

16TH ASIA MASTERS ATHLETICS CHAMPIONSHIPS 2010

COMPETITION SCHEDULE

(TRACK EVENTS)

(DAY ONE)

Tuesday: December 7, 2010

Morning Section (Track Event)

| No | Start | Event | Age Group | Sex | Final / Heat | Arena |
|-----|-------|-------|-----------|-----|--------------|-----------|
| 101 | 0800 | 100 M | 35 | W | Heats | Stadium 1 |
| 102 | 0810 | 100 M | 40 | W | Final | Stadium 1 |
| 103 | 0820 | 100 M | 45 | W | Heats | Stadium 1 |
| 104 | 0830 | 100 M | 50 | W | Heats | Stadium 1 |
| 105 | 0845 | 100 M | 55 | W | Heats | Stadium 1 |
| 106 | 0900 | 100 M | 60 | W | Heats | Stadium 1 |
| 107 | 0910 | 100 M | 65 | W | Final | Stadium 1 |
| 108 | 0915 | 100 M | 70 | W | Final | Stadium 1 |
| 109 | 0920 | 100 M | 75 | W | Final | Stadium 1 |
| 110 | 0925 | 100 M | 80 | W | Final | Stadium 1 |
| 111 | 0930 | 100 M | 35 | M | Heats | Stadium 1 |
| 112 | 0945 | 100 M | 40 | M | Heats | Stadium 1 |
| 113 | 1005 | 100 M | 45 | M | Heats | Stadium 1 |
| 114 | 1020 | 100 M | 50 | M | Heats | Stadium 1 |
| 115 | 1040 | 100 M | 55 | M | Heats | Stadium 1 |
| 116 | 1100 | 100 M | 60 | M | Heats | Stadium 1 |
| 117 | 1115 | 100 M | 65 | M | Heats | Stadium 1 |
| 118 | 1130 | 100 M | 70 | M | Heats | Stadium 1 |
| 119 | 1140 | 100 M | 75 | M | Heats | Stadium 1 |
| 120 | 1150 | 100 M | 80 | M | Final | Stadium 1 |
| 121 | 1155 | 100 M | 85,90 | M | Final | Stadium 1 |
| 122 | 1200 | 800 M | 35 | W | Final | Stadium 1 |
| 123 | 1210 | 800 M | 40 | W | Final | Stadium 1 |
| 124 | 1220 | 800 M | 45 | W | Final | Stadium 1 |
| 125 | 1230 | 800 M | 50 | W | Final | Stadium 1 |
| 126 | 1240 | 800 M | 55 | W | Final | Stadium 1 |
| 127 | 1250 | 800 M | 60 | W | Final | Stadium 1 |
| 128 | 1300 | 800 M | 65 | W | Final | Stadium 1 |
| 129 | 1310 | 800 M | 70,80 | W | Final | Stadium 1 |

(DAY ONE)

Tuesday : December 7, 2010

Afternoon Section (Track Event)

| No | Start | Event | Age Group | Sex | Final / Heat | Arena |
|-----|-------|-------|-----------|-----|--------------|-----------|
| 130 | 1400 | 100 M | 35 | W | Final | Stadium 1 |
| 131 | 1405 | 100 M | 45 | W | Final | Stadium 1 |
| 132 | 1410 | 100 M | 50 | W | Final | Stadium 1 |
| 133 | 1415 | 100 M | 55 | W | Final | Stadium 1 |
| 134 | 1420 | 100 M | 60 | W | Final | Stadium 1 |
| 135 | 1425 | 100 M | 35 | M | Final | Stadium 1 |
| 136 | 1430 | 100 M | 40 | M | Final | Stadium 1 |
| 137 | 1435 | 100 M | 45 | M | Final | Stadium 1 |
| 138 | 1440 | 100 M | 50 | M | Final | Stadium 1 |
| 139 | 1445 | 100 M | 55 | M | Final | Stadium 1 |
| 140 | 1450 | 100 M | 60 | M | Final | Stadium 1 |
| 141 | 1500 | 100 M | 65 | M | Final | Stadium 1 |
| 142 | 1505 | 100 M | 70 | M | Final | Stadium 1 |
| 143 | 1510 | 100 M | 75 | M | Final | Stadium 1 |
| 144 | 1520 | 800 M | 35 | M | Final | Stadium 1 |
| 145 | 1530 | 800 M | 40 | M | Final | Stadium 1 |
| 146 | 1540 | 800 M | 45 | M | Final 1 | Stadium 1 |
| 147 | 1550 | 800 M | 45 | M | Final 2 | Stadium 1 |
| 148 | 1600 | 800 M | 50 | M | Final 1 | Stadium 1 |
| 149 | 1610 | 800 M | 50 | M | Final 2 | Stadium 1 |
| 150 | 1620 | 800 M | 55 | M | Final | Stadium 1 |
| 151 | 1630 | 800 M | 60 | M | Final 1 | Stadium 1 |
| 152 | 1640 | 800 M | 60 | M | Final 2 | Stadium 1 |
| 153 | 1650 | 800 M | 65 | M | Final | Stadium 1 |
| 154 | 1700 | 800 M | 70 | M | Final 1 | Stadium 1 |
| 155 | 1710 | 800 M | 70 | M | Final 2 | Stadium 1 |
| 156 | 1720 | 800 M | 75 | M | Final | Stadium 1 |
| 157 | 1730 | 800 M | 80 | M | Final | Stadium 1 |
| 158 | 1740 | 800 M | 85,90 | M | Final | Stadium 1 |

