

SMTFA MASTERS TRACK & FIELD CHAMPIONSHIP

DAY 1 - Saturday 6 Jul 2019

| Event/NO | TIME | GENDER | CATEGORY | EVENT |
|----------|----------|---------------------|----------|--------------------|
| 101 | 7:30 AM | WOMEN | W35-39 | 5000M |
| | | | W45-49 | 5000M |
| | | | W50-54 | 5000M |
| | | | W60-64 | 5000M |
| 102 | 7:30 AM | MEN | M55-59 | 5000M |
| | | | M60-64 | 5000M |
| | | | M65-69 | 5000M |
| | | | M70-74 | 5000M |
| 103 | 8:00 AM | MEN | M35-39 | SHOT PUT (7,26 KG) |
| | | | M40-44 | SHOT PUT (7,26 KG) |
| | | | M45-49 | SHOT PUT (7,26 KG) |
| 104 | 8:00 AM | WOMEN | W50-54 | JAVELIN (500G) |
| | | | W55-59 | JAVELIN (500G) |
| | | | W60-64 | JAVELIN (500G) |
| | | | W95-99 | JAVELIN (400G) |
| 105 | 8:00 AM | MEN | M60-64 | LONG JUMP |
| | | | M65-69 | LONG JUMP |
| | | | M70 - 74 | LONG JUMP |
| | | | M75-79 | LONG JUMP |
| 106 | 8:15 AM | MEN | M35-39 | 5000M |
| | | | M40-44 | 5000M |
| | | | M45-49 | 5000M |
| | | | M50-54 | 5000M |
| 107 | 8:30 AM | MEN | M50-54 | LONG JUMP |
| | | | M55-59 | LONG JUMP |
| 108 | 8:30 AM | WOMEN | W35-39 | JAVELIN (600G) |
| | | | W40-44 | JAVELIN (600G) |
| | | | W45-49 | JAVELIN (600G) |
| 109 | 8:30 AM | WOMEN | W35-39 | HIGH JUMP |
| | | | W50-54 | HIGH JUMP |
| | | | W55-59 | HIGH JUMP |
| 110 | 8:30 AM | MEN | M35-39 | HIGH JUMP |
| | | | M40-44 | HIGH JUMP |
| | | | M45-49 | HIGH JUMP |
| 111 | 9:00AM | WOMEN | W35-39 | TRIPLE JUMP |
| | | | W40-44 | TRIPLE JUMP |
| | | | W45-49 | TRIPLE JUMP |
| | | | W50-54 | TRIPLE JUMP |
| | | | W55-59 | TRIPLE JUMP |
| 112 | 9:00 AM | MEN | M35-39 | 100M |
| 113 | 9:05 AM | | M40-44 | 100M |
| 114 | 9:10 AM | | M45-49 | 100M |
| 115 | 9:15 AM | | M50-54 | 100M |
| 116 | 9:20 AM | | M55-59 | 100M |
| 117 | 9:25 AM | | M60-64 | 100M |
