

2022 Pan Pacific Masters Games
Gold Coast Performance Centre - 5/11/2022 to 7/11/2022
Session Report

Session: 1 Saturday 5 Nov Field
Day 1 - Saturday 5/11/2022 - Starts at 08:30 AM

Event	Round
8:30 AM #1 M30-49 Hammer Throw Main Cage (front straight) M30-49: 7.26kg, M50-59: 6kg, M60-69: 5kg M70-79: 4kg, M80+: 3kg	Finals
8:30 AM #2 W65+ Shot Put Western End (Finishline end) W30-49: 4.0kg, W50-74: 3kg, W75+: 2kg	Finals
8:30 AM #3 W30-44 Long Jump Back Straight	Finals
9:00 AM #4 M65+ High Jump Western End (Finishline end)	Finals
9:45 AM #5 M50-59 Hammer Throw Main Cage (front straight) M30-49: 7.26kg, M50-59: 6kg, M60-69: 5kg M70-79: 4kg, M80+: 3kg	Finals
9:45 AM #6 W60 Shot Put Western End (Finishline end) W30-49: 4.0kg, W50-74: 3kg, W75+: 2kg	Finals
9:45 AM #7 W45-54 Long Jump Back Straight	Finals
11:00 AM #8 M60-69 Hammer Throw Main Cage (front straight) M30-49: 7.26kg, M50-59: 6kg, M60-69: 5kg M70-79: 4kg, M80+: 3kg	Finals
11:00 AM #9 W55 Shot Put Western End (Finishline end) W30-49: 4.0kg, W50-74: 3kg, W75+: 2kg	Finals
11:00 AM #10 W60+ Long Jump Back Straight	Finals
11:00 AM #11 M50-64 High Jump Western End (Finishline end)	Finals
12:15 PM #12 M70+ Hammer Throw Main Cage (front straight) M30-49: 7.26kg, M50-59: 6kg, M60-69: 5kg M70-79: 4kg, M80+: 3kg	Finals
12:15 PM #13 W50 Shot Put Western End (Finishline end) W30-49: 4.0kg, W50-74: 3kg, W75+: 2kg	Finals
12:15 PM #14 W55 Long Jump Back Straight	Finals
1:00 PM #15 M30-49 High Jump Western End (Finishline end)	Finals
1:30 PM #16 W30-44 Hammer Throw Main Cage (front straight) W30-49: 4.0kg, W50-74: 3kg, W75+: 2kg	Finals
1:30 PM #17 W45 Shot Put Western End (Finishline end) W30-49: 4.0kg, W50-74: 3kg, W75+: 2kg	Finals

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Event	Round
2:45 PM #18 W45-54 Hammer Throw Main Cage (front straight) W30-49: 4.0kg, W50-74: 3kg, W75+: 2kg	Finals
2:45 PM #19 W40 Shot Put Western End (Finishline end) W30-49: 4.0kg, W50-74: 3kg, W75+: 2kg	Finals
4:00 PM #20 W55+ Hammer Throw Main Cage (front straight) W30-49: 4.0kg, W50-74: 3kg, W75+: 2kg	Finals
4:00 PM #21 W30-39 Shot Put Western End (Finishline end) W30-49: 4.0kg, W50-74: 3kg, W75+: 2kg	Finals

2022 Pan Pacific Masters Games
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Session: 2 Saturday 5 Nov Track
Day 1 - Saturday 5/11/2022 - Starts at 09:00 AM

