

Competition Schedule : Men

○ Numbers Indicate Event Date : 24-30 Mar(7 Days)

✳ Opening Ceremony - 23 Mar, Closing Ceremony - 30 Mar

Event	Round	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+
60m	Heats	25	25	25	25	25	25	25	25	25	25	25	25	25
	Semi-Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Final	27	27	27	27	27	27	27	27	27	27	27	27	27
200m	Heats	28	28	28	28	28	28	28	28	28	28	28	28	28
	Semi-Final	29	29	29	29	29	29	29	29	29	29	29	29	29
	Final	29	29	29	29	29	29	29	29	29	29	29	29	29
400m	Heats	24	24	24	24	24	24	24	24	24	24	24	24	24
	Semi-Finals	25	25	25	25	25	25	25	25	25	25	25	25	25
	Final	26	26	26	26	26	26	26	26	26	26	26	26	26
800m	Heats	27	27	27	27	27	27	27	27	27	27	27	27	27
	Semi-Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
	Final	28	28	28	28	28	28	28	28	28	28	28	28	28
1500m	Heats	29	29	29	29	29	29	29	29	29	29	29	29	29
	Final	30	30	30	30	30	30	30	30	30	30	30	30	30
3000m	Final	24	24	24	24	24	24	24	24	24	24	24	24	24
60m Hurdles	Semi-Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Final	29	29	29	29	29	29	29	29	29	29	29	29	29
3000mTW	Final	25	25	25	25	25	25	25	25	25	25	25	25	25
Cross Country 8 km/6 km M70+	Final	25	25	25	25	25	25	25	25	25	25	25	25	25
Half Marathon	Final	30	30	30	30	30	30	30	30	30	30	30	30	30
10km Road	Final	27	27	27	27	27	27	27	27	27	27	27	27	27
10km Road Walk	Final	29	29	29	29	29	29	29	29	29	29	29	29	29
4x200m	Final	30	30	30	30	30	30	30	30	30	30	30	30	30
Pentathlon	Final	28	28	28	28	27	27	27	27	27	27	27	27	27
Long Jump	Final	24	24	24	24	24	24	24	25	25	25	25	25	25
Triple Jump	Final	29	29	29	26	26	26	30	30	30	30	30	30	30
High Jump	Final	26	26	26	25	25	25	25	24	24	24	24	24	24
Pole Vault	Final	27	27	27	28	28	28	29	29	29	29	29	29	29
Shot Put	Final	26	26	26	26	29	29	28	28	28	28	28	28	28
Weight Throw	Final	27	27	27	28	28	24	24	24	24	24	24	24	24
Javelin	Final	24	24	24	24	25	25	25	25	27	27	27	27	27
Discus	Final	28	28	28	27	27	27	27	30	30	30	30	30	30
Hammer	Final	25	25	25	25	26	26	26	26	29	29	29	29	29