

Play on the Gold Coast in 2014!



Pan Pacific
Masters Games
GOLD COAST | AUSTRALIA
1 - 9 November 2014

Tourism and Events
Queensland

AUSTRALIA'S
GOLDCOAST.

Australia's
Gold Coast
Famous for fun

2014 PAN PACIFIC MASTERS GAMES

Athletics – Track and Field, Cross Country, 10km Road Race Walk

Event Timetable

Day 1 - Saturday 1/11/2014 – Track

9:00 AM	#1 M30-59 5000 Metre Run	Finals
9:30 AM	#2 M60-74 5000 Metre Run	Finals
10:05 AM	#3 M75+ 5000 Metre Run	Finals
10:05 AM	#4 W30+ 5000 Metre Run	Finals
11:00 AM	#5 M30-44 110 Short Hurdles	Finals
11:10 AM	#6 M45 110 Short Hurdles	Finals
11:20 AM	#7 M50-59 100 Short Hurdles	Finals
11:40 AM	#8 M60-69 100 Short Hurdles	Finals
11:40 AM	#9 W30-39 100 Short Hurdles	Finals
12:00 PM	#10 W40-49 80 Short Hurdles	Finals
12:10 PM	#11 W50-59 80 Short Hurdles	Finals
12:20 PM	#12 M70+ 80 Short Hurdles	Finals
12:30 PM	#13 W60+ 80 Short Hurdles	Finals
12:40 PM	#14 M70+ 800 Metre Run	Finals
12:50 PM	#15 M60-69 800 Metre Run	Finals
12:55 PM	#16 M55 800 Metre Run	Finals
1:00 PM	#17 M50 800 Metre Run	Finals
1:05 PM	#18 M45 800 Metre Run	Finals
1:10 PM	#19 M30-44 800 Metre Run	Finals
1:15 PM	#20 W65+ 800 Metre Run	Finals
1:25 PM	#21 W55-64 800 Metre Run	Finals
1:30 PM	#22 W45-54 800 Metre Run	Finals
1:35 PM	#23 W30-44 800 Metre Run	Finals
1:45 PM	#24 M70 100 Metre Sprint	Heats
1:45 PM	#25 M65 100 Metre Sprint	Heats
1:45 PM	#26 M50 100 Metre Sprint	Heats
1:45 PM	#27 M45 100 Metre Sprint	Heats
1:45 PM	#28 M40 100 Metre Sprint	Heats
1:45 PM	#29 W50 100 Metre Sprint	Heats
1:45 PM	#30 W40 100 Metre Sprint	Heats
2:30 PM	#31 M80+ 100 Metre Sprint	Finals
2:30 PM	#32 M75 100 Metre Sprint	Finals
2:30 PM	#33 M60 100 Metre Sprint	Finals
2:30 PM	#34 M55 100 Metre Sprint	Finals
2:30 PM	#35 M35 100 Metre Sprint	Finals
2:30 PM	#36 M30 100 Metre Sprint	Finals
3:00 PM	#37 W70+ 100 Metre Sprint	Finals
3:00 PM	#38 W65 100 Metre Sprint	Finals
3:00 PM	#39 W60 100 Metre Sprint	Finals

Day 1 – Track (cont)

3:00 PM	#40	W55 100 Metre Sprint	Finals
3:00 PM	#41	W45 100 Metre Sprint	Finals
3:00 PM	#42	W35 100 Metre Sprint	Finals
3:00 PM	#43	W30 100 Metre Sprint	Finals
3:30 PM	#44	M50 100 Metre Sprint	Finals
3:30 PM	#45	M40 100 Metre Sprint	Finals
3:30 PM	#46	M45 100 Metre Sprint	Finals
3:30 PM	#47	M65 100 Metre Sprint	Finals
3:30 PM	#48	M70 100 Metre Sprint	Finals
3:30 PM	#49	W50 100 Metre Sprint	Finals
3:30 PM	#50	W40 100 Metre Sprint	Finals
3:55 PM	#51	M30-59 5000 Metre Race Walk	Finals
3:55 PM	#52	W30-59 5000 Metre Race Walk	Finals
4:30 PM	#53	M60+ 5000 Metre Race Walk	Finals
4:30 PM	#54	W60+ 5000 Metre Race Walk	Finals
5:15 PM	#55	W50 200 Metre Sprint	Heats
5:15 PM	#56	W40 200 Metre Sprint	Heats
5:15 PM	#57	M70 200 Metre Sprint	Heats
5:15 PM	#58	M65 200 Metre Sprint	Heats
5:15 PM	#59	M50 200 Metre Sprint	Heats
5:15 PM	#60	M45 200 Metre Sprint	Heats
5:15 PM	#61	M40 200 Metre Sprint	Heats

