 Time
	1835hrs	400m	Men	M50	Heats	22	Top 2 & 2 Time
	1845hrs	400m	Men	M55	Heats	24	Top 2 & 2 Time
	1855hrs	400m	Men	M60	Heats	13	Top 3 & 2 Time
	1905hrs	400m	Men	M65	Heats	16	Top 3 & 2 Time
	1915hrs	400m	Men	M70	Heats	12	Top 3 & 2 Time



Day 2 Singapore Sports Hub

Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
	1945hrs	110mH	Men	M40	Heats	14	Top 3 & 2 Time
	2005hrs	100mH	Men	M50	Heats	20	Top 2 & 2 Time
	2015hrs	100mH	Men	M55	Heats	15	Top 3 & 2 Time
	2035hrs	80mH	Women	W40	Heats	9	Top 3 & 2 Time

Field

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	High Jump	Men	M55	Final	10	
	0830hrs	High Jump	Men	M60	Final	8	
	0830hrs	Triple Jump	Men	M50	Final	11	
	0830hrs	Javelin Throw (500g)	Women	W50	Final	13	
	0930hrs	Triple Jump	Men	M55	Final	12	
Afternoon							
	1500hrs	Triple Jump	Men	M60	Final	12	
	1500hrs	Javelin Throw (800g)	Men	M45	Final	13	
	1500hrs	High Jump	Men	M45	Final	10	
	1620hrs	Triple Jump	Men	M65	Final	11	
	1630hrs	High Jump	Men	M50	Final	11	
	1730hrs	Triple Jump	Men	M70	Final	9	
	1730hrs	Javelin Throw (800g)	Men	M35	Final	11	
	1840hrs	Triple Jump	Men	M75	Final	5	
	1840hrs	Triple Jump	Men	M80	Final	3	
	1840hrs	Javelin Throw (800g)	Men	M40	Final	19	



Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	110mH	Men	M35	Final	7	
	0835hrs	110mH	Men	M40	Final	8	
	0840hrs	110mH	Men	M45	Final	8	
	0855hrs	100mH	Men	M50	Final	8	
	0900hrs	100mH	Men	M55	Final	8	
	0915hrs	100mH	Men	M60	Final	6	
	0920hrs	100mH	Men	M65	Final	8	
	0935hrs	100mH	Women	W35	Final	6	
	0950hrs	80mH	Men	M70	Final	6	
	0955hrs	80mH	Men	M75	Final	4	
	1010hrs	80mH	Men	M80	Final	6	
	1010hrs	80mH	Men	M85	Final	1	
	1025hrs	80mH	Women	W40	Final	8	
	1030hrs	80mH	Women	W45	Final	8	
	1045hrs	80mH	Women	W50	Final	8	
	1055hrs	80mH	Women	W55	Final	7	
	1110hrs	80mH	Women	W60	Final	6	
	1110hrs	80mH	Women	W65	Final	2	
	1125hrs	80mH	Women	W70	Final	1	
Afternoon							
	1400hrs	400m	Men	M35	Semi Final	24	Top 2 & 2 Time
	1415hrs	400m	Men	M40	Semi Final	24	Top 2 & 2 Time
	1440hrs	3000m SC	Men	M35	Final	7	
	1440hrs	3000m SC	Men	M40	Final	10	
	1500hrs	3000m SC	Men	M45	Final	9	
	1500hrs	3000m SC	Men	M50	Final	6	
	1520hrs	3000m SC	Men	M55	Final	7	
	1545hrs	2000m SC	Men	M60	Final	9	
	1545hrs	2000m SC	Men	M65	Final	4	
	1600hrs	2000m SC	Men	M70	Final	5	
	1600hrs	2000m SC	Men	M75	Final	4	
	1600hrs	2000m SC	Men	M80	Final	3	
	1600hrs	2000m SC	Men	M85	Final	1	
	1620hrs	2000m SC	Women	W35	Final	8	
	1620hrs	2000m SC	Women	W40	Final	7	
	1635hrs	2000m SC	Women	W45	Final	7	
	1635hrs	2000m SC	Women	W50	Final	7	
	1650hrs	2000m SC	Women	W55	Final	7	
	1650hrs	2000m SC	Women	W60	Final	11	
	1705hrs	2000m SC	Women	W65	Final	3	
	1705hrs	2000m SC	Women	W70	Final	3	



