

Masters Athletics of Maharashtra

Affiliated To India Masters Athletics

Maharashtra State Masters Athletic Meet 2019 - 20

Organised By

Thane District Masters Athletics

Venue: Mumbai University Sports Pavilion, Marine Lines, Mumbai

Dates: 16th & 17th November, 2019

PROGRAMME

16. 11. 2019

8:00 a.m.	5000 mtrs. Run	Men	30+35+40+ 45+ 50+
	Discus throw	Men	30+ to45+
	Javelin throw	Women	30+ to 50+
	Long jump	Women	All age groups
	High jump	Men	30+ to 50+
8:45 a.m.	5000 mtrs. Run	Men	55+ and above all age groups
		Women	All age groups
9:30 a.m.	100 mtrs. run	Men	All age groups Heats/Final
	High Jump	Men	55+ above all age groups
	Javelin throw	Women	55+ all age groups
	Discus throw	Men	50+ 55+
10:30 a.m.	100 mtrs.run	Women	All age group Heats/Final
	High Jump	Women	All age groups
11:15 a.m.	800 mtrs.run	Men	All age groups
	Discus throw	Men	60+ above all age groups
11:45 hrs.	800 mtrs.run	Women	All age groups
	Discus throw	Women	55+ and above all age groups
	Javelin throw	Men	30+ to45+

LUNCH BREAK

1:30 p.m.	110 mtrs.hurdles	Men	30+ to 45+
1:45 p.m.	100 mtrs.hurdles	Men	50+ 55+ 60+ 65+
2:00 p.m.	100 mtrs. Hurdles	Women	30+ 35+
	Long jump	Men	30+ to 50+
2:30 p.m.	80 mtrs. Hurdles	Women	40+ all age groups
	Javelin throw	Men	55+ all age groups
2:45 p.m.	80 mtrs. Hurdles	Men	70+ all age
	Discus throw	Women	30+ to 50+ all age groups
3:00 p.m.	5000 mtrs. Walk	Women	All age groups
3:45p.m.	400 Mtrs. Run	Men	All age groups
4:30 p.m.	400 Mtrs. Run	Women	All age groups

PROGRAMME IS SUBJECT TO ALTERATION – LANES ARE PREDRAWN

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7:00 a.m.	10000 mtrs.run	Men	55+ onwards all age groups
		Women	30+ 40+
8:15 a.m.	10000 mtrs.run	Men	30+ to 50+
	Shot put	Men	30+to 50+
	Triple jump	Men	30+ to 50+
9:15 a.m.	200 mtrs.run	Women	All age groups
10:00 a.m.	200 mtrs.run	Men	All age groups
	Triple jump	Men	55+ all age groups
	Shot put	Men	55+ all age groups
11:30 a.m.	Shot put	Women	All age groups

LUNCH BREAK

2:00 p.m.	400 Mtrs. Hurdles	Men	30+ to 55+
2:30 p.m.	400 Mtrs. Hurdles	Women	30+ to 45+
.	Triple jump	Women	All age groups
2:45 p.m.	300mtrs.hurdles	Men	60+ all age group
3:00 p.m.	300 Mtrs. Hurdles	Women	50 + all age groups
3:30 p.m.	1500 mtrs. Run	Men	30+ to 50+
3:45 p.m.	1500 mtrs. Run	Men	55+ onwards All age groups
4:00 p.m.	1500 mtrs. Run	Women	All age groups
4:15 p.m..	5000 mtrs. Walk	Men	30+ to 50+
4:45 p.m.	5000 mtrs. Walk	Men	55+ above all age groups

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