

**2016 Pan Pacific Masters Games**  
**Gold Coast, Australia - 10/11/2016 to 12/11/2016**  
**Session Report**

Session: 1 Thursday 10 Nov Field  
Day 1 - Thursday 10/11/2016 - Starts at 09:00 AM

Event	Round
9:00 AM #1 M30-44 Discus	Finals
9:00 AM #2 Throws Pentathlon: #3 M30-39 Discus	Finals
9:00 AM #3 Throws Pentathlon: #3 M40 Discus	Finals
9:00 AM #4 M75+ Weight Throw	Finals
9:00 AM #5 Throws Pentathlon: #5 M75+ Weight Throw	Finals
9:00 AM #6 M45 Shot Put	Finals
9:00 AM #7 Throws Pentathlon: #2 M45 Shot Put	Finals
9:00 AM #8 W30-44 Triple Jump	Finals
9:00 AM #9 W45 Triple Jump	Finals
10:15 AM #10 M55 Long Jump	Finals
10:30 AM #11 M30-39 Shot Put	Finals
10:30 AM #12 M50 Shot Put	Finals
10:30 AM #13 Throws Pentathlon: #2 M30-39 Shot Put	Finals
10:30 AM #14 Throws Pentathlon: #2 M50 Shot Put	Finals
10:30 AM #15 W45-54 Javelin	Finals
10:30 AM #16 Throws Pentathlon: #4 W45 Javelin	Finals
10:30 AM #17 Throws Pentathlon: #4 W50 Javelin	Finals
10:30 AM #18 W30-44 Hammer	Finals
10:30 AM #19 Throws Pentathlon: #1 W30-39 Hammer	Finals
11:00 AM #20 M45 Long Jump	Finals
11:30 AM #21 M60-74 Weight Throw	Finals
11:30 AM #22 Throws Pentathlon: #5 M60 Weight Throw	Finals
11:30 AM #23 Throws Pentathlon: #5 M65 Weight Throw	Finals
11:30 AM #24 Throws Pentathlon: #5 M70 Weight Throw	Finals
11:30 AM #25 W30-49 High Jump	Finals
11:30 AM #26 M30-44 High Jump	Finals
11:30 AM #27 W65+ Javelin	Finals
11:30 AM #28 Throws Pentathlon: #4 W65+ Javelin	Finals
11:30 AM #29 M45 Discus	Finals
11:30 AM #30 Throws Pentathlon: #3 M45 Discus	Finals
12:00 PM #31 M50 Long Jump	Finals
12:30 PM #32 W50+ Triple Jump	Finals
12:45 PM #33 W30-44 Javelin	Finals
12:45 PM #34 Throws Pentathlon: #4 W30-39 Javelin	Finals
1:00 PM #35 M65-74 Discus	Finals
1:00 PM #36 M75+ Discus	Finals
1:00 PM #37 Throws Pentathlon: #3 M65 Discus	Finals
1:00 PM #38 Throws Pentathlon: #3 M70 Discus	Finals
1:00 PM #39 Throws Pentathlon: #3 M75+ Discus	Finals
2:15 PM #40 W55-64 Javelin	Finals
2:15 PM #41 Throws Pentathlon: #4 W55 Javelin	Finals
2:15 PM #42 Throws Pentathlon: #4 W60 Javelin	Finals
2:15 PM #43 M60 Long Jump	Finals

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<b>Event</b>	<b>Round</b>
2:15 PM #44 M65+ Long Jump	Finals
2:30 PM #45 W45-54 Hammer	Finals
2:30 PM #46 Throws Pentathlon: #1 W45 Hammer	Finals
2:30 PM #47 Throws Pentathlon: #1 W50 Hammer	Finals
3:15 PM #48 M55 Shot Put	Finals
3:15 PM #49 Throws Pentathlon: #2 M55 Shot Put	Finals
3:30 PM #50 M30-39 Long Jump	Finals
3:30 PM #51 M50 Discus	Finals
3:30 PM #52 Throws Pentathlon: #3 M50 Discus	Finals
3:45 PM #53 M40 Shot Put	Finals
3:45 PM #54 Throws Pentathlon: #2 M40 Shot Put	Finals
4:00 PM #55 M45 High Jump	Finals
4:00 PM #56 M55 Discus	Finals
4:00 PM #57 M60 Discus	Finals
4:00 PM #58 Throws Pentathlon: #3 M55 Discus	Finals
4:00 PM #59 Throws Pentathlon: #3 M60 Discus	Finals
4:30 PM #60 M40 Long Jump	Finals