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Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Afternoon							
	1720hrs	400m	Women	W35	Final	4	
	1725hrs	400m	Women	W40	Final	8	
	1730hrs	400m	Women	W45	Final	8	
	1735hrs	400m	Women	W50	Final	8	
	1740hrs	400m	Women	W55	Final	7	
	1745hrs	400m	Women	W60	Final	8	
	1750hrs	400m	Women	W65	Final	4	
	1755hrs	400m	Women	W70	Final	3	
	1800hrs	400m	Women	W75	Final	2	
	1800hrs	400m	Women	W80	Final	1	
	1805hrs	400m	Men	M35	Final	8	
	1810hrs	400m	Men	M40	Final	8	
	1815hrs	400m	Men	M45	Final	8	
	1820hrs	400m	Men	M50	Final	8	
	1825hrs	400m	Men	M55	Final	8	
	1830hrs	400m	Men	M60	Final	8	
	1835hrs	400m	Men	M65	Final	8	
	1840hrs	400m	Men	M70	Final	8	
	1845hrs	400m	Men	M75	Final	5	
	1850hrs	400m	Men	M80	Final	3	
	1850hrs	400m	Men	M85	Final	1	
	1850hrs	400m	Men	M95	Final	1	
	1850hrs	400m	Men	M100+	Final	1	

Field

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	High Jump	Women	W60	Final	8	
	0830hrs	High Jump	Women	W65	Final	1	
	0830hrs	High Jump	Women	W70	Final	2	
	0830hrs	High Jump	Women	W80	Final	1	
	0830hrs	Triple Jump	Men	M35	Final	11	
	0830hrs	Javelin Throw (700g)	Men	M50	Final	16	
	0940hrs	Long Jump	Women	W35	Final	10	
	1015hrs	Javelin Throw (700g)	Men	M55	Final	18	
	1040hrs	High Jump	Women	W55	Final	6	
	1050hrs	Long Jump	Women	W40	Final	11	



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Field



Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Afternoon							
	1300hrs	Javelin Throw (600g)	Men	M60	Final	19	
	1330hrs	High Jump	Women	W35	Final	6	
	1330hrs	High Jump	Women	W40	Final	9	
	1330hrs	Long Jump	Women	W45	Final	13	
	1330hrs	Long Jump	Women	W80	Final	2	
	1400hrs	Triple Jump	Men	M45	Final	15	
	1500hrs	Javelin Throw (500g)	Men	M70	Final	4	
	1500hrs	Javelin Throw (500g)	Men	M75	Final	12	
	1530hrs	High Jump	Women	W45	Final	7	
	1545hrs	Triple Jump	Men	M40	Final	23	
	1700hrs	Javelin Throw (400g)	Men	M80	Final	3	
	1700hrs	Javelin Throw (400g)	Men	M85	Final	3	
	1730hrs	High Jump	Women	W50	Final	14	
	1745hrs	Javelin Throw (600g)	Men	M65	Final	13	



Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	200m	Women	W35	Heats	13	Top 3 & 2 Time
	0840hrs	200m	Women	W40	Heats	18	Top 2 & 2 Time
	0850hrs	200m	Women	W45	Heats	10	Top 3 & 2 Time
	0900hrs	200m	Women	W50	Heats	16	Top 3 & 2 Time
	0910hrs	200m	Women	W55	Heats	12	Top 3 & 2 Time
	0920hrs	200m	Men	M35	Heats	39	Top 4 & 4 Time
	0940hrs	200m	Men	M40	Heats	38	Top 4 & 4 Time
	1000hrs	200m	Men	M45	Heats	34	Top 4 & 4 Time
	1020hrs	200m	Men	M50	Heats	33	Top 4 & 4 Time
	1040hrs	200m	Men	M55	Heats	28	Top 3 & 4 Time
	1100hrs	200m	Men	M60	Heats	21	Top 2 & 2 Time
	1115hrs	200m	Men	M65	Heats	16	Top 3 & 2 Time
	1125hrs	200m	Men	M70	Heats	16	Top 3 & 2 Time
	1135hrs	200m	Men	M75	Heats	9	Top 3 & 2 Time
Afternoon							
	1430hrs	1500m	Men	M35	Timed Final	15	
	1440hrs	1500m	Men	M40	Timed Final	16	
	1450hrs	1500m	Men	M45	Timed Final	12	
	1500hrs	1500m	Men	M50	Timed Final	18	
	1515hrs	1500m	Men	M55	Timed Final	23	
	1535hrs	1500m	Men	M60	Timed Final	9	
	1545hrs	1500m	Men	M65	Timed Final	13	
	1555hrs	1500m	Men	M70	Timed Final	8	
	1555hrs	1500m	Men	M75	Timed Final	8	
	1610hrs	1500m	Men	M80	Timed Final	4	
	1610hrs	1500m	Men	M85	Timed Final	1	
	1625hrs	200m	Men	M35	Semi Final	24	Top 2 & 2 Time
	1640hrs	200m	Men	M40	Semi Final	24	Top 2 & 2 Time
	1655hrs	200m	Men	M45	Semi Final	24	Top 2 & 2 Time
	1710hrs	200m	Men	M50	Semi Final	24	Top 2 & 2 Time
	1725hrs	200m	Men	M55	Semi Final	24	Top 2 & 2 Time

Field

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	Pole Vault	Men	M70	Final	5	
	0830hrs	Pole Vault	Men	M75	Final	2	
	0830hrs	Pole Vault	Men	M85	Final	2	
	0830hrs	Long Jump	Men	M40	Final	15	
	0830hrs	Discus Throw (0.75kg)	Women	W75	Final	6	
	0830hrs	Discus Throw (0.75kg)	Women	W80	Final	2	
	0830hrs	Discus Throw (0.75kg)	Women	W85	Final	2	



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Day 4 Singapore Sports Hub

Field

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	1030hrs	Long Jump	Men	M45	Final	24	
	1030hrs	Discus Throw (1kg)	Men	M75	Final	12	
	1030hrs	Discus Throw (1kg)	Men	M80	Final	5	
	1030hrs	Discus Throw (1kg)	Men	M85	Final	4	
Afternoon							
	1300hrs	Discus Throw (1kg)	Women	W50	Final	18	
	1330hrs	Pole Vault	Men	M55	Final	8	
	1330hrs	Pole Vault	Men	M60	Final	4	
	1330hrs	Long Jump	Men	M75	Final	5	
	1330hrs	Long Jump	Men	M80	Final	2	
	1330hrs	Long Jump	Men	M85	Final	1	
	1400hrs	Long Jump	Women	W50	Final	19	
	1430hrs	Discus Throw (1kg)	Women	W55	Final	13	
	1600hrs	Long Jump	Women	W55	Final	12	
	1600hrs	Discus Throw (1kg)	Women	W60	Final	18	
	1600hrs	Pole Vault	Men	M35	Final	3	
	1600hrs	Pole Vault	Men	M40	Final	3	
	1600hrs	Pole Vault	Men	M45	Final	1	
	1600hrs	Pole Vault	Men	M50	Final	9	
	1730hrs	Discus Throw (1kg)	Women	W65	Final	8	
	1730hrs	Long Jump	Women	W60	Final	9	
	1730hrs	Long Jump	Women	W65	Final	2	
	1730hrs	Long Jump	Women	W70	Final	4	
	1845hrs	Discus Throw (1kg)	Women	W70	Final	9	