Event	Round
9:00 AM #22 M30-59 5000 Metre	Finals
9:30 AM #23 M60+ 5000 Metre	Finals
10:05 AM #24 W30+ 5000 Metre	Finals
11:00 AM #25 M30-49 110 Short Hurdles 99.1cm 10 Hurdles, 13.72m to 1st, 9.14m between, 14.02m to finish	Finals
11:10 AM #26 M50-59 100 Short Hurdles 91.4cm 10 Hurdles, 13m to 1st, 8.5m between, 10.5m to finish	Finals
11:20 AM #27 M60 100 Short Hurdles 83.8cm 10 Hurdles, 12m to 1st, 8m between, 16m to finish	Finals
11:25 AM #28 M65 100 Short Hurdles 83.8cm 10 Hurdles, 12m to 1st, 8m between, 16m to finish	Finals
11:35 AM #29 W30-39 100 Short Hurdles 83.8cm 10 Hurdles, 13m to 1st, 8.5m between, 10.5m to finish	Finals
11:45 AM #30 W40-49 80 Short Hurdles 76.2cm 8 Hurdles, 12m to 1st, 8m between, 12 to finish	Finals
11:55 AM #31 W50-59 80 Short Hurdles 76.2cm 8 Hurdles, 12m to 1st, 7m between, 19m to finish	Finals
12:05 PM #32 M70+ 80 Short Hurdles 76.2/68.6cm 8 Hurdles, 12m to 1st, 7m between, 19m to finish M70-79 hgt 76.2cm, M80+ hgt 68.6cm	Finals
12:05 PM #33 W60+ 80 Short Hurdles 68.6cm 8 Hurdles, 12m to 1st, 7m between, 19m to finish	Finals
12:45 PM #34 M70+ 800 Metre	Finals
12:50 PM #35 M65 800 Metre	Finals
12:55 PM #36 M60 800 Metre	Finals
1:00 PM #37 M55 800 Metre	Finals
1:05 PM #38 M50 800 Metre	Finals
1:10 PM #39 M45 800 Metre	Finals
1:15 PM #40 M30-44 800 Metre	Finals
1:20 PM #41 W55+ 800 Metre	Finals
1:25 PM #42 W45-54 800 Metre	Finals
1:30 PM #43 W30-44 800 Metre	Finals
1:45 PM #44 M50 100 Metre	Prelims
1:45 PM #45 M45 100 Metre	Prelims
1:45 PM #46 M40 100 Metre	Prelims
1:45 PM #47 W55 100 Metre	Prelims
1:45 PM #48 W50 100 Metre	Prelims
1:45 PM #49 W45 100 Metre	Prelims
2:15 PM #50 M80+ 100 Metre	Finals
2:18 PM #51 M75 100 Metre	Finals
2:21 PM #52 M70 100 Metre	Finals
2:24 PM #53 M65 100 Metre	Finals
2:27 PM #54 M60 100 Metre	Finals
2:30 PM #55 M55 100 Metre	Finals
2:33 PM #56 M35 100 Metre	Finals

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Session: 2 Saturday 5 Nov Track
Day 1 - Saturday 5/11/2022 - Starts at 09:00 AM

Event		Round
2:36 PM	#57 M30 100 Metre	Finals
2:39 PM	#58 W70+ 100 Metre	Finals
2:42 PM	#59 W65 100 Metre	Finals
2:45 PM	#60 W60 100 Metre	Finals
2:48 PM	#61 W40 100 Metre	Finals
2:51 PM	#62 W35 100 Metre	Finals
2:54 PM	#63 W30 100 Metre	Finals
2:57 PM	#64 M50 100 Metre	Finals
3:00 PM	#65 M45 100 Metre	Finals
3:03 PM	#66 M40 100 Metre	Finals
3:06 PM	#67 W55 100 Metre	Finals
3:09 PM	#68 W50 100 Metre	Finals
3:12 PM	#69 W45 100 Metre	Finals
3:30 PM	#70 M30-59 5000 Metre Race Walk	Finals
4:00 PM	#71 M60+ 5000 Metre Race Walk	Finals
4:45 PM	#72 W30+ 5000 Metre Race Walk	Finals