| 118 | 9:30 AM | | M65-69 | 100M |
| 119 | 9:30 AM | MEN | M40-44 | JAVELIN (800G) |
| | | | M45-49 | JAVELIN (800G) |
| 120 | 9:30 AM | GIRLS | 7-8 | RUN & JUMP |
| 121 | 9:30 AM | BOYS | 7-8 | RUN & JUMP |
| 122 | 9:30 AM | GIRLS | 11-12 | LONG JUMP |
| 123 | 9:30 AM | BOYS | 11-12 | LONG JUMP |
| 124 | 9:35 AM | MEN | M75-79 | 100M |
| 125 | 9:40 AM | WOMEN | W35-39 | 100M |
| 126 | 9:45 AM | | W40-44 | 100M |
| 127 | 9:50 AM | | W45-49 | 100M |
| 128 | 9:55 AM | WOMEN | W50-54 | 100M |
| 129 | | | W55-59 | 100M |
| 130 | | | W60-64 | 100M |
| 131 | 9:55 AM | WOMEN | W70-74 | 100M |
| 132 | 10:00 AM | GIRLS | 5-6 | RUN & JUMP |
| 133 | 10:00 AM | BOYS | 5-6 | RUN & JUMP |
| 134 | 10:00 AM | MEN | M50-54 | HIGH JUMP |
| | | | M55-59 | HIGH JUMP |
| | | | M60-64 | HIGH JUMP |
| | | | M65-69 | HIGH JUMP |
| | | | M70 - 74 | HIGH JUMP |
| 135 | 10:00 AM | MEN | M50-54 | JAVELIN (700G) |
| | | | M55-59 | JAVELIN (700G) |
| | | | M60-64 | JAVELIN (600G) |
| | | | M65-69 | JAVELIN (600G) |
| | | | M75-79 | JAVELIN (500G) |
| | | | M80 - 84 | JAVELIN (500G) |
| 136 | 10:00 AM | MEN | M60-64 | SHOT PUT (5 KG) |
| | | | M65-69 | SHOT PUT (5 KG) |
| 137 | 10:05 AM | BOYS | 17-18 | 100M |
| 138 | 10:10 AM | BOYS | 15-16 | 100M |
| 139 | 10:15 AM | BOYS | 13-14 | 100M |
| 140 | 10:20 AM | GIRLS | 13-14 | 100M |
| 141 | 10:25 AM | BOYS | 9-10 | 80M |
| 142 | 10:30 AM | GIRLS | 9-10 | 80M |
| 143 | 10:40 AM | GIRLS | 9-10 | LONG JUMP |
| 144 | 10:40 AM | BOYS | 9-10 | LONG JUMP |
| 145 | 10:40 AM | BOYS | 11-12 | 80M |
| 146 | 10:45 AM | GIRLS | 11-12 | 80M |
| 147 | 10:50 AM | BOYS | 7-8 | 50M |
| 148 | 11:00 AM | GIRLS | 7-8 | 50M |
| 149 | 11:10 AM | BOYS | 5-6 | 50M |
| 150 | 11:20 AM | GIRLS | 5-6 | 50M |
| 151 | 11:30 AM | FAMILY RELAY | | |