(DAY TWO)

Wednesday: December 8, 2010

Morning Section (Track Event)

| No | Start | Event | Age Group | Sex | Final / Heat | Arena |
|-----------|--------------|--------------|------------------|------------|---------------------|--------------|
| 201 | 0800 | 80 MH | 70 | M | Heats | Stadium 1 |
| 202 | 0810 | 80 MH | 75 | M | Final | Stadium 1 |
| 203 | 0820 | 100 MH | 35 | W | Heats | Stadium 1 |
| 204 | 0830 | 100 MH | 50 | M | Heats | Stadium 1 |
| 205 | 0840 | 100 MH | 55 | M | Heats | Stadium 1 |
| 206 | 0850 | 100 MH | 60 | M | Heats | Stadium 1 |
| 207 | 0900 | 100 MH | 65 | M | Heats | Stadium 1 |
| 208 | 0910 | 110 MH | 35 | M | Final | Stadium 1 |
| 209 | 0920 | 110 MH | 40 | M | Heats | Stadium 1 |
| 210 | 0930 | 110 MH | 45 | M | Heats | Stadium 1 |
| 211 | 0940 | 400 M | 40 | W | Heats | Stadium 1 |
| 212 | 0950 | 400 M | 45 | W | Heats | Stadium 1 |
| 213 | 1000 | 400 M | 50 | W | Heats | Stadium 1 |
| 214 | 1010 | 400 M | 55 | W | Heats | Stadium 1 |
| 215 | 1020 | 400 M | 35 | M | Heats | Stadium 1 |
| 216 | 1030 | 400 M | 40 | M | Heats | Stadium 1 |
| 217 | 1040 | 400 M | 45 | M | Heats | Stadium 1 |
| 218 | 1100 | 400 M | 50 | M | Heats | Stadium 1 |
| 219 | 1115 | 400 M | 55 | M | Heats | Stadium 1 |
| 220 | 1130 | 400 M | 60 | M | Heats | Stadium 1 |
| 221 | 1140 | 400 M | 65 | M | Heats | Stadium 1 |
| 222 | 1150 | 400 M | 70 | M | Heats | Stadium 1 |
| 223 | 1200 | 400 M | 75 | M | Heats | Stadium 1 |
| 224 | 1210 | 400 M | 80 | M | Final | Stadium 1 |
| 225 | 1220 | 400 M | 85,90 | M | Final | Stadium 1 |
| 226 | 1230 | 110 MH | 40 | M | Final | Stadium 1 |
| 227 | 1240 | 110 MH | 45 | M | Final | Stadium 1 |

(DAY TWO)

Wednesday : December 8, 2010

Afternoon Section (Track Event)

| No | Start | Event | Age Group | Sex | Final / Heat | Arena |
|---|-------|-------|-----------|-----|--------------|-----------|
| 228 | 1400 | 80 MH | 70 | M | Final | Stadium 1 |
| 229 | 1410 | 80 MH | 40 | W | Final | Stadium 1 |
| 230 | 1420 | 80 MH | 45 | W | Final | Stadium 1 |
| 231 | 1430 | 80 MH | 50 | W | Final | Stadium 1 |
| 232 | 1440 | 80 MH | 55 | W | Final | Stadium 1 |
| 233 | 1450 | 100 H | 35 | W | Final | Stadium 1 |
| 234 | 1500 | 100 H | 50 | M | Final | Stadium 1 |
| 235 | 1510 | 100 H | 55 | M | Final | Stadium 1 |
| 236 | 1520 | 100 H | 60 | M | Final | Stadium 1 |
| 237 | 1530 | 100 H | 65 | M | Final | Stadium 1 |
| 238 | 1540 | 400 M | 35 | W | Final | Stadium 1 |
| 239 | 1550 | 400 M | 40 | W | Final | Stadium 1 |
| 240 | 1600 | 400 M | 45 | W | Final | Stadium 1 |
| 241 | 1610 | 400 M | 50 | W | Final | Stadium 1 |
| 242 | 1620 | 400 M | 55 | W | Final | Stadium 1 |
| 243 | 1630 | 400 M | 60,65 | W | Final | Stadium 1 |
| 244 | 1640 | 400 M | 70,75,80 | W | Final | Stadium 1 |
| 245 | 1650 | 400 M | 35 | M | Final | Stadium 1 |
| 246 | 1710 | 400 M | 40 | M | Final | Stadium 1 |
| 247 | 1720 | 400 M | 45 | M | Final | Stadium 1 |
| 248 | 1730 | 400 M | 50 | M | Final | Stadium 1 |
| 249 | 1740 | 400 M | 55 | M | Final | Stadium 1 |
| 250 | 1750 | 400 M | 60 | M | Final | Stadium 1 |
| 251 | 1800 | 400 M | 65 | M | Final | Stadium 1 |
| 252 | 1810 | 400 M | 70 | M | Final | Stadium 1 |
| 253 | 1820 | 400 M | 75 | M | Final | Stadium 1 |
| (The following 80 M Hurdle events to be held in Stadium 2) | | | | | | |
| 254 | 1430 | 80 MH | 80 | M | Final | Stadium 2 |
| 255 | 1445 | 80 MH | 85 | M | Final 1/2 | Stadium 2 |
| 256 | 1500 | 80 MH | 60 | W | Final | Stadium 2 |
| 257 | 1515 | 80 MH | 65 | W | Final | Stadium 2 |
| 258 | 1530 | 80 MH | 70 | W | Final | Stadium 2 |