Day 1 - Saturday 1/11/2014 - Field

9:00 AM	#62	M30-44 Discus Throw	Finals
9:00 AM	#63	M75+ Weight Throw	Finals
9:00 AM	#64	M45 Shot Put	Finals
9:00 AM	#65	W30-44 Triple Jump	Finals
9:00 AM	#66	W45 Triple Jump	Finals
10:15 AM	#67	M55-64 Long Jump	Finals
10:30 AM	#68	M50 Shot Put	Finals
10:30 AM	#69	W45-54 Javelin Throw	Finals
10:30 AM	#70	W30-44 Hammer Throw	Finals
10:30 AM	#71	M30-39 Shot Put	Finals
11:00 AM	#72	M45 Long Jump	Finals
11:30 AM	#73	M60-74 Weight Throw	Finals
11:30 AM	#74	W30-49 High Jump	Finals
11:30 AM	#75	M30-44 High Jump	Finals
11:30 AM	#76	W65+ Javelin Throw	Finals
11:30 AM	#77	M45 Discus Throw	Finals
12:00 PM	#78	M50 Long Jump	Finals
12:30 PM	#79	W50+ Triple Jump	Finals
12:45 PM	#80	W30-44 Javelin Throw	Finals
1:00 PM	#81	M65-74 Discus Throw	Finals
1:00 PM	#82	M75+ Discus Throw	Finals
2:15 PM	#83	W55-64 Javelin Throw	Finals
2:15 PM	#84	M65+ Long Jump	Finals
2:30 PM	#85	W45-54 Hammer Throw	Finals
3:15 PM	#86	M55 Shot Put	Finals
3:30 PM	#87	M30-39 Long Jump	Finals
3:30 PM	#88	M50 Discus Throw	Finals
3:45 PM	#89	M40 Shot Put	Finals
4:00 PM	#90	M45 High Jump	Finals
4:00 PM	#91	W55+ Hammer Throw	Finals
4:00 PM	#92	M55-64 Discus Throw	Finals
4:30 PM	#93	M40 Long Jump	Finals

Day 2 - Sunday 2/11/2014 – Non Stadia

7:00 AM	#94	M30+ 4k Run CC	Finals
7:00 AM	#95	W30+ 4k Run CC	Finals
7:00 AM	#96	M30+ 8k Run CC	Finals
7:00 AM	#97	W30+ 8k Run CC	Finals
7:00 AM	#98	M30+ 10k Race Walk RR	Finals
7:00 AM	#99	W30+ 10k Race Walk RR	Finals

