

1st National Open Masters Athletics Championship 2022

Schedule of Events (Version - 1)

6/16/2022

Track Events				Jumps			Throws		
6:15hrs	5000m Race Walk	M35, M40, M45	Final	08:00hrs	Long Jump	M45,M40,M35	08:00hrs	Shot Put (5 kg)	M60,M65
	5000m Race Walk	W35,W40, W45	Final	09:30hrs	Long Jump	W45,W40,W35	10:00hrs	Shot Put (3 kg)	W55,W50
	5000m Race Walk	M50, M55 ,M60	Final	14:00hrs	Long Jump	M65,M60,M55,M50	14:00hrs	Shot Put (7.26kg)	M45,M40,M35
	5000m Race Walk	W50,W55, W60	Final						
08:00hrs	400m	M35, M40, M45	Round 1	08:00hrs	Pole Vault	MEN All Groups	08:00hrs	Hammer Throw(3kg)	M80
	400m	W35,W40, W45	Round 1	14:00hrs	Pole Vault	Women All Groups	08:30hrs	Hammer Throw(4kg)	M70,M75
	400m	M50, M55 ,M60	Round 1				10:00hrs	HammerThrow(7.26kg)	M45,M40,M35
	400m	W50,W55, W60	Round 1				14:00hrs	Hammer Throw (6 kg)	M55,M50
08:45hrs	400m	M65,M70, M75	Round 1				15:30hrs	Hammer Throw (5 kg)	M60,M65
	400m	W65,W70, W75	Round 1						
	400m	M 80+ All groups	Round 1						
	400m	W 80+ All groups	Round 1						
09:00hrs	100m	M35, M40, M45	Round 1						
	100m	W35,W40, W45	Round 1						
	100m	M50, M55 ,M60	Round 1						
	100m	W50,W55, W60	Round 1						
10:30hrs	100m	M65,M70, M75	Round 1						
	100m	W65,W70, W75	Round 1						
	100m	M 80+ All groups	Round 1						
	100m	W 80+ All groups	Round 1						
14:00hrs	100m	All Group Men 35+	Round 2						
	100m	All Group Women 35+	Round 2						
14:45hrs	400m	All Group Men 35+	Round 2						
	400m	All Group Women 35+	Round 2						
15:30hrs	100m	All Group Men 35+	Final						
	100m	All Group Women 35+	Final						
16:30hrs	400m	All Group Men 35+	Final						
	400m	All Group Women 35+	Final						

DAY 2 17-05-2022

Track Events				Jumps			Throws		
06:30hrs	5000m Race Walk	M65,M70, M75	Final	08:00hrs	High Jump	W50 to W35	08:00hrs	Shot Put (6 kg)	M55,M50
	5000m Race Walk	W65,W70, W75	Final	10:00hrs	High Jump	W50 and Above	09:30hrs	Shot Put (4 kg)	W45,W40,W35
	5000m Race Walk	M 80+ All groups	Final	14:00hrs	High Jump	M55 and Above	11:00hrs	Shot Put (3 kg)	W70,W65,W60
	5000m Race Walk	W 80+ All groups	Final				14:00hrs	Shot Put (3 kg)	M80 and Above
08:00hrs	110m Hurdles (99.0cm)	M45,M40,M35	Round 1	08:00hrs	Long Jump	M70 and Above	14:30hrs	Shot Put (2 kg)	W75 and Above
08:45hrs	100m Hurdles(91.4cm)			09:00hrs	Long Jump	W70 and Above	15:00hrs	Shot Put (4 kg)	M75,M70
	10Flight (13-8.5-10.5)	M55,M50	Round 1	14:00hrs	Long Jump	W65,W60,W55,W50			
	100mHurdles (83.8cm)						08:00hrs	Hammer Throw (2 kg)	W75
	10Flight,(13-8.5-10.5)	W35	Round 1				08:30hrs	Hammer Throw (3 kg)	W70,W65,W60, W55,W50
	100m Hurdles(83.8cm)								
	10Flight (12-8-16)	M65,M60	Round 1						
10:15hrs	80m Hurdles (76.2cm)						10:00Hrs	Hammer Throw (4 kg)	W45,W40,W35
	8Flight (12-8-12)	W40,W45	Round 1						
	80m Hurdles (76.2cm)						14:00hrs	Javelin Throw (600gm)	W45,W40,W35
	8Flight (12-7-19)	W50,W55	Round 1						
	80m Hurdles (76.2cm)						15:30hrs	Javelin Throw (500 gm)	W75,W70,W65, W60,W55,W50
	8Flight (12-7-19)	M70,M75	Round 1						
	80m Hurdles (68.6cm)								
	8 Flight (12-7-19)	W60+ All groups	Round 1						
	80m Hurdles (68.6cm)								
	8 Flight (12-7-19)	M 80+ All groups	Round 1						
13:30hrs	Hurdles all Group Men and Women 35+ Round 2								
15:00hrs	Hurdles all Group Men And Women Final								
15:30hrs	1500m	M35 to M50	Final						
	1500m	W35 to W50	Final						
16:30	1500m	M50 + All Group	Final						
	1500m	W50 + All Group	Final						