(DAY THREE)

Thursday : December 9, 2010

Morning Section (Track Event)

| No | Start | Event | Age Group | Sex | Final / Heat | Arena |
|-----------|--------------|--------------|------------------|------------|---------------------|--------------|
| 301 | 0800 | 1500 M | 35 | M | Final | Stadium 1 |
| 302 | 0815 | 1500 M | 40 | M | Final | Stadium 1 |
| 303 | 0830 | 1500 M | 45 | M | Final | Stadium 1 |
| 304 | 0845 | 1500 M | 50 | M | Final | Stadium 1 |
| 305 | 0900 | 1500 M | 55 | M | Final | Stadium 1 |
| 306 | 0915 | 1500 M | 60 | M | Final | Stadium 1 |
| 307 | 0930 | 200 M | 35 | W | Heats | Stadium 1 |
| 308 | 0955 | 200 M | 45 | W | Heats | Stadium 1 |
| 309 | 1005 | 200 M | 50 | W | Heats | Stadium 1 |
| 310 | 1015 | 200 M | 55 | W | Heats | Stadium 1 |
| 311 | 1025 | 200 M | 60 | W | Heats | Stadium 1 |
| 312 | 1035 | 200 M | 35 | M | Heats | Stadium 1 |
| 313 | 1050 | 200 M | 40 | M | Heats | Stadium 1 |
| 314 | 1105 | 200 M | 45 | M | Heats | Stadium 1 |
| 315 | 1130 | 200 M | 50 | M | Heats | Stadium 1 |
| 316 | 1150 | 200 M | 55 | M | Heats | Stadium 1 |
| 317 | 1200 | 200 M | 60 | M | Heats | Stadium 1 |
| 318 | 1215 | 200 M | 65 | M | Heats | Stadium 1 |
| 319 | 1230 | 200 M | 70 | M | Heats | Stadium 1 |

(DAY THREE)

Thursday : December 9, 2010

Afternoon Section (Track Event)

| No | Start | Event | Age Group | Sex | Final / Heat | Arena |
|-----------|--------------|--------------|------------------|------------|---------------------|--------------|
| 320 | 1400 | 200 M | 35 | W | Final | Stadium 1 |
| 321 | 1410 | 200 M | 40 | W | Final | Stadium 1 |
| 322 | 1420 | 200 M | 45 | W | Final | Stadium 1 |
| 323 | 1430 | 200 M | 50 | W | Final | Stadium 1 |
| 324 | 1440 | 200 M | 55 | W | Final | Stadium 1 |
| 325 | 1450 | 200 M | 60 | W | Final | Stadium 1 |
| 326 | 1500 | 200 M | 65 | W | Final | Stadium 1 |
| 327 | 1510 | 200 M | 70 | W | Final | Stadium 1 |
| 328 | 1520 | 200 M | 75,80 | W | Final | Stadium 1 |
| 329 | 1530 | 200 M | 35 | M | Final | Stadium 1 |
| 330 | 1540 | 200 M | 40 | M | Final | Stadium 1 |
| 331 | 1550 | 200 M | 45 | M | Final | Stadium 1 |
| 332 | 1600 | 200 M | 50 | M | Final | Stadium 1 |
| 333 | 1610 | 200 M | 55 | M | Final | Stadium 1 |
| 334 | 1620 | 200 M | 60 | M | Final | Stadium 1 |
| 335 | 1630 | 200 M | 65 | M | Final | Stadium 1 |
| 336 | 1640 | 200 M | 70 | M | Final | Stadium 1 |
| 337 | 1650 | 200 M | 75 | M | Final | Stadium 1 |
| 338 | 1700 | 200 M | 80 | M | Final | Stadium 1 |
| 339 | 1710 | 200 M | 85,90 | M | Final | Stadium 1 |
| 340 | 1720 | 1500 M | 35 | W | Final | Stadium 1 |
| 341 | 1730 | 1500 M | 40 | W | Final | Stadium 1 |
| 342 | 1740 | 1500 M | 45 | W | Final | Stadium 1 |
| 343 | 1750 | 1500 M | 50 | W | Final | Stadium 1 |
| 344 | 1800 | 1500 M | 55 | W | Final | Stadium 1 |
| 345 | 1810 | 1500 M | 60,65,70,80 | W | Final | Stadium 1 |
| 346 | 1820 | 1500 M | 65 | M | Final | Stadium 1 |
| 347 | 1830 | 1500 M | 70 | M | Final | Stadium 1 |
| 348 | 1840 | 1500 M | 75,80,85 | M | Final | Stadium 1 |

