

QUEENSLAND MASTERS ATHLETICS (QMA)
BRISBANE REGION TRACK & FIELD PROGRAM
OCTOBER TO DECEMBER, 2026

<i>Saturday October 10</i>	8am, QSAC SAF	Brisbane Region Meet #1, Come 'N Try Day
<i>Sunday October 25</i>	8am, QSAC SAF	Brisbane Region Meet #2
<i>Sunday November 1</i>	8am, QSAC SAF	Brisbane Region Meet #3
<i>November 7,8,9</i>	GOLD COAST	Pan Pacific Games
<i>November 14,15</i>	QSAC SAF	QA Relay Weekend
<i>Sunday November 22</i>	8am, QSAC SAF	Brisbane Region Meet #4
<i>Saturday December 5</i>	2pm, QSAC SAF	Brisbane Region Meet #5 including Day 1 of QMA Heptathlon/Decathlon Championship
<i>Sunday December 6</i>	1.30pm, QSAC SAF	Brisbane Region Meet #6 including Day 2 of QMA Heptathlon/Decathlon Championship
<i>Sunday December 13</i>	8am, QSAC SAF	Brisbane Region Meet #7, including the Mile & 100 yard dash
<i>Saturday December 19</i>	2pm, QSAC	Brisbane Region Meet # 8, Christmas Dress theme

QMA Brisbane Meets are open for all QMA athletes and we welcome and invite all members to compete in our friendly and inclusive competitions at the QSAC and State Athletic Facility (SAF) in Nathan.

Visitors are also welcome and can compete in up to 3 meets before joining as a member.

Entries for Brisbane Region Meets are accepted online until 6pm on the Thursday evening prior to the weekend meet, or on the day at the venue up to 45minutes before the competition starts.

Apologies, but no late entries can be accepted.

All championship event registrations have specific details posted on the QMA website

SATURDAY OCTOBER 10, SAF, Brisbane Meet #1		
8am	5000m Pole Vault Javelin Shot Put	<i>Run/Race Walk High starting height 2.5m Men, Southern End Women, Northern End</i>
8.30am	Sprint Hurdles	<i>80m, 100m, 110m</i>
8.50am	60m	
9am	Discus Javelin	<i>Men, Northern Cage Women, Southern End</i>
9.15am	High Jump 100m	<i>Southern End</i>
9.45am	200m Long/Triple Jump	<i>Eastern Side</i>
10.10am	800m Shot Put Discus	<i>Run/Race Walk Men, Northern End Women, Northern Cage</i>
10.30am	300m	
10.45am	Shuttle Relays	

SUNDAY OCTOBER 25, SAF, Brisbane Meet #2		
8am	3000m Pole Vault Hammer Throw Javelin Throw	<i>Run/Race Walk High starting height 2.5m Men, Southern Cage Women, Northern End</i>
8.30am	60m	
9am	100m High Jump Discus Hammer Throw	<i>Southern End Men, Northern Cage Women, Southern Cage</i>
9.30am	200m	
9.45am	Long/Triple Jump	<i>Eastern Side</i>
9.55am	2000/3000m Steeplechase	
10.10am	1500m Javelin Discus	<i>Run/Race Walk Men, Northern End Women, Northern Cage</i>
10.30am	300m	
10.40am	400m	

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SUNDAY NOVEMBER 1, SAF, Brisbane Meet #3		
8am	3000m Pole Vault Javelin Shot Put	Run/Race Walk Low starting height 1.1m Men, Northern End Women, Northern End
8.15am	Long Hurdles	300m/400m and 200m option for all hurdlers
8.30am	60m	
8.45am	High Jump	Southern End
8.50am	100m	
9am	Javelin Weight Throw	Women, Northern End Men, Southern Cage
9.30am	200m	
9.45am	800m Long/Triple Jump	Run/Race Walk Eastern side
10am	Weight Throw Shot Put	Women. Southern Cage Men, Northern End
10.15am	400m	
10.45am	4 x 100m Relays	