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Day 5 Singapore Sports Hub

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Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	4x100m	Women	W35	Final	7	
	0845hrs	4x100m	Women	W40	Final	7	
	0900hrs	4x100m	Women	W45	Final	5	
	0915hrs	4x100m	Women	W50	Final	6	
	0930hrs	4x100m	Women	W55	Final	4	
	0945hrs	4x100m	Women	W60	Final	5	
	1000hrs	4x100m	Women	W65	Final	4	
	1015hrs	4x100m	Men	M35	Final	5	
	1025hrs	4x100m	Men	M40	Final	8	
	1035hrs	4x100m	Men	M45	Final	7	
	1045hrs	4x100m	Men	M50	Final	9	
	1055hrs	4x100m	Men	M55	Final	7	
	1105hrs	4x100m	Men	M60	Final	8	
	1105hrs	4x100m	Men	M65	Final	1	
	1115hrs	4x100m	Men	M70	Final	6	
	1125hrs	4x100m	Men	M75	Final	2	
	1125hrs	4x100m	Men	M80	Final	2	
Afternoon							
	1330hrs	200m	Women	W35	Final	8	
	1335hrs	200m	Women	W40	Final	8	
	1340hrs	200m	Women	W45	Final	8	
	1345hrs	200m	Women	W50	Final	8	
	1350hrs	200m	Women	W55	Final	8	
	1355hrs	200m	Women	W60	Final	7	
	1400hrs	200m	Women	W65	Final	5	
	1405hrs	200m	Women	W70	Final	1	
	1405hrs	200m	Women	W75	Final	2	
	1405hrs	200m	Women	W80	Final	1	
	1410hrs	200m	Men	M35	Final	8	
	1415hrs	200m	Men	M40	Final	8	
	1420hrs	200m	Men	M45	Final	8	
	1425hrs	200m	Men	M50	Final	8	
	1430hrs	200m	Men	M55	Final	8	
	1435hrs	200m	Men	M60	Final	8	
	1440hrs	200m	Men	M65	Final	8	
	1445hrs	200m	Men	M70	Final	8	
	1450hrs	200m	Men	M75	Final	8	
	1455hrs	200m	Men	M80	Final	8	
	1500hrs	200m	Men	M85	Final	3	
	1500hrs	200m	Men	M95	Final	1	
	1500hrs	200m	Men	M100+	Final	1	



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Day 5 Singapore Sports Hub

8/5/2016 0:54

Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	1505hrs	1500m	Women	W35	Final	6	
	1505hrs	1500m	Women	W40	Final	9	
	1515hrs	1500m	Women	W45	Final	15	
	1525hrs	1500m	Women	W50	Final	11	
	1535hrs	1500m	Women	W55	Final	6	
	1535hrs	1500m	Women	W60	Final	9	
	1545hrs	1500m	Women	W65	Final	6	
	1545hrs	1500m	Women	W70	Final	4	
	1545hrs	1500m	Women	W75	Final	2	
	1600hrs	4x400m	Women	W35	Final	6	
	1610hrs	4x400m	Women	W40	Final	6	
	1620hrs	4x400m	Women	W45	Final	4	
	1630hrs	4x400m	Women	W50	Final	5	
	1640hrs	4x400m	Women	W55	Final	5	
	1650hrs	4x400m	Women	W60	Final	5	
	1650hrs	4x400m	Women	W65	Final	1	
	1700hrs	4x400m	Men	M35	Final	6	
	1710hrs	4x400m	Men	M40	Final	9	
	1720hrs	4x400m	Men	M45	Final	7	
	1730hrs	4x400m	Men	M50	Final	7	
	1740hrs	4x400m	Men	M55	Final	4	
	1750hrs	4x400m	Men	M60	Final	5	
	1750hrs	4x400m	Men	M65	Final	3	
	1800hrs	4x400m	Men	M70	Final	6	
	1810hrs	4x400m	Men	M75	Final	3	
	1810hrs	4x400m	Men	M80	Final	2	