2022 Pan Pacific Masters Games
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Session Report

Session: 3 Sunday 6 Nov Field
Day 2 - Sunday 6/11/2022 - Starts at 08:00 AM

Event	Round
8:00 AM #73 M50-59 Discus Throw Main Cage (front straight) M30-49: 2.0kg, M50-59: 1.5kg, M60+: 1.0kg	Finals
8:00 AM #74 W70+ Discus Throw 2nd Cage (Back Straight) W30-74: 1.0kg, W75+: 0.75kg	Finals
8:00 AM #75 M70+ Shot Put Western End (Finishline end) M30-49: 7.26kg, M50-59: 6kg, M60-69: 5kg M70-79: 4kg, M80+: 3kg	Finals
8:00 AM #76 W30-49 High Jump Western End (Finishline end)	Finals
8:00 AM #77 M30-49 Long Jump Back Straight	Finals
9:15 AM #78 M45 Discus Throw Main Cage (front straight) M30-49: 2.0kg, M50-59: 1.5kg, M60+: 1.0kg	Finals
9:15 AM #79 W65 Discus Throw 2nd Cage (Back Straight) W30-74: 1.0kg, W75+: 0.75kg	Finals
9:15 AM #80 M60-69 Shot Put Western End (Finishline end) M30-49: 7.26kg, M50-59: 6kg, M60-69: 5kg M70-79: 4kg, M80+: 3kg	Finals
9:15 AM #81 W50+ High Jump Western End (Finishline end)	Finals
10:00 AM #82 M50-64 Long Jump Back Straight	Finals
10:30 AM #83 W40 Discus Throw Main Cage (front straight) W30-74: 1.0kg, W75+: 0.75kg	Finals
10:30 AM #84 W60 Discus Throw 2nd Cage (Back Straight) W30-74: 1.0kg, W75+: 0.75kg	Finals
10:30 AM #85 M30-39 Shot Put Western End (Finishline end) M30-49: 7.26kg, M50-59: 6kg, M60-69: 5kg M70-79: 4kg, M80+: 3kg	Finals
11:30 AM #86 W30+ Pole Vault Eastern End (100m Start end)	Finals
11:30 AM #87 M40 Shot Put Western End (Finishline end) M30-49: 7.26kg, M50-59: 6kg, M60-69: 5kg M70-79: 4kg, M80+: 3kg	Finals
11:45 AM #88 M60 Discus Throw Main Cage (front straight) M30-49: 2.0kg, M50-59: 1.5kg, M60+: 1.0kg	Finals

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Session: 3 Sunday 6 Nov Field
Day 2 - Sunday 6/11/2022 - Starts at 08:00 AM

Event	Round
11:45 AM #89 W50 Discus Throw 2nd Cage (Back Straight) W30-74: 1.0kg, W75+: 0.75kg	Finals
12:00 PM #90 M65+ Long Jump Back Straight	Finals
12:30 PM #91 M50-59 Shot Put Western End (Finishline end) M30-49: 7.26kg, M50-59: 6kg, M60-69: 5kg M70-79: 4kg, M80+: 3kg	Finals
1:30 PM #92 W30-39 Discus Throw Main Cage (front straight) W30-74: 1.0kg, W75+: 0.75kg	Finals
1:30 PM #93 W55 Discus Throw 2nd Cage (Back Straight) W30-74: 1.0kg, W75+: 0.75kg	Finals
1:30 PM #94 M30+ Pole Vault Eastern End (100m Start end)	Finals
2:45 PM #95 M30-44 Discus Throw Main Cage (front straight) M30-49: 2.0kg, M50-59: 1.5kg, M60+: 1.0kg	Finals
2:45 PM #96 M75+ Discus Throw 2nd Cage (Back Straight) M30-49: 2.0kg, M50-59: 1.5kg, M60+: 1.0kg	Finals
2:45 PM #97 M45 Shot Put Western End (Finishline end) M30-49: 7.26kg, M50-59: 6kg, M60-69: 5kg M70-79: 4kg, M80+: 3kg	Finals
4:00 PM #98 M65-74 Discus Throw 2nd Cage (Back Straight) M30-49: 2.0kg, M50-59: 1.5kg, M60+: 1.0kg	Finals
4:00 PM #99 W45 Discus Throw Main Cage (front straight) W30-74: 1.0kg, W75+: 0.75kg	Finals