**2016 Pan Pacific Masters Games**  
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**Session Report**

Session: 2 Thursday 10 Nov Track  
Day 1 - Thursday 10/11/2016 - Starts at 09:30 AM

Event	Round
9:30 AM #61 M30-59 5000 Metre	Finals
9:30 AM #62 M60-74 5000 Metre	Finals
9:30 AM #63 M75+ 5000 Metre	Finals
9:30 AM #64 W30+ 5000 Metre	Finals
11:00 AM #65 M30-44 110 Short Hurdles	Finals
11:10 AM #66 M45 110 Short Hurdles	Finals
11:20 AM #67 M50 100 Short Hurdles	Finals
11:25 AM #68 M55 100 Short Hurdles	Finals
11:40 AM #69 M60-69 100 Short Hurdles	Finals
11:40 AM #70 W30-39 100 Short Hurdles	Finals
12:00 PM #71 W40-49 80 Short Hurdles	Finals
12:10 PM #72 W50-59 80 Short Hurdles	Finals
12:20 PM #73 M70+ 80 Short Hurdles	Finals
12:40 PM #74 M70+ 800 Metre	Finals
12:50 PM #75 M60-69 800 Metre	Finals
12:55 PM #76 M55 800 Metre	Finals
1:00 PM #77 M50 800 Metre	Finals
1:05 PM #78 M45 800 Metre	Finals
1:10 PM #79 M30-44 800 Metre	Finals
1:20 PM #80 W65+ 800 Metre	Finals
1:20 PM #81 W55-64 800 Metre	Finals
1:25 PM #82 W45-54 800 Metre	Finals
1:30 PM #83 W30-44 800 Metre	Finals
1:45 PM #84 M40 100 Metre	Heats
1:45 PM #85 M45 100 Metre	Heats
1:45 PM #86 M55 100 Metre	Heats
2:30 PM #87 M80+ 100 Metre	Finals
2:30 PM #88 M75 100 Metre	Finals
2:30 PM #89 M60 100 Metre	Finals
2:30 PM #90 M35 100 Metre	Finals
2:30 PM #91 M30 100 Metre	Finals
3:00 PM #92 W70+ 100 Metre	Finals
3:00 PM #93 W65 100 Metre	Finals
3:05 PM #94 W60 100 Metre	Finals
3:10 PM #95 W55 100 Metre	Finals
3:15 PM #96 W45 100 Metre	Finals
3:20 PM #97 W35 100 Metre	Finals
3:25 PM #98 W30 100 Metre	Finals
3:30 PM #99 M50 100 Metre	Finals
3:35 PM #100 M40 100 Metre	Finals
3:40 PM #101 M45 100 Metre	Finals
3:45 PM #102 M55 100 Metre	Finals
3:50 PM #103 M65 100 Metre	Finals

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Session: 2 Thursday 10 Nov Track  
Day 1 - Thursday 10/11/2016 - Starts at 09:30 AM

<b>Event</b>	<b>Round</b>
3:55 PM #104 M70 100 Metre	Finals
4:00 PM #105 W50 100 Metre	Finals
4:05 PM #106 W40 100 Metre	Finals
4:15 PM #107 M30-59 5000 Metre Race Walk	Finals
4:50 PM #108 W30-59 5000 Metre Race Walk	Finals
4:50 PM #109 M60+ 5000 Metre Race Walk	Finals
4:50 PM #110 W60+ 5000 Metre Race Walk	Finals
5:25 PM #111 M45 200 Metre	Heats
5:25 PM #112 M50 200 Metre	Heats
5:25 PM #113 M55 200 Metre	Heats