| Lunch Break | | | | |
|-------------|---------|-------|-----------|------------------------|
| 201 | 1:30 PM | WOMEN | W45-49 | 80M HURDLES (76.2 CM) |
| 202 | 1:30 PM | WOMEN | W35-39 | SHOT PUT(4 KG) |
| | | | W40-44 | SHOT PUT(4 KG) |
| | | | W45-49 | SHOT PUT(4 KG) |
| | | | W50-54 | SHOT PUT (3 KG) |
| | | | W55-58 | SHOT PUT (3 KG) |
| 203 | 1:30 PM | MEN | M40-44 | DISCUS (2 KG) |
| | | | M45-49 | DISCUS (2 KG) |
| 204 | 1:30 PM | MEN | M35-39 | LONG JUMP |
| | | | M40-44 | LONG JUMP |
| | | | M45-49 | LONG JUMP |
| 205 | 1:35 PM | WOMEN | W50-54 | 80M HURDLES (76.2 CM) |
| 206 | | MEN | W60 -64 | 80M HURDLES (68.6 CM) |
| 207 | 1:45 PM | WOMEN | M70-74 | 80M HURDLES (76.2 CM) |
| 208 | 1:55 PM | MEN | W35-39 | 100M HURDLES (84 CM) |
| | | | M50 -54 | 100M HURDLES (91.4 CM) |
| 209 | 2:05 PM | MEN | M55-59 | 100M HURDLES (91.4 CM) |
| | | | M60-64 | 100M HURDLES (84 CM) |
| 210 | 2:15 PM | MEN | M65-69 | 100M HURDLES (84 CM) |
| | | | M40-44 | 110M HURDLES (99.1 CM) |
| 211 | 2:25 PM | MEN | M45-49 | 110M HURDLES (99.1 CM) |
| 212 | 2:30 PM | MEN | M35-39 | 400M |
| 213 | 2:30 PM | MEN | M40-44 | 400M |
| | | | M50-54 | DISCUS (1.5KG) |
| | | | M55-59 | DISCUS (1.5KG) |
| | | | M60-64 | DISCUS (1 KG) |
| | | | M65-69 | DISCUS (1 KG) |
| | | | M75-79 | DISCUS (1 KG) |
| 214 | 2:35 PM | MEN | M80-84 | DISCUS (1 KG) |
| 215 | 2:40 PM | MEN | M45-49 | 400M |
| 216 | 2:45 PM | MEN | M50-54 | 400M |
| 217 | 2:45 PM | WOMEN | M55-59 | 400M |
| | | | W35=39 | LONG JUMP |
| | | | W40-44 | LONG JUMP |
| | | | W50-54 | LONG JUMP |
| | | | W55-59 | LONG JUMP |
| 218 | 2:50 PM | MEN | W60-64 | LONG JUMP |
| | | | M60-64 | 400M |
| 219 | 2:55 PM | MEN | M65-69 | 400M |
| | | | M70-75 | 400M |
| | | | M75-79 | 400M |
| 220 | 3:00 PM | WOMEN | M85-89 | 400M |
| 221 | 3:05 PM | WOMEN | W40-44 | 400M |
| | | | W45-49 | 400M |
| | | | W50-54 | 400M |
| | | | W55-59 | 400M |
| 222 | 3:10 PM | WOMEN | W60-64 | 400M |
| | | | W65-69 | 400M |
| | | | W70-74 | 400M |
| | | | W70-74 | 400M |
| 223 | 3:15 PM | MEN | M35-49 | 1500M |
| 224 | 3:25 PM | MEN | M50 -79 | 1500M |
| 225 | 3:35 PM | WOMEN | W35-69 | 1500M |
| | 3:50 PM | WOMEN | W35-39 | 4X100M RELAY |
| | 3:50 PM | WOMEN | W40-44 | 4X100M RELAY |
| | 3:50 PM | WOMEN | W45-49 | 4X100M RELAY |
| | 3:50 PM | WOMEN | W50-54 | 4X100M RELAY |
| | 3:50 PM | WOMEN | W55-59 | 4X100M RELAY |
| | 3:50 PM | WOMEN | W60&ABOVE | 4X100M RELAY |
| | 3:50 PM | MEN | M35-39 | 4X100M RELAY |
| | 3:50 PM | MEN | M40-44 | 4X100M RELAY |
| | 3:50 PM | MEN | M45-49 | 4X100M RELAY |
| | 3:50 PM | MEN | M50-54 | 4X100M RELAY |
| | 3:50 PM | MEN | M55-59 | 4X100M RELAY |
| | 3:50 PM | MEN | M60-64 | 4X100M RELAY |
| | 3:50 PM | MEN | M65-69 | 4X100M RELAY |
| | 3:50 PM | MEN | M70&ABOVE | 4X100M RELAY |
| 226 | 4:15 PM | WOMEN | W35-39 | 5000M WALK |
| | | | W40-44 | 5000M WALK |
| | | | W50-54 | 5000M WALK |
| | | | W55-59 | 5000M WALK |
| | | | W60-64 | 5000M WALK |
| | | | W65-69 | 5000M WALK |
| | | | W70-74 | 5000M WALK |
| 227 | 4:45 PM | MEN | M35-39 | 5000M WALK |
| | | | M40-44 | 5000M WALK |
| | | | M45-49 | 5000M WALK |
| | | | M55-59 | 5000M WALK |
| | | | M65-69 | 5000M WALK |
| | | | M70-74 | 5000M WALK |
| | | | M75-79 | 5000M WALK |
| | | | M85-89 | 5000M WALK |