DAY 3 - 18-06-2022

Track Events				Jumps			Throws		
06:30hrs	5000m	M35, M40, M45	Final	08:00hrs	High Jump	M50,M45	08:00hrs	Javelin Throw (600gm)	M65,M60
07:00hrs	5000m	W35,W40, W45	Final	14:00hrs	High Jump	M40,M35	09:00hrs	Javelin Throw (700gm)	M55,M50
07:30hrs	5000m	M50, M55 ,M60	Final				10:00hrs	Javelin Throw (800gm)	M45,M40,M35
08:00hrs	5000m	W50,W55, W60	Final	08:00hrs	Triple Jump	W60,W55,W50	14:00hrs	Javelin Throw (500gm)	M80,M75,M70
09:00hrs	800m	M50 + All Group	Round 1	10:00hrs	Triple Jump	M65 and Above all Groups	15:30hrs	Discus Throw (1 kg)	M80,M75,M70, M65,M60,
	800m	W50+ All Group	Round 1	14:00hrs	Triple Jump	M60,M55,M50			
10:00hrs	800m	M35 to M45	Round 1						
	800m	W35 to W45	Round 1						
11:00hrs	400m Hurdles (91.4cm)	M35,M40,M45	Round 1						
	400m Hurdles (83.8cm)	M50,M55	Round 1						
	400m Hurdles (76.2cm)	W35,W40, W45	Round 1						
14:00hrs	300m Hurdles (76.2cm)	W50,W55	Round 1						
	300m Hurdles (76.2cm)	M60,M65	Round 1						
	300m Hurdles (68.6cm)	W60,W65	Round 1						
	300m Hurdles (68.6cm)	M70,M75	Round 1						
	200m Hurdles (68.6cm)	W70, + Allgroups	Round 1						
	200m Hurdles (68.6cm)	M80, +All groups	Round 1						
15:00hrs	400m Hurdles	Men and Women	Final						
15:30hrs	300m Hurdles	Men and Women	Final						
16:00hrs	200m Hurdles (68.6cm)	Men and Women	Final						
16:30hrs	5000m	M65,M70, M75	Final						
	5000m	W65,W70, W75	Final						
	5000m	M 80+ All groups	Final						
	5000m	W 80+ All groups	Final						

DAY 4 - 19-06-2022

Track Events				Jumps			Throws		
08:00hrs	800m	M35 to M45	Final	08:00hrs	Triple Jump	W45,W40,W35	08:00hrs	Discus Throw (2 kg)	M45,M40,M35
	800m	W35 to W45	Final	10:00hrs	Triple Jump	M45,M40,M35	09:30hrs	Discus Throw (1.5kg)	M55,M50
08:45hrs	800m	M50 and Above	Final				10:30hrs	Discus Throw (1kg)	W45,W40,W35
	800m	W50 and Above	Final				11:30hrs	Discus Throw (1kg)	W60,W55,W50
09:30hrs	200m	M35, M40, M45	Round 1				14:00hrs	Discus Throw (1kg)	W75,W70, W65
	200m	W35,W40, W45	Round 1						
10:30hrs	200m	M50, M55 ,M60	Round 1						
	200m	W50,W55, W60	Round 1						
11:30hrs	200m	M65,M70, M75	Round 1						
	200m	W65,W70, W75	Round 1						
	200m	M 80+ All groups	Round 1						
	200m	W 80+ All groups	Round 1						
14:00hrs	200m	M35 to M45							
	200m	W35 to W45							
15:00hrs	200m	M50 and Above							
	200m	W50 and Above							

Abbreviations : (m- Metre, M-Men, W-Women)

NOTE: (1) If the actual number of Athletes present for competition during the scheduled time for Heats is less than required to conduct it as heats, then it will be converted into final and conducted at the time of heats itself. (2) There will be THREE trials for Throws and Horizontal Jump.