(DAY FOUR)

Friday : December 10, 2010

Morning Section (Track Event)

| No | Start | Event | Age Group | Sex | Final / Heat | Arena |
|-----|-------|--------|-----------|-----|--------------|-----------|
| 401 | 0800 | 400 MH | 35 | W | Final | Stadium 1 |
| 402 | 0810 | 400 MH | 40 | W | Final | Stadium 1 |
| 403 | 0820 | 400 MH | 45 | W | Final | Stadium 1 |
| 404 | 0830 | 400 MH | 35 | M | Final | Stadium 1 |
| 405 | 0840 | 400 MH | 40 | M | Heats | Stadium 1 |
| 406 | 0900 | 400 MH | 45 | M | Heats | Stadium 1 |
| 407 | 0915 | 400 MH | 50 | M | Heats | Stadium 1 |
| 408 | 0930 | 400 MH | 55 | M | Heats | Stadium 1 |
| 409 | 0945 | 300 MH | 60 | M | Heats | Stadium 1 |
| 410 | 1005 | 300 MH | 65 | M | Heats | Stadium 1 |

(DAY FOUR)

Friday : December 10, 2010

Afternoon Section (Track Event)

| No | Start | Event | Age Group | Sex | Final / Heat | Arena |
|-----|-------|-----------|-------------|-----|--------------|-----------|
| 411 | 1430 | 300 M H | 60 | M | Final | Stadium 1 |
| 412 | 1440 | 300 M H | 65 | M | Final | Stadium 1 |
| 413 | 1450 | 300 M H | 50 | W | Final | Stadium 1 |
| 414 | 1500 | 300 M H | 55 | W | Final | Stadium 1 |
| 415 | 1510 | 400 M H | 40 | M | Final | Stadium 1 |
| 416 | 1520 | 400 M H | 45 | M | Final | Stadium 1 |
| 417 | 1530 | 400 MH | 50 | M | Final | Stadium 1 |
| 418 | 1540 | 400 MH | 55 | M | Final | Stadium 1 |
| 419 | 1550 | 2000 M SC | 60,65 | M | Final | Stadium 1 |
| 420 | 1605 | 2000 M SC | 70,75,85 | M | Final | Stadium 1 |
| 421 | 1620 | 2000 M SC | 35,40,45 | W | Final | Stadium 1 |
| 422 | 1635 | 2000 M SC | 50,55,60,70 | W | Final | Stadium 1 |

(The following 300 M Hurdle events to be held in Stadium 2)

| | | | | | | |
|-----|------|--------|-------|---|----------|-----------|
| 423 | 1400 | 300 MH | 70 | M | Heats | Stadium 2 |
| 424 | 1430 | 300 MH | 75 | M | Final | Stadium 2 |
| 425 | 1445 | 300 MH | 80,85 | M | Final | Stadium 2 |
| 426 | 1500 | 300 MH | 60 | W | Final1/2 | Stadium 2 |
| 427 | 1515 | 300 MH | 65 | W | Final | Stadium 2 |
| 428 | 1530 | 300 MH | 70 | M | Final | Stadium 2 |

(DAY FIVE)

Saturday : December 11, 2010

Morning Section (Track Event)

| No | Start | Event | Age Group | Sex | Final / Heat | Arena |
|-----------|--------------|--------------|------------------|------------|---------------------|--------------|
| 501 | 0800 | 3000M SC | 35/40 | M | Final | Stadium 1 |
| 502 | 0820 | 3000M SC | 45 | M | Final | Stadium 1 |
| 503 | 0900 | 3000M SC | 50/55 | M | Final | Stadium 1 |
| 504 | 0910 | 4 x 100 M | 35 | W | Final | Stadium 1 |
| 505 | 0920 | 4 x 100 M | 40 | W | Final | Stadium 1 |
| 506 | 0930 | 4 x 100 M | 45 | W | Final | Stadium 1 |
| 507 | 0940 | 4 x 100 M | 50 | W | Final | Stadium 1 |
| 508 | 0950 | 4 x 100 M | 55 | W | Final | Stadium 1 |
| 509 | 1000 | 4 x 100 M | 60 | W | Final | Stadium 1 |
| 510 | 1010 | 4 x 100 M | 65 | W | Final | Stadium 1 |
| 511 | 1020 | 4 x 100 M | 70 | W | Final | Stadium 1 |
| 512 | 1030 | 4 x 100 M | 75 | W | Final | Stadium 1 |
| 513 | 1040 | 4 x 100 M | 80 | W | Final | Stadium 1 |
| 514 | 1050 | 4 x 100 M | 35 | M | Final | Stadium 1 |
| 515 | 1100 | 4 x 100 M | 40 | M | Final | Stadium 1 |
| 516 | 1110 | 4 x 100 M | 45 | M | Final | Stadium 1 |
| 517 | 1120 | 4 x 100 M | 50 | M | Final | Stadium 1 |
| 518 | 1130 | 4 x 100 M | 55 | M | Final | Stadium 1 |
| 519 | 1140 | 4 x 100 M | 60 | M | Final | Stadium 1 |
| 520 | 1150 | 4 x 100 M | 65 | M | Final | Stadium 1 |
| 521 | 1200 | 4 x 100 M | 70 | M | Final | Stadium 1 |
| 522 | 1210 | 4 x 100 M | 75 | M | Final | Stadium 1 |
| 523 | 1220 | 4 x 100 M | 80 | M | Final | Stadium 1 |
| 524 | 1230 | 4 x 100 M | 85 | M | Final | Stadium 1 |