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Day 5 Singapore Sports Hub

Field

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	Pole Vault	Women	W50	Final	3	
	0830hrs	Pole Vault	Women	W55	Final	2	
	0830hrs	Pole Vault	Women	W60	Final	3	
	0830hrs	Pole Vault	Women	W65	Final	1	
	0830hrs	Pole Vault	Women	W80	Final	1	
	0830hrs	Long Jump	Men	M35	Final	11	
	0830hrs	Discus Throw (1kg)	Women	W35	Final	5	
	0830hrs	Discus Throw (1kg)	Women	W40	Final	6	
	0940hrs	Discus Throw (1kg)	Women	W45	Final	14	
	1110hrs	Discus Throw (2kg)	Men	M35	Final	11	
Afternoon							
	1330hrs	Discus Throw (2kg)	Men	M40	Final	19	
	1330hrs	Pole Vault	Women	W35	Final	1	
	1330hrs	Pole Vault	Women	W45	Final	1	
	1330hrs	Long Jump	Men	M50	Final	19	
	1330hrs	Long Jump	Men	M55	Final	13	
	1530hrs	Discus Throw (2kg)	Men	M45	Final	13	
	1530hrs	Long Jump	Men	M60	Final	8	
	1530hrs	Long Jump	Men	M65	Final	2	
	1530hrs	Long Jump	Men	M70	Final	12	

VENUE – Home of Athletics



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Day 1 Home of Athletics

6/5/2016 9:09

Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	5000m RW	Men	M55	Final	17	
	0915hrs	5000m RW	Men	M60	Final	12	
	1000hrs	5000m RW	Men	M65	Final	9	
	1000hrs	5000m RW	Men	M70	Final	11	
Afternoon							
	1600hrs	5000m RW	Men	M35	Final	4	
	1600hrs	5000m RW	Men	M40	Final	8	
	1640hrs	5000m RW	Men	M45	Final	11	
	1730hrs	5000m RW	Men	M50	Final	20	
	1910hrs	5000m RW	Men	M75	Final	14	
	1910hrs	5000m RW	Men	M80	Final	4	
	1910hrs	5000m RW	Men	M85	Final	2	
	1910hrs	5000m RW	Men	M90	Final	1	

Field

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	Hammer Throw (5kg)	Men	M60	Final	9	
	0830hrs	Hammer Throw (5kg)	Men	M65	Final	7	
Afternoon							
	1330hrs	Hammer Throw (6kg)	Men	M50	Final	9	
	1445hrs	Hammer Throw (6kg)	Men	M55	Final	9	
	1600hrs	Hammer Throw (7.26kg)	Men	M35	Final	5	
	1700hrs	Hammer Throw (7.26kg)	Men	M40	Final	7	
	1800hrs	Hammer Throw (7.26kg)	Men	M45	Final	8	



Day 2 Home of Athletics

6/5/2016 9:09

Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	5000m RW	Women	W60	Final	14	
	0920hrs	5000m RW	Women	W65	Final	4	
	0920hrs	5000m RW	Women	W70	Final	6	
	0920hrs	5000m RW	Women	W75	Final	4	
Afternoon							
	1600hrs	5000m RW	Women	W50	Final	13	
	1645hrs	5000m RW	Women	W55	Final	17	
	1740hrs	5000m RW	Women	W35	Final	1	
	1740hrs	5000m RW	Women	W40	Final	10	
	1740hrs	5000m RW	Women	W45	Final	9	

Field

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	Hammer Throw (4kg)	Men	M70	Final	5	
	0830hrs	Hammer Throw (4kg)	Men	M75	Final	7	
	0830hrs	Shot Put (2kg)	Women	W75	Final	5	
	0830hrs	Shot Put (2kg)	Women	W80	Final	3	
	0830hrs	Shot Put (2kg)	Women	W85	Final	1	
	1000hrs	Shot Put (3kg)	Women	W65	Final	6	
	1000hrs	Shot Put (3kg)	Women	W70	Final	9	
Afternoon							
	1300hrs	Shot Put (3kg)	Women	W60	Final	15	
	1430hrs	Hammer Throw (3kg)	Men	M80	Final	4	
	1430hrs	Hammer Throw (3kg)	Men	M85	Final	3	
	1430hrs	Shot Put (4kg)	Women	W35	Final	1	
	1430hrs	Shot Put (4kg)	Women	W40	Final	8	
	1540hrs	Shot Put (4kg)	Women	W45	Final	17	
	1740hrs	Shot Put (3kg)	Women	W50	Final	13	
	1900hrs	Shot Put (3kg)	Women	W55	Final	16	



