



# PAN PACIFIC MASTERS GAMES

GOLD COAST AUSTRALIA 5-14 NOVEMBER 2021

IT'S LIVE!  
in Queensland

## Athletics – Track & Field Timetable

Individual age group breakdown and start times will be available after close of entries

### Day 1 - Thursday, 11 November 2021 (Field)

Starts at 9:00AM

| Event             | Round  | Notes |
|-------------------|--------|-------|
| M30+ Hammer Throw | Finals |       |
| W30+ Hammer Throw | Finals |       |
| W30+ Shot Put     | Finals |       |
| W30+ Long Jump    | Finals |       |
| M30+ High Jump    | Finals |       |

### Day 1 – Thursday, 11 November 2021 (Track)

Starts at 9:30AM

| Event                      | Round        | Notes  |
|----------------------------|--------------|--|
| M30+/W30+ 5000m Run        | Timed Finals |  |
| W40+/M80+ 80m Hurdles      | Timed Finals |  |
| M50-69/W30-39 100m Hurdles | Timed Finals |  |
| M30-49 110m Hurdles        | Timed Finals |  |
| M30+ 800 Metre             | Timed Finals |  |
| W30+ 800 Metre             | Timed Finals |  |
| M30+/W30+ 100m             | Heats        | <b>If required</b>                                     |
| M30+/W30+ 100m             | Finals       | <b>Those with scheduled heats will run finals last</b> |
| M30+/W30+ 5000m Race Walk  | Timed Finals |  |

**Day 2 – Friday, 12 November 2021 (Field)**

Starts at 8:00AM

| Event             | Round  | Notes |
|-------------------|--------|-------|
| M30+ Discus Throw | Finals |       |
| W30+ Discus Throw | Finals |       |
| M30+ Shot Put     | Finals |       |
| M30+ Pole Vault   | Finals |       |
| W30+ Pole Vault   | Finals |       |
| M30+ Long Jump    | Finals |       |
| W30+ High Jump    | Finals |       |

**Day 2 – Friday, 12 November 2021 (Track)**

Starts at 9:30AM

| Event                          | Round        | Notes       |
|--------------------------------|--------------|-------------|
| M30+/W30+ 200m                 | Heats        | If required |
| M30+/W30+ 3000 Metre Race Walk | Timed Finals |             |
| M30-59 3000 Metre Steeplechase | Timed Finals |             |
| W30+ 2000 Metre Steeplechase   | Timed Finals |             |
| M60+ 2000 Metre Steeplechase   | Timed Finals |             |
| M80+/W70+ 200m Hurdles         | Timed Finals |             |
| M60-79/W50-69 300m Hurdles     | Timed Finals |             |
| M30-59/W30-49 400m Hurdles     | Timed Finals |             |
| M30+/W30+ 200m                 | Finals       |             |

**Day 3 – Saturday, 13 November 2021 (Field)**

Starts at 8:00AM

| Event              | Round  | Notes |
|--------------------|--------|-------|
| M30+ Javelin Throw | Finals |       |
| W30+ Javelin Throw | Finals |       |
| M30+ Weight Throw  | Finals |       |
| W30+ Weight Throw  | Finals |       |
| M30+ Triple Jump   | Finals |       |
| W30+ Triple Jump   | Finals |       |

**Day 3 – Saturday, 13 November 2021 (Track)**

Starts at 9:30AM

| Event           | Round        | Notes       |
|-----------------|--------------|-------------|
| M30+/W30+ 1500m | Timed Finals |             |
| M30+/W30+ 60m   | Heats        | If required |
| M30+/W30+ 60m   | Finals       |             |
| M30+/W30+ 400m  | Timed Finals |             |