(DAY FIVE)

Saturday : December 11, 2010

Afternoon Section (Track Event)

| No | Start | Event | Age Group | Sex | Final / Heat | Arena |
|-----|-------|-----------|-----------|-----|--------------|-----------|
| 525 | 1400 | 4 x 400 M | 35 | W | Final | Stadium 1 |
| 526 | 1410 | 4 x 400 M | 40 | W | Final | Stadium 1 |
| 527 | 1420 | 4 x 400 M | 45 | W | Final | Stadium 1 |
| 528 | 1430 | 4 x 400 M | 50 | W | Final | Stadium 1 |
| 529 | 1440 | 4 x 400 M | 55 | W | Final | Stadium 1 |
| 530 | 1450 | 4 x 400 M | 60 | W | Final | Stadium 1 |
| 531 | 1500 | 4 x 400 M | 65 | W | Final | Stadium 1 |
| 532 | 1510 | 4 x 400 M | 70 | W | Final | Stadium 1 |
| 533 | 1520 | 4 x 400 M | 75 | W | Final | Stadium 1 |
| 534 | 1530 | 4 x 400 M | 80 | W | Final | Stadium 1 |
| 535 | 1540 | 4 x 400 M | 35 | M | Final | Stadium 1 |
| 536 | 1550 | 4 x 400 M | 40 | M | Final | Stadium 1 |
| 537 | 1600 | 4 x 400 M | 45 | M | Final | Stadium 1 |
| 538 | 1610 | 4 x 400 M | 50 | M | Final | Stadium 1 |
| 539 | 1620 | 4 x 400 M | 55 | M | Final | Stadium 1 |
| 540 | 1630 | 4 x 400 M | 60 | M | Final | Stadium 1 |
| 541 | 1640 | 4 x 400 M | 65 | M | Final | Stadium 1 |
| 542 | 1650 | 4 x 400 M | 70 | M | Final | Stadium 1 |
| 543 | 1700 | 4 x 400 M | 75 | M | Final | Stadium 1 |
| 544 | 1710 | 4 x 400 M | 80 | M | Final | Stadium 1 |
| 545 | 1720 | 4 x 400 M | 85 | M | Final | Stadium 1 |

TRACK – LONG DISTANCE & RACE WALK

(STADIUM 2)

(DAY ONE) Tuesday : December 7, 2010 Morning Section (Track: Long Distances)

| No. | Start | Event | Age Group | Sex | Final/Heat | Arena |
|-----|-------|-------|-----------|-----|------------|-----------|
| 159 | 0800 | 5000M | 55,60,70 | W | Final | Stadium 2 |
| 160 | 0845 | 5000M | 45,50 | W | Final | Stadium 2 |
| 161 | 0930 | 5000M | 35,40 | W | Final | Stadium 2 |
| 162 | 1000 | 5000M | 35 | M | Final | Stadium 2 |
| 163 | 1030 | 5000M | 40 | M | Final | Stadium 2 |
| 164 | 1100 | 5000M | 45 | M | Final | Stadium 2 |

(DAY ONE) Tuesday : December 7, 2010 Afternoon Section (Track: Long Distances)

| NO | START | EVENT | AGE GROUP | SEX | FINAL/HEAT | AREA |
|-----|-------|-------|-------------|-----|------------|-----------|
| 165 | 1600 | 5000M | 50 | M | Final | Stadium 2 |
| 166 | 1630 | 5000M | 55 | M | Final | Stadium 2 |
| 167 | 1700 | 5000M | 60 | M | Final | Stadium 2 |
| 168 | 1730 | 5000M | 65 | M | Final | Stadium 2 |
| 169 | 1800 | 5000M | 70,75,80,85 | M | Final | Stadium 2 |