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Session: 3 Friday 11 Nov Field  
Day 2 - Friday 11/11/2016 - Starts at 08:00 AM

Event	Round
8:00 AM #114 W40-49 Discus	Finals
8:00 AM #115 Throws Pentathlon: #3 W45 Discus	Finals
9:00 AM #116 M60-69 Hammer	Finals
9:00 AM #117 Throws Pentathlon: #1 M60 Hammer	Finals
9:00 AM #118 Throws Pentathlon: #1 M65 Hammer	Finals
9:00 AM #119 M70 Javelin	Finals
9:00 AM #120 Throws Pentathlon: #4 M70 Javelin	Finals
9:00 AM #121 W30-44 Shot Put	Finals
9:00 AM #122 Throws Pentathlon: #2 W30-39 Shot Put	Finals
9:00 AM #123 W45-59 Long Jump	Finals
10:15 AM #124 M70+ Hammer	Finals
10:15 AM #125 Throws Pentathlon: #1 M70 Hammer	Finals
10:15 AM #126 Throws Pentathlon: #1 M75+ Hammer	Finals
10:45 AM #127 W60+ Long Jump	Finals
11:15 AM #128 M30-44 Weight Throw	Finals
11:15 AM #129 Throws Pentathlon: #5 M30-39 Weight Throw	Finals
11:15 AM #130 Throws Pentathlon: #5 M40 Weight Throw	Finals
12:15 PM #131 M45-59 Weight Throw	Finals
12:15 PM #132 Throws Pentathlon: #5 M45 Weight Throw	Finals
12:15 PM #133 Throws Pentathlon: #5 M50 Weight Throw	Finals
12:15 PM #134 Throws Pentathlon: #5 M55 Weight Throw	Finals
12:45 PM #135 W30-44 Long Jump	Finals
12:45 PM #136 M60-69 Javelin	Finals
12:45 PM #137 Throws Pentathlon: #4 M60 Javelin	Finals
12:45 PM #138 Throws Pentathlon: #4 M65 Javelin	Finals
12:45 PM #139 W45-54 Shot Put	Finals
12:45 PM #140 Throws Pentathlon: #2 W45 Shot Put	Finals
12:45 PM #141 Throws Pentathlon: #2 W50 Shot Put	Finals
1:30 PM #142 W50-59 Discus	Finals
1:30 PM #143 Throws Pentathlon: #3 W50 Discus	Finals
1:30 PM #144 Throws Pentathlon: #3 W55 Discus	Finals
2:15 PM #145 W55-64 Shot Put	Finals
2:15 PM #146 Throws Pentathlon: #2 W55 Shot Put	Finals
2:15 PM #147 Throws Pentathlon: #2 W60 Shot Put	Finals
2:30 PM #148 W60+ Discus	Finals
2:30 PM #149 Throws Pentathlon: #3 W60 Discus	Finals
3:15 PM #150 W65+ Shot Put	Finals
3:15 PM #151 Throws Pentathlon: #2 W65+ Shot Put	Finals
3:15 PM #152 Throws Pentathlon: #3 W65+ Discus	Finals
3:30 PM #153 M75+ Javelin	Finals
3:30 PM #154 Throws Pentathlon: #4 M75+ Javelin	Finals
3:30 PM #155 W30-39 Discus	Finals
3:30 PM #156 Throws Pentathlon: #3 W30-39 Discus	Finals