SUNDAY NOVEMBER 22, SAF, Brisbane Meet #4		
8am	5000m Pole Vault Javelin Weight Throw	Run/Race Walk Low starting height 1.10m Women, Northern End Men, Southern Cage
8.30am	Sprint Hurdles	80m/100m/110m and 60m with 5 hurdles
8.50am	60m	
9am	Weight Throw Javelin	Women, Southern Cage Men, Northern End
9.20am	100m	
9.35am	Long/Triple Jump	Eastern side
9.40am	1500m	Run/Race Walk
10am	200m High Jump 100lb	Northern end Southern Shot Put circle
10.20am	300m	

PAN PACIFIC GAMES GOLD COAST PERFORMANCE CENTRE SATURDAY, SUNDAY, MONDAY; NOVEMBER 7, 8, 9 Individual Online Entries and Event details through Pan Pacific Games website
QUEENSLAND RELAY CHAMPIONSHIPS SAF, NATHAN SATURDAY & SUNDAY, NOVEMBER 14 & 15 <u>Events include:</u> 4 x 100m; 4 x 200m; 4 x 400m; 4 x 800m; 4 x 1500m; 3 x Long Jump; 3 x Discus; 3 x Shot Put Register your interest via email: mastersqldrelay@gmail.com or at the sign on desk on competition days

SATURDAY DEC 5, SAF, Brisbane Meet #5, Incorporating DAY 1 QMA HEPTATHLON/DECATHLON CHAMPIONSHIP		
2pm	100m Decathlon Shot Put Hammer Throw	Decathlon Men, Northern End Women, Southern End
2.10pm	100m	
2.30pm	Hurdles Long Jump	Heptathlon Decathlon
2.35pm	Sprint Hurdles	80m, 100m, 110m
2.45pm	60m	
2.55pm	High Jump	Heptathlon
3pm	1500m Hammer Throw Javelin	Run/Race Walk Men, Southern End Women, Northern End
3.15pm	Shot Put 200m	Decathlon
3.30pm	Long/Triple Jump	Eastern side
3.45pm	Shot Put	Heptathlon
4pm	High Jump 300m Javelin	Decathlon Men, Northern End
4.15pm	Shot Put	Women, Southern End
4.30pm	200m	Heptathlon
5pm	400m	Decathlon

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SUNDAY DEC 6, SAF, Brisbane Meet #6 Incorporating DAY 2 QMA HEPTATHLON/DECATHLON CHAMPIONSHIP		
1.30pm	Hurdles	Decathlon
1.35pm	Sprint Hurdles	80m, 100m, 110m
1.45pm	Long Jump 60m Super Weight	Heptathlon All, Southern Cage
2pm	Discus 100m	Decathlon, Northern End
2.30pm	Javelin	Heptathlon, Northern End
2.45pm	200m Pole Vault High Jump	Decathlon Southern end
3pm	56lb 800m	All, Southern End Run/Race Walk
3.15pm	800m	Heptathlon
3.30pm	400m	
4pm	Javelin 100lb 3000m	Decathlon, Northern End All, Southern Shot Circle Run/Race Walk
4.45pm	1500m	Decathlon

SATURDAY DECEMBER 19, SAF, Brisbane Meet #8		
2pm	60m Pole Vault Discus Javelin	High starting height 2.5m Men, Northern Cage Women, Northern End
2.20pm	100m	
2.45pm	Weight Throw Discus	Men, Southern Cage Women, Northern Cage
3pm	200m	
3.30pm	High Jump 200m	Southern End
3.45pm	Steeplechase Long/Triple Jump	2000/3000m Eastern Side
3.50pm	Weight Throw	Women, Southern Cage
4pm	400m	
4.15pm	5000m Javelin	Run/Race Walk Men, Northern End

SUNDAY DECEMBER 13, SAF, Brisbane Meet #7		
8am	3000m Pole Vault Hammer Throw Shot Put	Run/Race Walk Low starting height 1.1m Men, Southern Cage Women, Northern End
8.25am	Long Hurdles	300m, 400m, and 200m option for all hurdlers
8.45am	60m	
9am	100 yards Discus Shot Put High Jump	(91.44m) Women, Northern Cage Men, Northern End Southern End
9.30am	200m	
10am	1 Mile Hammer Throw Discus Long/Triple Jump	Run/Race Walk Women, Southern Cage Men, Northern Cage
10.30am	300m	