(DAY THREE) Thursday : December 9, 2010 Morning Section (Track: Race Walk)

| NO | START | EVENT | AGE GROUP | SEX | FINAL/HEAT | AREA |
|-----|-------|--------------|-------------|-----|------------|-----------|
| 349 | 0800 | 5000M R.Walk | 65,70,75,80 | W | Final | Stadium 2 |
| 350 | 0845 | 5000M R.Walk | 55,60 | W | Final | Stadium 2 |
| 351 | 0930 | 5000M R.Walk | 50 | W | Final | Stadium 2 |
| 352 | 1015 | 5000M R.Walk | 45 | W | Final | Stadium 2 |
| 353 | 1100 | 5000M R.Walk | 35,40 | W | Final | Stadium 2 |

(DAY THREE) Thursday : December 9, 2010 Afternoon Section (Track: Race Walk)

| NO | START | EVENT | AGE GROUP | SEX | FINAL/HEAT | AREA |
|-----|-------|---------------|-------------|-----|------------|-----------|
| 354 | 1500 | 5000M R. Walk | 35,40 | M | Final | Stadium 2 |
| 355 | 1530 | 5000M R.Walk | 45 | M | Final | Stadium 2 |
| 356 | 1600 | 5000M R.Walk | 50 | M | Final | Stadium 2 |
| 357 | 1630 | 5000M R.Walk | 55 | M | Final | Stadium 2 |
| 358 | 1700 | 5000M R.Walk | 60 | M | Final | Stadium 2 |
| 359 | 1730 | 5000M R.Walk | 65 | M | Final | Stadium 2 |
| 360 | 1800 | 5000M R.Walk | 70,75,80,85 | M | Final | Stadium 2 |

FIELD EVENTS
(STADIUM 1 & 2)

(DAY ONE) Tuesday :December 7, 2010

Morning Section (Field)

| No. | Start | Event | Age Group | Sex | Final/Heat | Arena |
|------------|--------------|--------------|------------------|------------|-------------------|------------------------|
| 170 | 0800 | SHOT PUTT | 35 | M | FINAL | STADIUM 1 (A) |
| 171 | 0800 | SHOT PUTT | 40 | M | FINAL | STADIUM 1 (B) |
| 172 | 0800 | SHOT PUTT | 45 | M | FINAL | STADIUM 2 |
| 173 | 0800 | HIGH JUMP | 35,40 | M | FINAL | STADIUM 1 (A) |
| 174 | 0800 | HIGH JUMP | 45 | M | FINAL | STADIUM 1 (B) |
| 175 | 0800 | TRIPLE JUMP | 35,40 | M | FINAL | STADIUM 1 (A) |
| 176 | 0800 | TRIPLE JUMP | 45 | M | FINAL | STADIUM 1 (A) |
| 177 | 0800 | DISCUS | 35 | W | FINAL | STADIUM 1 (A) |
| 178 | 0800 | DISCUS | 40 | W | FINAL | STADIUM 2 |
| 179 | 1000 | DISCUS | 45 | W | FINAL | STADIUM 1 (A) |
| 180 | 1000 | DISCUS | 50 | W | FINAL | STADIUM 2 |
| 181 | 1030 | SHOT PUTT | 50 | M | FINAL | STADIUM 1 (A) |
| 182 | 1030 | SHOT PUTT | 55 | M | FINAL | STADIUM 1 (B) |
| 183 | 1030 | SHOT PUTT | 60 | M | FINAL | STADIUM 2 |
| 184 | 1030 | TRIPLE JUMP | 50 | M | FINAL | STADIUM 1 (B) |
| 185 | 1030 | TRIPLE JUMP | 55 | M | FINAL | STADIUM 1 (A) |
| 186 | 1100 | HIGH JUMP | 50 | M | FINAL | STADIUM 1 (A) |
| 187 | 1100 | HIGH JUMP | 55 | M | FINAL | STADIUM 1 (B) |
| 188 | 1230 | DISCUS | 55 | W | FINAL | STADIUM 1 (A) |
| 189 | 1230 | DISCUS | 60 | W | FINAL | STADIUM 2 |
| 190 | 1300 | SHOT PUTT | 65 | M | FINAL | STADIUM 1 (A) |
| 191 | 1300 | SHOT PUTT | 70 | M | FINAL | STADIUM 1 (B) |
| 192 | 1300 | SHOT PUTT | 75 | M | FINAL | STADIUM 2 |
| 193 | 1300 | TRIPLE JUMP | 60 | M | FINAL | STADIUM 1 (B) |
| 194 | 1300 | TRIPLE JUMP | 65 | M | FINAL | STADIUM 1 (A) |
| 195 | 1400 | HIGH JUMP | 60,65 | M | FINAL | STADIUM 1 (A) |
| 196 | 1400 | HIGH JUMP | 70,75,80,85 | M | FINAL | STADIUM 1 (B) |
| 197 | 1500 | DISCUS | 65 | W | FINAL | STADIUM 1 (A) |
| 198 | 1500 | DISCUS | 70 | W | FINAL | STADIUM 2 |
| 199 | 1530 | SHOT PUTT | 80,85,90 | M | FINAL | STADIUM 1 (A) |
| 199(A) | 1530 | TRIPLE JUMP | 70 | M | FINAL | STADIUM 1 (B) |
| 199(B) | 1530 | TRIPLE JUMP | 75,80,85 | M | FINAL | STADIUM 1 (A) |
| 199(C) | 1730 | DISCUS | 75,80 | W | FINAL | STADIUM 1 (A) |

