

The 18th Asia masters Athletics Championships Events

April 3, 2014

| Events | 9/19 Fri | | 9/20 Sat | | 9/21 Sun | | 9/22 Mon | | 9/23 Tue | |
|---------------|-----------|-------|-----------|-----------|-----------|-----------|-----------|----------|------------|------------|
| | Men | Women | Men | Women | Men | Women | Men | Women | Men | Women |
| 60m | All | All | | | | | | | | |
| 100m | | | | | | | All | All | | |
| 200m | | | All | All | | | | | | |
| 400m | | | | | All | All | | | | |
| 800m | | | M60 – 100 | W60 – 100 | | | M35 – 55 | | | W35 – 55 |
| 1500m | | | | | All | All | | | | |
| 5000m | | | All | | | | | All | | |
| 10000m | | | | | | | | | M35 – 45 | |
| 80mH | | | | | M70 – 90 | W40 – 80 | | | | |
| 100mH | | | | | M50 – 65 | W35 – 35 | | | | |
| 110mH | | | | | M35 – 45 | | | | | |
| 200mH | | | | | | | M80 – 90 | W70 – 80 | | |
| 300mH | | | | | | | M60 – 75 | W50 – 65 | | |
| 400mH | | | | | | | M35 – 55 | W35 – 45 | | |
| 2000mSC | | | M60 – 90 | W35 – 75 | | | | | | |
| 3000mSC | | | M35 – 55 | | | | | | | |
| 5000mW | All | All | | | | | | | | |
| High Jump | | | M70 – 90 | W60 – 80 | M35 – 35 | W35 – 55 | M50 – 65 | | M40 – 45 | |
| Pole Vault | | | M75 – 90 | All | M60 – 70 | | M35 – 55 | | | |
| Long Jump | | | M60 – 65 | W60 – 100 | M35 – 55 | W35 – W55 | | | | |
| | | | M80 – 100 | | M70 – 75 | | | | | |
| Triple Jump | | | | | M80 – 100 | W60 – 100 | M40 – 55 | W35 – 55 | M35 – 35 | |
| | | | | | | | | | M60 – 75 | |
| Shot Put | | | M70 – 100 | All | M35 – 65 | | | | | |
| Discus Throw | | | | All | All | | | | | |
| Hammer Throw | M60 – 100 | All | M35 – 55 | | | | | | | |
| Javelin Throw | | | | | | | M70 – 100 | All | M35 – 65 | |
| 4x100mR | | | | | | | | | Age Groups | Age Groups |
| 4x400mR | | | | | | | | | Age Groups | Age Groups |

- * The Championships events will be from 9:30 to 18:00 on September 19.
- * The Championships events will be from 9:00 to 18:00 on September 20, 21 and 22.
- * The Championships events will be from 9:30 to 16:00 on September 23 (the last day).