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Session: 4 Sunday 6 Nov Track
Day 2 - Sunday 6/11/2022 - Starts at 10:30 AM

Event	Round
10:30 AM #100 M30-59 3000 Metre Steeplechase 91.4cm	Finals
10:55 AM #101 W30+ 2000 Metre Steeplechase 76.2cm	Finals
11:15 AM #102 M60+ 2000 Metre Steeplechase 76.2cm	Finals
11:45 AM #103 M30-44 400 Long Hurdles 91.4cm 10 Hurdles, 45m to 1st, 35m between, 40m to finish	Finals
11:50 AM #104 M45 400 Long Hurdles 91.4cm 10 Hurdles, 45m to 1st, 35m between, 40m to finish	Finals
12:00 PM #105 M50-59 400 Long Hurdles 83.8cm 10 Hurdles, 45m to 1st, 35m between, 40m to finish	Finals
12:10 PM #106 W30-49 400 Long Hurdles 76.2cm 10 Hurdles, 45m to 1st, 35m between, 40m to finish	Finals
12:20 PM #107 M60-69 300 Long Hurdles 76.2cm 7 Hurdles, 50m to 1st, 35m between, 40m to finish	Finals
12:25 PM #108 W50-69 300 Long Hurdles 76.2cm 7 Hurdles, 50m to 1st, 35m between, 40m to finish	Finals
12:35 PM #109 M70-79 300 Long Hurdles 68.6cm 7 Hurdles, 50m to 1st, 35m between, 40m to finish	Finals
12:45 PM #110 M80+ 200 Long Hurdles 68.6cm 5 Hurdles, 20m to 1st, 35m between, 40m to finish	Finals
1:30 PM #111 M75 200 Metre	Prelims
1:30 PM #112 M65 200 Metre	Prelims
1:30 PM #113 M55 200 Metre	Prelims
1:30 PM #114 M50 200 Metre	Prelims
1:30 PM #115 M45 200 Metre	Prelims
1:30 PM #116 M40 200 Metre	Prelims
1:30 PM #117 M35 200 Metre	Prelims
1:30 PM #118 W55 200 Metre	Prelims
1:30 PM #119 W50 200 Metre	Prelims
1:30 PM #120 W45 200 Metre	Prelims
2:15 PM #121 M80+ 200 Metre	Finals
2:18 PM #122 M70 200 Metre	Finals
2:21 PM #123 M60 200 Metre	Finals
2:24 PM #124 M30 200 Metre	Finals
2:27 PM #125 W75+ 200 Metre	Finals
2:30 PM #126 W70 200 Metre	Finals
2:33 PM #127 W65 200 Metre	Finals
2:36 PM #128 W60 200 Metre	Finals
2:39 PM #129 W40 200 Metre	Finals
2:42 PM #130 W35 200 Metre	Finals
2:45 PM #131 W30 200 Metre	Finals
2:48 PM #132 M75 200 Metre	Finals
2:51 PM #133 M65 200 Metre	Finals
2:54 PM #134 M55 200 Metre	Finals
2:57 PM #135 M50 200 Metre	Finals
3:00 PM #136 M45 200 Metre	Finals

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Session Report

Session: 4 Sunday 6 Nov Track
Day 2 - Sunday 6/11/2022 - Starts at 10:30 AM

Event		Round
3:03 PM	#137 M40 200 Metre	Finals
3:06 PM	#138 M35 200 Metre	Finals
3:09 PM	#139 W55 200 Metre	Finals
3:12 PM	#140 W50 200 Metre	Finals
3:15 PM	#141 W45 200 Metre	Finals
3:35 PM	#142 M30-64 3000 Metre Race Walk	Finals
4:05 PM	#143 M65+ 3000 Metre Race Walk	Finals
4:35 PM	#144 W30+ 3000 Metre Race Walk	Finals