Day 2 - Sunday 2/11/2014 - Track

10:45 AM	#100	M65 400 Metre Sprint	Heats
10:45 AM	#101	M45 400 Metre Sprint	Heats
10:45 AM	#102	M50 400 Metre Sprint	Heats
10:45 AM	#103	W40 400 Metre Sprint	Heats
10:45 AM	#104	M40 400 Metre Sprint	Heats
11:30 AM	#105	M30-59 3000 Metre Steeplechase	Finals
12:00 PM	#106	W30+ 2000 Metre Steeplechase	Finals
12:00 PM	#107	M60+ 2000 Metre Steeplechase	Finals
12:30 PM	#108	M30-44 400 Long Hurdles	Finals
12:40 PM	#109	M45 400 Long Hurdles	Finals
12:50 PM	#110	M50 400 Long Hurdles	Finals
1:00 PM	#111	M55 400 Long Hurdles	Finals
1:10 PM	#112	W30-49 400 Long Hurdles	Finals
1:25 PM	#113	W50-69 300 Long Hurdles	Finals
1:25 PM	#114	M60-79 300 Long Hurdles	Finals
1:40 PM	#115	M80+ 200 Long Hurdles	Finals
1:40 PM	#116	W70+ 200 Long Hurdles	Finals
2:15 PM	#117	M30 200 Metre Sprint	Finals
2:20 PM	#118	M35 200 Metre Sprint	Finals
2:25 PM	#119	M40 200 Metre Sprint	Finals
2:30 PM	#120	M45 200 Metre Sprint	Finals
2:35 PM	#121	M50 200 Metre Sprint	Finals
2:40 PM	#122	M55 200 Metre Sprint	Finals
2:45 PM	#123	M60 200 Metre Sprint	Finals
2:50 PM	#124	M65 200 Metre Sprint	Finals
2:55 PM	#125	M70 200 Metre Sprint	Finals
3:00 PM	#126	M75 200 Metre Sprint	Finals
3:05 PM	#127	M80 200 Metre Sprint	Finals
3:05 PM	#128	M85+ 200 Metre Sprint	Finals
3:15 PM	#129	W30 200 Metre Sprint	Finals
3:20 PM	#130	W35 200 Metre Sprint	Finals
3:25 PM	#131	W40 200 Metre Sprint	Finals
3:30 PM	#132	W45 200 Metre Sprint	Finals
3:35 PM	#133	W50 200 Metre Sprint	Finals
3:40 PM	#134	W55 200 Metre Sprint	Finals
3:45 PM	#135	W60 200 Metre Sprint	Finals
3:50 PM	#136	W65 200 Metre Sprint	Finals
3:55 PM	#137	W70 200 Metre Sprint	Finals
4:00 PM	#138	W75+ 200 Metre Sprint	Finals

Day 2 - Sunday 2/11/2014 - Field

9:00 AM	#139	M60-69 Hammer Throw	Finals
9:00 AM	#140	M70 Javelin Throw	Finals
9:00 AM	#141	W30-44 Shot Put	Finals
9:00 AM	#142	W45-59 Long Jump	Finals
10:15 AM	#143	M70+ Hammer Throw	Finals
10:30 AM	#144	M30-44 Weight Throw	Finals

Day 2 – Field (cont)

10:45 AM	#145	W60+ Long Jump	Finals
11:30 AM	#146	W50-59 Discus Throw	Finals
11:30 AM	#147	M45-59 Weight Throw	Finals
12:45 PM	#148	W30-44 Long Jump	Finals
12:45 PM	#149	W60+ Discus Throw	Finals
12:45 PM	#150	M60-69 Javelin Throw	Finals
12:45 PM	#151	W45-54 Shot Put	Finals
2:15 PM	#152	W40-49 Discus Throw	Finals
2:15 PM	#153	W55-64 Shot Put	Finals
3:15 PM	#154	W65+ Shot Put	Finals
3:30 PM	#155	M75+ Javelin Throw	Finals
3:45 PM	#156	W30-39 Discus Throw	Finals