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**Session Report**

Session: 4 Friday 11 Nov Track  
Day 2 - Friday 11/11/2016 - Starts at 12:30 PM

<b>Event</b>	<b>Round</b>
12:30 PM #157 M30-59 3000 Metre Steeplechase	Finals
1:00 PM #158 W30+ 2000 Metre Steeplechase	Finals
1:00 PM #159 M60+ 2000 Metre Steeplechase	Finals
1:30 PM #160 M30-44 400 Long Hurdles	Finals
1:40 PM #161 M45 400 Long Hurdles	Finals
1:50 PM #162 M50 400 Long Hurdles	Finals
2:00 PM #163 M55 400 Long Hurdles	Finals
2:10 PM #164 W30-49 400 Long Hurdles	Finals
2:15 PM #165 W50-69 300 Long Hurdles	Finals
2:15 PM #166 M60-79 300 Long Hurdles	Finals
3:15 PM #167 M30 200 Metre	Finals
3:20 PM #168 M35 200 Metre	Finals
3:25 PM #169 M40 200 Metre	Finals
3:30 PM #170 M45 200 Metre	Finals
3:35 PM #171 M50 200 Metre	Finals
3:40 PM #172 M55 200 Metre	Finals
3:45 PM #173 M60 200 Metre	Finals
3:50 PM #174 M65 200 Metre	Finals
3:55 PM #175 M70 200 Metre	Finals
3:55 PM #176 M75 200 Metre	Finals
3:55 PM #177 M80+ 200 Metre	Finals
4:00 PM #178 W30 200 Metre	Finals
4:00 PM #179 W35 200 Metre	Finals
4:05 PM #180 W40 200 Metre	Finals
4:10 PM #181 W45 200 Metre	Finals
4:15 PM #182 W50 200 Metre	Finals
4:20 PM #183 W55 200 Metre	Finals
4:25 PM #184 W60 200 Metre	Finals
4:30 PM #185 W65 200 Metre	Finals
4:30 PM #186 W75+ 200 Metre	Finals

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**Session Report**

Session: 5 Saturday 12 Nov Field  
Day 3 - Saturday 12/11/2016 - Starts at 08:00 AM

Event	Round
8:00 AM #187 M45 Hammer	Finals
8:00 AM #188 Throws Pentathlon: #1 M45 Hammer	Finals
9:00 AM #189 W50-64 Weight Throw	Finals
9:00 AM #190 W65+ Weight Throw	Finals
9:00 AM #191 Throws Pentathlon: #5 W50 Weight Throw	Finals
9:00 AM #192 Throws Pentathlon: #5 W55 Weight Throw	Finals
9:00 AM #193 Throws Pentathlon: #5 W60 Weight Throw	Finals
9:00 AM #194 Throws Pentathlon: #5 W65+ Weight Throw	Finals
9:00 AM #195 M50-59 Javelin	Finals
9:00 AM #196 Throws Pentathlon: #4 M50 Javelin	Finals
9:00 AM #197 Throws Pentathlon: #4 M55 Javelin	Finals
9:00 AM #198 M30-49 Pole Vault	Finals
9:00 AM #199 M60+ Triple Jump	Finals
10:30 AM #200 M30-44 Hammer	Finals
10:30 AM #201 Throws Pentathlon: #1 M30-39 Hammer	Finals
10:30 AM #202 Throws Pentathlon: #1 M40 Hammer	Finals
10:30 AM #203 W30+ Pole Vault	Finals
10:30 AM #204 M50+ Pole Vault	Finals
11:45 AM #205 M50-59 Hammer	Finals
11:45 AM #206 Throws Pentathlon: #1 M50 Hammer	Finals
11:45 AM #207 Throws Pentathlon: #1 M55 Hammer	Finals
12:00 PM #208 M60+ High Jump	Finals
1:30 PM #209 M70+ Shot Put	Finals
1:30 PM #210 Throws Pentathlon: #2 M70 Shot Put	Finals
1:30 PM #211 Throws Pentathlon: #2 M75+ Shot Put	Finals
1:30 PM #212 M45 Javelin	Finals
1:30 PM #213 Throws Pentathlon: #4 M45 Javelin	Finals
1:30 PM #214 W30-49 Weight Throw	Finals
1:30 PM #215 Throws Pentathlon: #5 W30-39 Weight Throw	Finals
1:30 PM #216 Throws Pentathlon: #5 W45 Weight Throw	Finals
1:30 PM #217 M50-59 High Jump	Finals
1:30 PM #218 M30-44 Triple Jump	Finals
3:00 PM #219 W55+ Hammer	Finals
3:00 PM #220 Throws Pentathlon: #1 W55 Hammer	Finals
3:00 PM #221 Throws Pentathlon: #1 W60 Hammer	Finals
3:00 PM #222 Throws Pentathlon: #1 W65+ Hammer	Finals
3:00 PM #223 M60-69 Shot Put	Finals
3:00 PM #224 Throws Pentathlon: #2 M60 Shot Put	Finals
3:00 PM #225 Throws Pentathlon: #2 M65 Shot Put	Finals
3:00 PM #226 W50+ High Jump	Finals
3:00 PM #227 M45-59 Triple Jump	Finals
3:00 PM #228 M30-44 Javelin	Finals
3:00 PM #229 Throws Pentathlon: #4 M30-39 Javelin	Finals