2022 Pan Pacific Masters Games
Gold Coast Performance Centre - 5/11/2022 to 7/11/2022
Session Report

Session: 5 Monday 7 Nov Field
Day 3 - Monday 7/11/2022 - Starts at 08:00 AM

Event	Round
8:00 AM #145 M30-44 Javelin Throw Eastern Runway (100m start end) M30-49: 800g, M50-59: 700g, M60-69: 600g M70-79: 500g, M80+: 400g	Finals
8:00 AM #146 W65+ Javelin Throw Western Runway (Finishline End) W30-49: 600g, W50-74: 500g, W75+: 400g	Finals
8:00 AM #147 M75+ Weight Throw 2nd Cage (Back Straight) M30-49: 15.88kg, M50-59: 11.34kg, M60-69: 9.08kg M70-79: 7.26kg, M80+: 5.45kg	Finals
8:00 AM #148 M60+ Triple Jump Back Straight	Finals
9:15 AM #149 M45 Javelin Throw Eastern Runway (100m start end) M30-49: 800g, M50-59: 700g, M60-69: 600g M70-79: 500g, M80+: 400g	Finals
9:15 AM #150 W60 Javelin Throw Western Runway (Finishline End) W30-49: 600g, W50-74: 500g, W75+: 400g	Finals
9:15 AM #151 M60-74 Weight Throw 2nd Cage (Back Straight) M30-49: 15.88kg, M50-59: 11.34kg, M60-69: 9.08kg M70-79: 7.26kg, M80+: 5.45kg	Finals
9:15 AM #152 W30-49 Triple Jump Back Straight	Finals
10:30 AM #153 M50-59 Javelin Throw Western Runway (Finishline End) M30-49: 800g, M50-59: 700g, M60-69: 600g M70-79: 500g, M80+: 400g	Finals
10:30 AM #154 W55 Javelin Throw Eastern Runway (100m start end) W30-49: 600g, W50-74: 500g, W75+: 400g	Finals
10:30 AM #155 M45-59 Weight Throw 2nd Cage (Back Straight) M30-49: 15.88kg, M50-59: 11.34kg, M60-69: 9.08kg M70-79: 7.26kg, M80+: 5.45kg	Finals
10:30 AM #156 M30-44 Triple Jump Back Straight	Finals
11:45 AM #157 M60-69 Javelin Throw Eastern Runway (100m start end) M30-49: 800g, M50-59: 700g, M60-69: 600g M70-79: 500g, M80+: 400g	Finals
11:45 AM #158 M75+ Javelin Throw Western Runway (Finishline End) M30-49: 800g, M50-59: 700g, M60-69: 600g M70-79: 500g, M80+: 400g	Finals

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Session: 5 Monday 7 Nov Field
Day 3 - Monday 7/11/2022 - Starts at 08:00 AM

Event	Round
11:45 AM #159 M30-44 Weight Throw 2nd Cage (Back Straight) M30-49: 15.88kg, M50-59: 11.34kg, M60-69: 9.08kg M70-79: 7.26kg, M80+: 5.45kg	Finals
11:45 AM #160 W50+ Triple Jump Back Straight	Finals
1:30 PM #161 W30-44 Javelin Throw Eastern Runway (100m start end) W30-49: 600g, W50-74: 500g, W75+: 400g	Finals
1:30 PM #162 M70 Javelin Throw Western Runway (Finishline End) M30-49: 800g, M50-59: 700g, M60-69: 600g M70-79: 500g, M80+: 400g	Finals
1:30 PM #163 W65+ Weight Throw 2nd Cage (Back Straight) W30-49: 9.08kg, W50-59: 7.26kg, W60-74: 5.45kg W75+: 4.0kg	Finals
1:30 PM #164 M45-59 Triple Jump Back Straight	Finals
2:45 PM #165 W45 Javelin Throw Eastern Runway (100m start end) W30-49: 600g, W50-74: 500g, W75+: 400g	Finals
2:45 PM #166 W50-64 Weight Throw 2nd Cage (Back Straight) W30-49: 9.08kg, W50-59: 7.26kg, W60-74: 5.45kg W75+: 4.0kg	Finals
4:00 PM #167 W50 Javelin Throw Eastern Runway (100m start end) W30-49: 600g, W50-74: 500g, W75+: 400g	Finals
4:00 PM #168 W30-49 Weight Throw 2nd Cage (Back Straight) W30-49: 9.08kg, W50-59: 7.26kg, W60-74: 5.45kg W75+: 4.0kg	Finals