(DAY TWO)

Wednesday : December 8, 2010

Morning Section (Field)

| No. | Start | Event | Age Group | Sex | Final/Heat | Arena |
|-----|-------|-------------|-------------|-----|------------|-----------------|
| 259 | 0800 | HIGH JUMP | 35 | W | FINAL | STADIUM 1 (A) |
| 260 | 0800 | HIGH JUMP | 40 | W | FINAL | STADIUM 1 (B) |
| 261 | 0800 | TRIPLE JUMP | 35,40,45 | W | FINAL | STADIUM 1 (A) |
| 262 | 0800 | TRIPLE JUMP | 50 | W | FINAL | STADIUM 1 (B) |
| 263 | 0800 | JAVELIN | 35 | W | FINAL | STADIUM 1 (A) |
| 264 | 0800 | JAVELIN | 40 | W | FINAL | STADIUM 1 (B) |
| 265 | 1000 | JAVELIN | 45 | W | FINAL | STADIUM 1 (A) |
| 266 | 1000 | JAVELIN | 50 | W | FINAL | STADIUM 1 (B) |
| 267 | 1030 | HIGH JUMP | 45 | W | FINAL | STADIUM 1 (A) |
| 268 | 1030 | HIGH JUMP | 50 | W | FINAL | STADIUM 1 (B) |
| 269 | 1030 | TRIPLE JUMP | 55 | W | FINAL | STADIUM 1 (A) |
| 270 | 1030 | TRIPLE JUMP | 60 | W | FINAL | STADIUM 1 (B) |
| 271 | 1230 | JAVELIN | 55 | W | FINAL | STADIUM 1 (A) |
| 272 | 1230 | JAVELIN | 60 | W | FINAL | STADIUM 1 (B) |
| 273 | 1300 | HIGH JUMP | 55,60 | W | FINAL | STADIUM 1 (A) |
| 274 | 1300 | HIGH JUMP | 65,70 | W | FINAL | STADIUM 1 (B) |
| 275 | 1300 | TRIPLE JUMP | 65,70,75,80 | W | FINAL | STADIUM 1 (A) |
| 276 | 1500 | JAVELIN | 65 | W | FINAL | STADIUM 1 (A) |
| 277 | 1500 | JAVELIN | 70,75,80 | W | FINAL | STADIUM 1 (B) |

(DAY THREE)

Thursday : December 9, 2010

Morning Section (Field)

| No. | Start | Event | Age Group | Sex | Final/Heat | Arena |
|------------|--------------|--------------|------------------|------------|-------------------|------------------------|
| 361 | 0800 | SHOT PUTT | 35 | W | FINAL | STADIUM 1 (A) |
| 362 | 0800 | SHOT PUTT | 40 | W | FINAL | STADIUM 1 (B) |
| 363 | 0800 | LONG JUMP | 35 | M | FINAL | STADIUM 1 (A) |
| 364 | 0800 | LONG JUMP | 40 | M | FINAL | STADIUM 1 (B) |
| 365 | 0800 | LONG JUMP | 45 | M | FINAL | STADIUM 2 |
| 366 | 0800 | POLE VAULT | 35,40,45,50 | W | FINAL | STADIUM 1 (A) |
| 367 | 0800 | DISCUS | 35 | M | FINAL | STADIUM 1 (A) |
| 368 | 0800 | DISCUS | 40 | M | FINAL | STADIUM 2 |
| 369 | 1000 | SHOT PUTT | 45 | W | FINAL | STADIUM 1 (A) |
| 370 | 1000 | SHOT PUTT | 50 | W | FINAL | STADIUM 1 (B) |
| 371 | 1000 | POLE VAULT | 55,60,70,75 | W | FINAL | STADIUM 1 (A) |
| 372 | 1000 | DISCUS | 45 | M | FINAL | STADIUM 1 (A) |
| 373 | 1030 | LONG JUMP | 50 | M | FINAL | STADIUM 1 (A) |
| 374 | 1030 | LONG JUMP | 55 | M | FINAL | STADIUM 1 (B) |
| 375 | 1030 | LONG JUMP | 60 | M | FINAL | STADIUM 2 |
| 376 | 1030 | DISCUS | 50 | M | FINAL | STADIUM 2 |
| 377 | 1200 | SHOT PUTT | 55 | W | FINAL | STADIUM 1 (A) |
| 378 | 1200 | SHOT PUTT | 60 | W | FINAL | STADIUM 1 (B) |
| 379 | 1200 | DISCUS | 60 | M | FINAL | STADIUM 1 (B) |
| 380 | 1230 | DISCUS | 55 | M | FINAL | STADIUM 1 (A) |
| 381 | 1330 | LONG JUMP | 65 | M | FINAL | STADIUM 1 (A) |
| 382 | 1330 | LONG JUMP | 70 | M | FINAL | STADIUM 1 (B) |
| 383 | 1330 | DISCUS | 65 | M | FINAL | STADIUM 2 |
| 384 | 1430 | SHOT PUTT | 65 | W | FINAL | STADIUM 1 (A) |
| 385 | 1430 | SHOT PUTT | 70 | W | FINAL | STADIUM 1 (B) |
| 386 | 1500 | DISCUS | 75 | M | FINAL | STADIUM 1 (B) |
| 387 | 1530 | DISCUS | 70 | M | FINAL | STADIUM 1 (A) |
| 388 | 1630 | LONG JUMP | 75,80,85 | M | FINAL | STADIUM 1 (A) |
| 389 | 1630 | DISCUS | 80 | M | FINAL | STADIUM 2 |
| 390 | 1700 | SHOT PUTT | 75,80 | W | FINAL | STADIUM 1 (A) |
| 391 | 1700 | DISCUS | 85,90 | M | FINAL | STADIUM 1 (B) |