Day 3 - Monday 3/11/2014 – Track

9:00 AM	#157	M40 60 Metre Sprint	Heats
9:00 AM	#158	M45 60 Metre Sprint	Heats
9:00 AM	#159	M50 60 Metre Sprint	Heats
9:00 AM	#160	W40 60 Metre Sprint	Heats
9:00 AM	#161	W50 60 Metre Sprint	Heats
9:30 AM	#162	M30-49 1500 Metre Run	Finals
9:40 AM	#163	M50-64 1500 Metre Run	Finals
9:50 AM	#164	M65+ 1500 Metre Run	Finals
10:00 AM	#165	W30-49 1500 Metre Run	Finals
10:10 AM	#166	W50+ 1500 Metre Run	Finals
10:30 AM	#167	M30 60 Metre Sprint	Finals
10:30 AM	#168	M35 60 Metre Sprint	Finals
10:30 AM	#169	M40 60 Metre Sprint	Finals
10:30 AM	#170	M45 60 Metre Sprint	Finals
10:30 AM	#171	M50 60 Metre Sprint	Finals
10:30 AM	#172	M55 60 Metre Sprint	Finals
10:30 AM	#173	M60 60 Metre Sprint	Finals
10:30 AM	#174	M65 60 Metre Sprint	Finals
10:30 AM	#175	M70 60 Metre Sprint	Finals
10:30 AM	#176	M75 60 Metre Sprint	Finals
10:30 AM	#177	M80+ 60 Metre Sprint	Finals
11:30 AM	#178	W30 60 Metre Sprint	Finals
11:30 AM	#179	W35 60 Metre Sprint	Finals
11:30 AM	#180	W40 60 Metre Sprint	Finals
11:30 AM	#181	W45 60 Metre Sprint	Finals
11:30 AM	#182	W50 60 Metre Sprint	Finals
11:30 AM	#183	W55 60 Metre Sprint	Finals
11:30 AM	#184	W60 60 Metre Sprint	Finals
11:30 AM	#185	W65 60 Metre Sprint	Finals
11:30 AM	#186	W70+ 60 Metre Sprint	Finals
12:30 PM	#187	W30+ 3000 Metre Race Walk	Finals
1:00 PM	#188	M30+ 3000 Metre Race Walk	Finals
1:30 PM	#189	W75+ 400 Metre Sprint	Finals
1:35 PM	#190	W70 400 Metre Sprint	Finals
1:40 PM	#191	W55-69 400 Metre Sprint	Finals
1:45 PM	#192	W50 400 Metre Sprint	Finals
1:50 PM	#193	W45 400 Metre Sprint	Finals
1:55 PM	#194	W40 400 Metre Sprint	Finals
2:00 PM	#195	W30-39 400 Metre Sprint	Finals
2:05 PM	#196	M75+ 400 Metre Sprint	Finals
2:10 PM	#197	M70 400 Metre Sprint	Finals
2:15 PM	#198	M65 400 Metre Sprint	Finals
2:20 PM	#199	M60 400 Metre Sprint	Finals
2:25 PM	#200	M55 400 Metre Sprint	Finals
2:30 PM	#201	M50 400 Metre Sprint	Finals

Day 3 – Track (cont)

2:35 PM	#202	M45 400 Metre Sprint	Finals
2:40 PM	#203	M40 400 Metre Sprint	Finals
2:45 PM	#204	M30-39 400 Metre Sprint	Finals
3:15 PM	#205	W30+ 4x100 Metre Relay	Finals
3:30 PM	#206	M30+ 4x100 Metre Relay	Finals
3:45 PM	#207	W30+ 4x400 Metre Relay	Finals
4:00 PM	#208	M30+ 4x400 Metre Relay	Finals

Day 3 - Monday 3/11/2014 - Field

9:00 AM	#209	W65+ Weight Throw	Finals
9:00 AM	#210	M50-59 Javelin Throw	Finals
9:00 AM	#211	M30-49 Pole Vault	Finals
9:00 AM	#212	M60+ Triple Jump	Finals
10:30 AM	#213	M30-44 Hammer Throw	Finals
10:30 PM	#214	W50-64 Weight Throw	Finals
10:30 AM	#215	W30+ Pole Vault	Finals
10:30 AM	#216	M50+ Pole Vault	Finals
12:00 PM	#217	M45-59 Hammer Throw	Finals
12:00 PM	#218	W30-49 Weight Throw	Finals
12:00 PM	#219	M60+ High Jump	Finals
1:30 PM	#220	M70+ Shot Put	Finals
1:30 PM	#221	M45 Javelin Throw	Finals
1:30 PM	#222	M50-59 High Jump	Finals
1:30 PM	#223	M30-44 Triple Jump	Finals
3:00 PM	#224	M60-69 Shot Put	Finals
3:00 PM	#225	W50+ High Jump	Finals
3:00 PM	#226	M45-59 Triple Jump	Finals
3:15 PM	#227	M30-44 Javelin Throw	Finals