2022 Pan Pacific Masters Games
Gold Coast Performance Centre - 5/11/2022 to 7/11/2022
Session Report

Session: 6 Monday 7 Nov Track
Day 3 - Monday 7/11/2022 - Starts at 10:30 AM

Event	Round
10:30 AM #169 M70+ 1500 Metre	Finals
10:40 AM #170 M60-69 1500 Metre	Finals
10:50 AM #171 M55 1500 Metre	Finals
11:00 AM #172 M30-54 1500 Metre	Finals
11:10 AM #173 W50+ 1500 Metre	Finals
11:20 AM #174 W30-49 1500 Metre	Finals
12:00 PM #175 M55 60 Metre	Prelims
12:00 PM #176 M45 60 Metre	Prelims
12:00 PM #177 W60 60 Metre	Prelims
12:00 PM #178 W55 60 Metre	Prelims
12:30 PM #179 M80+ 60 Metre	Finals
12:33 PM #180 M75 60 Metre	Finals
12:36 PM #181 M70 60 Metre	Finals
12:39 PM #182 M65 60 Metre	Finals
12:42 PM #183 M60 60 Metre	Finals
12:45 PM #184 M50 60 Metre	Finals
12:48 PM #185 M40 60 Metre	Finals
12:51 PM #186 M30-39 60 Metre	Finals
12:57 PM #188 W70+ 60 Metre	Finals
1:00 PM #189 W65 60 Metre	Finals
1:03 PM #190 W50 60 Metre	Finals
1:06 PM #191 W45 60 Metre	Finals
1:09 PM #192 W40 60 Metre	Finals
1:12 PM #193 W30-39 60 Metre	Finals
1:15 PM #194 M55 60 Metre	Finals
1:18 PM #195 M45 60 Metre	Finals
1:21 PM #196 W60 60 Metre	Finals
1:24 PM #197 W55 60 Metre	Finals
1:45 PM #198 M80+ 400 Metre	Finals
1:49 PM #199 M75 400 Metre	Finals
1:53 PM #200 M70 400 Metre	Finals
1:57 PM #201 M65 400 Metre	Finals
2:01 PM #202 M60 400 Metre	Finals
2:05 PM #203 M55 400 Metre	Finals
2:13 PM #204 M50 400 Metre	Finals
2:21 PM #205 M45 400 Metre	Finals
2:29 PM #206 M40 400 Metre	Finals
2:33 PM #207 M35 400 Metre	Finals
2:37 PM #208 M30 400 Metre	Finals
2:41 PM #209 W65+ 400 Metre	Finals
2:45 PM #210 W60 400 Metre	Finals
2:49 PM #211 W55 400 Metre	Finals
2:53 PM #212 W50 400 Metre	Finals

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Session: 6 Monday 7 Nov Track
Day 3 - Monday 7/11/2022 - Starts at 10:30 AM

Event		Round
2:57 PM	#213 W40-49 400 Metre	Finals
3:01 PM	#214 W35 400 Metre	Finals
3:05 PM	#215 W30 400 Metre	Finals