



COME & TRY

Athletics for Adults



SATURDAY 10TH OCTOBER 2026 8AM QSAC KESSELS RD, NATHAN, BRISBANE. **\$12**. ONLINE REGISTRATION CLOSES 8TH OCTOBER 6PM (OR BEFORE 7:15AM ON THE DAY). 60M 100M 200M 300M 800M 5000M (RACE WALK or RUN) SPRINT HURDLES HIGH JUMP JAVELIN SHOT PUT DISCUS LONG JUMP TRIPLE JUMP SHUTTLE RELAY. Scan the QR code or search for 'QLD Masters Athletics' **NO TRACK & FIELD EXPERIENCE REQUIRED**