MEET PROGRAMME

(DAY FOUR)

Friday : December 10, 2010

Morning Section (Field)

| No. | Start | Event | Age Group | Sex | Final/Heat | Arena |
|-----|-------|------------|-----------|-----|------------|-----------------|
| 429 | 0800 | POLE VAULT | 35,40,45 | M | FINAL | STADIUM 1 (A) |
| 430 | 0800 | POLE VAULT | 50,55 | M | FINAL | STADIUM 2 |
| 431 | 0800 | LONG JUMP | 35 | W | FINAL | STADIUM 1 (A) |
| 432 | 0800 | LONG JUMP | 40 | W | FINAL | STADIUM 1 (B) |
| 433 | 0800 | HAMMER | 35 | M | FINAL | STADIUM 1 (A) |
| 434 | 0800 | HAMMER | 40 | M | FINAL | STADIUM 2 |
| 435 | 1030 | LONG JUMP | 45 | W | FINAL | STADIUM 1 (A) |
| 436 | 1030 | LONG JUMP | 50 | W | FINAL | STADIUM 1 (B) |
| 437 | 1030 | HAMMER | 45 | M | FINAL | STADIUM 1 (A) |
| 438 | 1030 | HAMMER | 50 | M | FINAL | STADIUM 2 |
| 439 | 1200 | POLE VAULT | 60,65 | M | FINAL | STADIUM 1 (A) |
| 440 | 1300 | LONG JUMP | 55 | W | FINAL | STADIUM 1 (A) |
| 441 | 1300 | LONG JUMP | 60,65 | W | FINAL | STADIUM 1 (B) |
| 442 | 1300 | HAMMER | 55 | M | FINAL | STADIUM 1 (A) |
| 443 | 1300 | HAMMER | 60 | M | FINAL | STADIUM 2 |
| 444 | 1400 | HAMMER | 65 | M | FINAL | STADIUM 1 (A) |
| 445 | 1530 | LONG JUMP | 70,75 | W | FINAL | STADIUM 1 (A) |
| 446 | 1530 | HAMMER | 70 | M | FINAL | STADIUM 2 |
| 447 | 1630 | HAMMER | 75,80,90 | M | FINAL | STADIUM 1 (A) |

(DAY FIVE)

Saturday : December 11, 2010

Morning Section (Field)

| No. | Start | Event | Age Group | Sex | Final/Heat | Arena |
|-----|-------|------------|-------------|-----|------------|-----------------|
| 546 | 0800 | POLE VAULT | 70,75,80,85 | M | FINAL | STADIUM 2 |
| 547 | 0800 | JAVELIN | 35 | M | FINAL | STADIUM 1 (B) |
| 548 | 0800 | JAVELIN | 40 | M | FINAL | STADIUM 1 (A) |
| 549 | 0800 | HAMMER | 35,40 | W | FINAL | STADIUM 1 (A) |
| 550 | 0830 | HAMMER | 45,50 | W | FINAL | STADIUM 2 |
| 551 | 1000 | JAVELIN | 45 | M | FINAL | STADIUM 1 (B) |
| 552 | 1030 | JAVELIN | 50 | M | FINAL | STADIUM 1 (A) |
| 553 | 1030 | HAMMER | 55,60 | W | FINAL | STADIUM 1 (A) |
| 554 | 1030 | HAMMER | 65,70,75 | W | FINAL | STADIUM 2 |
| 555 | 1230 | JAVELIN | 60 | M | FINAL | STADIUM 1 (B) |
| 556 | 1300 | JAVELIN | 55 | M | FINAL | STADIUM 1 (A) |
| 557 | 1300 | JAVELIN | 65 | M | FINAL | STADIUM 2 |
| 558 | 1500 | JAVELIN | 75 | M | FINAL | STADIUM 1 (B) |
| 559 | 1530 | JAVELIN | 80,85,90 | M | FINAL | STADIUM 2 |
| 560 | 1600 | JAVELIN | 70 | M | FINAL | STADIUM 1 (A) |