SMTFA MASTERS TRACK & FIELD CHAMPIONSHIP

DAY 2 - Sunday 7 Jul 2019

| | | | | |
|-----|----------|-------|-----------|-----------------|
| 301 | 8:00 AM | WOMEN | W35-39 | DISCUS (1 KG) |
| | | | W40-44 | DISCUS (1 KG) |
| | | | W45-49 | DISCUS (1 KG) |
| 302 | 8:00 AM | MEN | M40-44 | TRIPLE JUMP |
| | | | M45-49 | TRIPLE JUMP |
| 303 | 8:00 AM | MEN | M40-44 | 400H(91.4 CM) |
| | | | M45-49 | 400H(91.4 CM) |
| 304 | 8:10 AM | MEN | M50-54 | 400H(84 CM) |
| | | | M55-59 | 400H(84 CM) |
| 305 | 8:20 AM | WOMEN | W40-44 | 400H(76.2 CM) |
| 306 | 8:30 AM | WOMEN | W50-54 | 300H (76.2 CM) |
| 307 | 8:30 AM | WOMEN | W50-54 | DISCUS (1 KG) |
| | | | W55-59 | DISCUS (1 KG) |
| | | | W60-64 | DISCUS (1 KG) |
| 308 | 8:35 AM | MEN | M60-64 | 300H (76.2 CM) |
| | | | M65-69 | 300H (76.2 CM) |
| 309 | 8:40 AM | WOMEN | W35-39 | 200M |
| 310 | 8:45 AM | WOMEN | W40-44 | 200M |
| 311 | 8:45 AM | MEN | M50-54 | SHOT PUT (6 KG) |
| | | | M55-59 | SHOT PUT (6 KG) |
| 312 | 8:50 AM | WOMEN | W45-49 | 200M |
| | | | W50-54 | 200M |
| 313 | 8:55 AM | WOMEN | W55-59 | 200M |
| | | | W65-69 | 200M |
| | | | W70-74 | 200M |
| | | | W95-99 | 200M |
| 314 | 9:00 AM | MEN | M35-39 | 200M |
| 315 | 9:00 AM | MEN | M50-54 | TRIPLE JUMP |
| | | | M55-59 | TRIPLE JUMP |
| | | | M60-64 | TRIPLE JUMP |
| | | | M65-69 | TRIPLE JUMP |
| | | | M70-74 | TRIPLE JUMP |
| 316 | 9:05 AM | MEN | M40-44 | 200M |
| 317 | 9:10 AM | MEN | M45-49 | 200M |
| 318 | 9:15 AM | MEN | M50-54 | 200M |
| 319 | 9:20 AM | MEN | M55-59 | 200M |
| 320 | 9:25 AM | MEN | M60-64 | 200M |
| | | | M65-69 | 200M |
| 321 | 9:35 AM | MEN | M70-74 | 200M |
| | | | M75-79 | 200M |
| | | | M85-89 | 200M |
| 322 | 9:40 AM | WOMEN | W35-39 | 800M |
| | | | W40-44 | 800M |
| | | | W45-49 | 800M |
| | | | W50-54 | 800M |
| | | | W55-59 | 800M |
| 323 | 10:00 AM | MEN | M35-39 | 800M |
| | | | M40-49 | 800M |
| | | | M45-49 | 800M |
| | | | M50-54 | 800M |
| | | | M55-59 | 800M |
| | | | M60-64 | 800M |
| | | | M65-69 | 800M |
| 324 | 10:20 AM | GIRLS | 9-10 | 600M |
| 325 | 10:25 AM | BOYS | 9-10 | 600M |
| 326 | 10:30 AM | GIRLS | 11-12 | 600M |
| 327 | 10:35 AM | BOYS | 11-12 | 600M |
| | 10:45 AM | WOMEN | W35-39 | 4X400M RELAY |
| | 10:45 AM | WOMEN | W40-44 | 4X400M RELAY |
| | 10:45 AM | WOMEN | W45-49 | 4X400M RELAY |
| | 10:45 AM | WOMEN | W50-54 | 4X400M RELAY |
| | 10:45 AM | WOMEN | W55-59 | 4X400M RELAY |
| | 11:00 AM | MEN | M35-39 | 4X400M RELAY |
| | 11:00 AM | MEN | M40-44 | 4X400M RELAY |
| | 11:00 AM | MEN | M45-49 | 4X400M RELAY |
| | 11:00 AM | MEN | M50-54 | 4X400M RELAY |
| | 11:00 AM | MEN | M55-59 | 4X400M RELAY |
| | 11:00 AM | MEN | M60-64 | 4X400M RELAY |
| | 11:00 AM | MEN | M65-69 | 4X400M RELAY |
| | 11:00 AM | MEN | M70&ABOVE | 4X400M RELAY |