INDIA MASTERS ATHLETICS

39th NATIONAL MASTERS ATHLETIC CHAMPIONSHIP

Nashik District Masters Athletics

In Association with

Masters Athletics of Maharashtra

Venue: Meenatai Thakre Krida Sankul, Hirawadi, Panchawati, Nashik

Date - 1 to 3 February, 2019

Order of Events

1/2/2019

Time	**Name of the event**	Gender	Age gropu	Nature
Reporting for 5000 Mtrs. Run at 6:45 a.m.				
7:00 a.m.	5000 Mtrs. Run	Men	70+ and above all age groups	Final
	5000 Mtrs. Run	Women	30+ to 55+	Final
7:45 a.m.	5000 mtrs. Run	Men	60+ & 65+	Final
	100 Mtrs. Run	Men	30+ 35+ 40+ & 45+	T.T.F
	Discus Throw	Men	75+ and above all age groups	Final
	Shot Put	Women	30+	
	Javelin Throw	Women	65+ and above all age groups	Final
	High Jump	Men	30+ to 35+	Final
	Long Jump	Women	30+ & 35+	Final
8:15 a.m.	5000 mtrs. Run	Men	50+ & 55+	Final
8:30 a.m.	100 Mtrs. Run	Men	50+ 55+	T.T F.
8:45 a.m.	5000 Mtrs. Run	Men	40+ & 45+	Final
	Discus Throw	Men	65+	Final
	Shot Put	Women	40+ & 45+	Final
	Javelin Throw	Women	55+ & 60+	Final
	High Jump	Men	40+ & 45+	Final
	Long Jump	Women	40+ & 45+	Final
9:30 a.m.	100 Mtrs. Run	Men	60+ 65+	Final
	Opening Ceremony			
10:45 a.m.	5000 Mtrs. Run	Men	30+ & 35+	Final
	100 Mtrs. Run	Men	70+ and above all age groups	Final
	100 Mtrs. Run	Women	30+ and above all age groups	T.T
	Discus Throw	Men	60+	Final

Order of events is suject to alteration

Lanes are pre drawn

	Lunch Break			
2:00 p.m.	800 Mtrs. Run	Men	30+	Final
	Discus Throw	Men	50+ & 55+	Final
	Shot Put	Women	55+	Final
	High Jump	Men	50+ 55+	Final
	Long Jump	Women	50+ & 55+	Final
2:15 p.m.	800 mtrs. Run	Men	35+	Final
2:45 p.m.	800 mtrs. Run	Men	40+	Final
	Discus Throw	Men	35+	Final
	Shot Put	Women	60+ & 65+	Final
	Javelin Throw	Women	45+	Final
	High Jump	Men	60+ & 65+	Final
3:00 p.m.	800 mtrs. Run	Men	45+	Final
	Long Jump	Women	60+ & 65+	Final
3:20 p.m.	800 mtrs. Run	Men	50+	Final
3:30 p.m.	800 mtrs. Run	Men	55+	Final
	Javelin Throw	Women	40+	
3:40 p.m.	800 mtrs. Run	Men	60+	Final
4:00 p.m.	800 mtrs. Run	Men	65+	Final
	Discus Throw	Men	40+	Final
	High Jump	Men	70+ and above all age groups	Final
	Long Jump	Women	70+ and above all age groups	Final
	Shot Put	Women	70+ and above all age groups	Final
	Javelin Throw	Women	30+ & 35+	Final
4:15 p.m.	800 mtrs. Run	Men	70+ and above all age groups	Final
4:30 p.m	800 mtrs. Run	Women	30+ to 45+	Final
5:00 p.m.	800 mtrs. Run	Women	50+ to 70+	Final
	Order of events is suject to alteration			
	Lanes are pre drawn			

	2/2/2019			
7:00 p.m.	3000 Mtrs. Walk	Men	75+ 80+ & 85+	Final
	3000 Mtrs. Walk	Women	60+ & 65+s	**Final**
7:30 a.m.	5000 mtrs. Walk	Women	30+ to 55+	Final
	Discus Throw	Women	30+ & 35+	Final
	Long Jump	Men	30+ & 35+	Final
	Shot Put	Men	30+ & 35+	Final
	Javelin Throw	Men	70+ and above all age groups	Final
	High Jump	Women	40+ to 55+	Final
8:15 a.m.	1000 mtrs. Walk	Women	70+ to 80+	Final
8:30 a.m.	5000 Mtrs. walk	Men	65+	Final
	110 Mtrs. Hurdles	Men	30+ & 35+	Final
	Discus Throw	Women	40+ & 45+	Final
	High Jump	Women	30+ & 35+	Final
	Long Jump	Men	70+ and above all age groups	Final
	Shot Put	Men	40+ & 45+	Final
	Javelin Throw	Men	60+ & 65+	Final
8:40 a.m.	110 Mtrs. Hurdles	Men	40+ & 45+	Final
9:00 a.m.	100 Mtrs. Hurdles	Men	50+ & 55+	Final
9:15 a.m.	5000 Mtrs. walk	Men	60+	Final
	100 Mtrs. hurdles	Men	60+ & 65+	Final
9:45 a.m.	100 Mtrs. hurdles	Women	30+ & 35+	Final
10:00 a.m.	5000 Mtrs. walk	Men	55+	Final
10:15 a.m.	80 Mtrs. hurdles	Men	Men 70+	Final
10:40 a.m.	5000 Mtrs. walk	Men	50+	Final
	80 Mtrs. hurdles	Women	40+ & 45+	Final
	Discus Throw	Women	50+ & 55+	Final
	Long Jump	Men	40+ & 45+	Final
	Shot Put	Men	50+ & 55+	Final
	Javelin Throw	Men	30+ & 35+	Final
11:15 a.m.	5000 Mtrs. walk	Men	45+	Final
	4X400 Mtrs. Relay	Women	30+ to 55+	Final
11:45 a.m.	5000 Mtrs. walk	Men	40+	Final
	Discus Throw	Men	70+	Final
	Javelin Throw	Women	50+	Final
	Order of events is suject to alteration			
	Lanes are pre drawn			