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Day 3 Home of Athletics

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Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	10000m	Men	M35	Final	11	
	0930hrs	10000m	Men	M40	Final	11	
	0930hrs	10000m	Men	M45	Final	6	
Afternoon							
	1700hrs	10000m	Men	M50	Final	13	
	1800hrs	10000m	Men	M55	Final	6	
	1800hrs	10000m	Men	M60	Final	7	
	1800hrs	10000m	Men	M65	Final	2	
	1900hrs	10000m	Men	M70	Final	2	
	1900hrs	10000m	Men	M75	Final	5	
	1900hrs	10000m	Men	M80	Final	2	
	1900hrs	10000m	Men	M85	Final	1	

Field

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	Hammer Throw (3kg)	Women	W60	Final	10	
	0830hrs	Shot Put (3kg)	Men	M80	Final	4	
	0830hrs	Shot Put (3kg)	Men	M85	Final	4	
	1000hrs	Hammer Throw (3kg)	Women	W65	Final	8	
	1000hrs	Hammer Throw (3kg)	Women	W70	Final	3	
	1000hrs	Hammer Throw (2kg)	Women	W75	Final	2	
	1000hrs	Shot Put (4kg)	Men	M70	Final	8	
	1000hrs	Shot Put (4kg)	Men	M75	Final	11	
Afternoon							
	1330hrs	Shot Put (5kg)	Men	M65	Final	13	
	1330hrs	Hammer Throw (4kg)	Women	W35	Final	3	
	1330hrs	Hammer Throw (4kg)	Women	W40	Final	5	
	1330hrs	Hammer Throw (4kg)	Women	W45	Final	8	
	1500hrs	Shot Put (5kg)	Men	M60	Final	13	
	1500hrs	Hammer Throw (3kg)	Women	W50	Final	8	
	1600hrs	Shot Put (6kg)	Men	M50	Final	12	
	1600hrs	Hammer Throw (3kg)	Women	W55	Final	8	
	1730hrs	Shot Put (6kg)	Men	M55	Final	18	
	1730hrs	Shot Put (7.26kg)	Men	M35	Final	12	
	1900hrs	Shot Put (7.26kg)	Men	M40	Final	16	
	1900hrs	Shot Put (7.26kg)	Men	M45	Final	11	



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Day 4 Home of Athletics

6/5/2016 9:09

Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	5000m	Women	W35	Final	5	
	0910hrs	5000m	Women	W40	Final	14	
	0955hrs	5000m	Women	W45	Final	13	
Afternoon							
	1600hrs	Discus Throw (1kg)	Men	M60	Final	14	
	1700hrs	5000m	Women	W50	Final	10	
	1700hrs	5000m	Women	W55	Final	9	
	1730hrs	Discus Throw (1kg)	Men	M65	Final	15	
	1800hrs	5000m	Women	W60	Final	7	
	1800hrs	5000m	Women	W65	Final	5	
	1800hrs	5000m	Women	W70	Final	2	
	1800hrs	5000m	Women	W75	Final	5	
	1900hrs	Discus Throw (1kg)	Men	M70	Final	4	



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Day 5 Home of Athletics

6/5/2016 9:09

Track

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	5000m	Men	M35	Final	18	
	0900hrs	5000m	Men	M40	Final	15	
	0930hrs	5000m	Men	M45	Final	19	
	1000hrs	5000m	Men	M50	Final	21	
	1030hrs	5000m	Men	M55	Final	21	
Afternoon							
	1530hrs	5000m	Men	M60	Final	20	
	1610hrs	5000m	Men	M65	Final	11	
	1610hrs	5000m	Men	M70	Final	10	
	1650hrs	5000m	Men	M75	Final	8	
	1650hrs	5000m	Men	M80	Final	6	
	1650hrs	5000m	Men	M85	Final	5	

Field

Event No	Time	Event	Gender	Age Group	Format	Participants	Remarks
Morning							
	0830hrs	Discus Throw (1.5kg)	Men	M50	Final	20	
	1030hrs	Discus Throw (1.5kg)	Men	M55	Final	20	