Events Schedule Summary

Track

*Heats where required

60m Heats*	All	Mon	9.00am
60m Finals	All	Mon	10.30am
100m Heats*	All	Sat	1.45pm
100m Finals	All	Sat	2.30pm
200m Heats*	All	Sat	5.15pm
200m Finals	All	Sun	2.15pm
400m Heats*	All	Sun	10.45am
400m Finals	Women	Mon	1.30pm
	Men	Mon	2.05pm
800m	All	Sat	12.40pm
1500m	All	Mon	9.30am
5000m Run	All	Sat	9.00am
Short Hurdles	All	Sat	11.00am
Long Hurdles	All	Sun	12.30pm
Steeplechase	All	Sun	11.30am
3000m Walk	Women	Mon	12.30pm
	Men	Mon	1.00pm
5000m Walk	30-59	Sat	3.55pm
	60+	Sat	4.30pm
Relay 4x100m	All	Mon	3.15pm
Relay 4x400m	All	Mon	3.45pm

Non-Stadia

Cross Country	All	Sun	7.00am
10km Road Walk	All	Sun	7.00am

Throws

Discus

Men	30-44	Sat	9.00am
	45-49	Sat	11.30am
	50-54	Sat	3.30pm
	55-64	Sat	4.00pm
	65+	Sat	1.00pm

Women

	30-39	Sun	3.45pm
	40-49	Sun	2.15pm
	50-59	Sun	11.30am
	60+	Sun	12.45pm

Shotput

Men

	30-39	Sat	10.30am
	40-44	Sat	3.45pm
	45-49	Sat	9.00am
	50-54	Sat	10.30am
	55-59	Sat	3.15pm
	60-69	Mon	3.00pm
	70+	Mon	1.30pm

Women

	30-44	Sun	9.00am
	45-54	Sun	12.45pm
	55-64	Sun	2.15pm
	65+	Sun	3.15pm

Javelin

Men

	30-44	Mon	3.15pm
	45-49	Mon	1.30pm
	50-59	Mon	9.00am
	60-69	Sun	12.45pm
	70-74	Sun	9.00am
	75+	Sun	3.30pm

Women

	30-44	Sat	12.45pm
	45-54	Sat	10.30am
	55-64	Sat	2.15pm
	65+	Sat	11.30am

Hammer

Men

	30-44	Mon	10.30am
	45-59	Mon	12.00pm
	60-69	Sun	9.00am
	70+	Sun	10.15am

Women

	30-44	Sat	10.30am
	45-54	Sat	2.30pm
	55+	Sat	4.00pm

Weight Throw

Men

	30-44	Sun	10.30am
	45-59	Sun	11.30am
	60-74	Sat	11.30am
	75+	Sat	9.00am

Women

	30-49	Mon	12.00pm
	50-64	Mon	10.30am
	65+	Mon	9.00am

Jumps

Long Jump

Men

30-39	Sat	3.30pm
40-44	Sat	4.30pm
45-49	Sat	11.00am
50-54	Sat	12.00pm
55-64	Sat	10.15am
65+	Sat	2.15pm

Women

30-44	Sun	12.45pm
45-59	Sun	9.00am
60+	Sun	10.45am

Triple Jump

Men

30-44	Mon	1.30pm
45-59	Mon	3.00pm
60+	Mon	9.00am

Women

30-49	Sat	9.00am
50+	Sat	12.30pm

High Jump

Men

30-44	Sat	11.30am
45-49	Sat	4.00pm
50-59	Mon	1.30pm
60+	Mon	12.00pm

Women

30-49	Sat	11.30am
50+	Mon	3.00pm

Pole Vault

Men

30-49	Mon	9.00am
50+	Mon	10.30am

Women

All	Mon	10.30am
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Throws Pentathlon

Throws Pentathlon events will be conducted with the individual throws events. Those who have entered both the Pentathlon and individual event will have the first three (3) rounds recorded for the Pentathlon. Those competing in the Pentathlon alone will throw in the first three (3) rounds only.