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**Session Report**

Session: 5 Saturday 12 Nov Field  
Day 3 - Saturday 12/11/2016 - Starts at 08:00 AM

<b>Event</b>	<b>Round</b>
3:00 PM #230 Throws Pentathlon: #4 M40 Javelin	Finals



**2016 Pan Pacific Masters Games**  
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**Session Report**

Session: 6 Saturday 12 Nov Track  
Day 3 - Saturday 12/11/2016 - Starts at 10:00 AM

Event	Round
10:00 AM #231 M40 60 Metre	Heats
10:05 AM #232 M45 60 Metre	Heats
10:10 AM #233 M50 60 Metre	Heats
10:15 AM #234 M55 60 Metre	Heats
10:30 AM #235 M30-49 1500 Metre	Finals
10:40 AM #236 M50-64 1500 Metre	Finals
10:50 AM #237 M60+ 1500 Metre	Finals
11:00 AM #238 W30-49 1500 Metre	Finals
11:00 AM #239 W50+ 1500 Metre	Finals
11:30 AM #240 M30 60 Metre	Finals
11:36 AM #241 M35 60 Metre	Finals
11:42 AM #242 M40 60 Metre	Finals
11:48 AM #243 M45 60 Metre	Finals
11:56 AM #244 M50 60 Metre	Finals
12:02 AM #245 M55 60 Metre	Finals
12:08 AM #246 M60 60 Metre	Finals
12:14 AM #247 M65 60 Metre	Finals
12:20 AM #248 M75 60 Metre	Finals
12:20 AM #249 M80+ 60 Metre	Finals
12:30 AM #250 W30 60 Metre	Finals
12:30 AM #251 W35 60 Metre	Finals
12:35 AM #252 W40 60 Metre	Finals
12:40 AM #253 W45 60 Metre	Finals
12:45 AM #254 W50 60 Metre	Finals
12:50 AM #255 W55 60 Metre	Finals
12:50 AM #256 W60 60 Metre	Finals
12:55 AM #257 W65 60 Metre	Finals
12:55 AM #258 W70+ 60 Metre	Finals
1:30 PM #259 W30+ 3000 Metre Race Walk	Finals
2:00 PM #260 M30+ 3000 Metre Race Walk	Finals
2:40 PM #261 W55-69 400 Metre	Finals
2:45 PM #262 W50 400 Metre	Finals
2:50 PM #263 W45 400 Metre	Finals
2:50 PM #264 W40 400 Metre	Finals
2:50 PM #265 W30-39 400 Metre	Finals
3:00 PM #266 M75+ 400 Metre	Finals
3:00 PM #267 M70 400 Metre	Finals
3:05 PM #268 M65 400 Metre	Finals
3:10 PM #269 M60 400 Metre	Finals
3:20 PM #270 M55 400 Metre	Finals
3:25 PM #271 M50 400 Metre	Finals
3:30 PM #272 M45 400 Metre	Finals
3:35 PM #273 M40 400 Metre	Finals

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Session: 6 Saturday 12 Nov Track  
Day 3 - Saturday 12/11/2016 - Starts at 10:00 AM

<b>Event</b>	<b>Round</b>
3:40 PM #274 M30-39 400 Metre	Finals
4:00 PM #275 W30+ 4x100 Metre Relay	Finals
4:10 PM #276 M30+ 4x100 Metre Relay	Finals
4:30 PM #277 W30+ 4x400 Metre Relay	Finals
4:40 PM #278 M30+ 4x400 Metre Relay	Finals