	Lunch Break			
1:15 p.m.	400 Mtrs. Run	Men	30+ 35+ 40+ & 45+	Final
	Discus Throw	Women	60+ & above all age groups	Final
	Long Jump	Men	50+ & 55+	Final
	Shot Put	Women	35+	Final
	Javelin Throw	Men	40+ & 45+	Final
1:45 p.m.	400 Mtrs. Run	Men	50+ 55+ & 60+	Final
	400 Mtrs. Run	Men	65+ 70+ 75+ 80+ and 85+	Final
2:00 p.m.	400 Mtrs. Run	Women	30+ to 50+	Final
	Long Jump	Men	60+ & 65+	Final
	Shot Put	Men	60+ & 65+	Final
	Javelin Throw	Men	50+ & 55+	Final
2:30 p.m.	400 Mtrs. Run	Women	55+ to 70+	Final
	Long Jump	Men	70+ and above all age groups	Final
3:00 p.m.	1500 Mtrs. Run	Men	30+ 35+ 40+ & 45+	Final
	Shot Put	Men	70+ 75+	Final
	Discus Throw	Men	45+	
4:00 p.m.	1500 Mtrs. Run	Men	50+ 55+ 60+	Final
	Discus Throw	Men	30+	
	Shot Put	Men	80+ & 85+	Final
4:30 p.m.	1500 Mtrs. Run	Men	65+ and above all age groups	Final
	1500 Mtrs. Run	Women	30+ to 55+	Final
5:00 p.m.	5000 Mtrs. Walk	Men	30+ & 35+	Final
	4X100 Relay	Men	30+ to 70+	
	Order of events is suject to alteration			
	Lanes are pre drawn			

	3/2/2019			
7:00 a.m.	10000 Mtrs. Run	Men	60+ & 65+	**Final**
		Women	30+ to 50+	**Final**
7:30 a.m.	Hammer Throw	Men	30+ & 35+	**Final**
	Polevault	Men	30+ to 45+	**Final**
	Triple Jump	Men	60+ & 65+	
8:15 a.m.	10000 Mtrs. Run	Men	50+ & 55+	**Final**
	400 mtrs. Hurdles	Men	30+ to 55+	
	400 mtrs. Hurdles	Women	30+ to 40+	
	300 Mtrs. Hurdle	Men	60+ & 65+	
	Hammer Throw	Women	30+ to 45+	**Final**
	Shot Put	Women	50+	Final
9:15 a.m.	10000 Mtrs. Run	Men	40+ & 45+	**Final**
	Trip[le Jump	Women	30+ to 60+	**Final**
	Polevault	Men	50+ to 70+	**Final**
	Hammer Throw	Women	50+ & above all	**Final**
10:15 a.m.	10000 Mtrs. Run	Men	30+ & 35+	**Final**
	Triple Jump	Men	30+ & 35+	**Final**
	Hammer Throw	Men	50+ to 75+	**Final**
11:00 a.m.	200 Mtrs Run	Men	30+ to 60+	Final
	Lunch Break			
1:15 p.m.	200 Mtrs Run	Men	65+ to 70+	Final
	Hammer Throw	Men	40+ 45+	Final
	Triple Jump	Men	40+ & 45+	Final
1:30 p.m.	200 Mtrs Run	Men	80+ & 85+	Final
1:45 p.m.	200 Mtrs Run		30+ to 45+	Final
2:00 p.m.	200 Mtrs Run	Women	50+	Final
	Hammer Throw	Men	60+ & 65+	Final
	Triple Jump	Men	50+ &55+	Final
	200 Mtrs Run	Women	55+	Final
2:15 p.m.	200 Mtrs Run	Women	60+ to 85+	Final
3:00 p.m.	4X400 Mtrs.. Relay	Men	30+ to 70+	Final
	Hammer Throw	Men	70+ & above all age groups	Final
	Triple Jump	Men	70+ and above all age groups	Final
4:00 p.m.	4X100 Relay	Women	30+ to 60+	Final
4:30 p.m.	**Clossing Ceremony**			
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