

18th October 2025 Saturday SAF*

7.30 2000m *Run / Race Walk*
Hammer Men 30-69 *Southern Cage*
Discus Women 30+ *Northern End*
Javelin Men 70+ *Northern End*

7.45 High Jump All

8.15 60m

8.30 Pole Vault All
Javelin Women 30+ *Northern End*
Discus Men 30-69 *Northern End*
Hammer Men 70+ *Southern Cage*

8.45 100m

9.15 200m

9.30 Hammer Women 30+ *Southern Cage*
Javelin Men 30-69 *Northern End*
Discus Men 70+ *Northern End*

9.40 Long Jump All

9.45 800m *Run / Race Walk*

10.10 300m

8th November 2025 Saturday Main Track*

7.30 3000m *Run / Race Walk*

7.45 Long /Triple Jump All
Shot Put W30+ *Southern End*
Discus M30-64 *Southern Cage*
Javelin M65+ *Northern End*

8.15 Sprint Hurdles 60m with 5 hurdles

8.30 Pole Vault - All

8.30 200m

8.45 Javelin M30-64 *Northern End*
Shot Put M65+ *Southern End*
Discus W30+ *Southern Cage*

9.10 100m

9.35 1500m *Run / Race Walk*

9.45 Javelin *W30+ Northern End*
Shot Put *M30-64 Southern End*
Discus *M65+ Southern Cage*

9.50 60m
High Jump All

10.15 400m

15th/16th November 2025 SAF

Qld Athletics Relays

4 x 100m
4 x 200m
4 x 400m
4 x 800m
4 x 1500m
3 x Long Jump
3 x Shot Put
3 x Discus

22nd November 2025 Saturday Main Track*

7.00 3000m Steeplechase

7.15 2000m Steeplechase

7.30 Hammer *W45+ Northern End*
Discus *M30+ Discus Cage*
Shot Put *W30-44 Southern End*

7.40 3000m run/walk

8.00 Pole Vault

8.15 Sprint Hurdles

8.30 60m
Shot Put *M30+ Southern End*
Discus *W45+ Discus Cage*
Hammer *W30-44 Northern End*

8.45 High Jump

8.50 100m

9.30 200m
Hammer M30+ *Northern End*
Discus W30-44 *Discus Cage*
Shot Put W45+ *Southern End*

9.45 800m Run/Walk
Long Jump/Triple Jump

10.15 300m

29th November 2025 Saturday Main Track*

7.15 5000m Run/Walk

7.45 High Jump
Javelin W30+ *Northern End*
Hammer M30-64 *Southern Cage*
Shot Put M65+ *Southern End*

8.10 Long Hurdles

8.30 60m

8.30 Pole Vault

8.45 Hammer M65+ *Southern Cage*
Javelin M30-64 *Northern End*
Shot Put W30+ *Southern End*

8.50 200m

9.15 1500m Run/Walk

9.35 100m

9.45 Long Jump/Triple Jump
Shot Put M30-64 *Southern End*
Javelin M65+ *Northern End*
Hammer W30+ *Southern Cage*

10.15 400m

6th December 2025 Saturday Main Track*

7.30 3000m *Run / Race Walk*

7.45 Long/Triple Jump All

Weight	W30+ <i>Southern End</i>
Discus	M30-64 <i>Southern Cage</i>
Javelin	M65+ <i>Northern End</i>

8.15 200m

8.30 Pole Vault - All

8.40 60m

8.45 Javelin M30-64 *Northern End*
Weight M65+ *Southern End*
Discus W30+ *Southern Cage*

9.10 100m

9.35 800m *Run / Race Walk*

9.45 Javelin W30+ *Northern End*
Weight M30-64 *Southern End*
Discus M65+ *Southern Cage*

9.50 High Jump All

10.00 300m

20th December 2025 Saturday, Main Track*
QMA State Decathlon/Heptathlon Championships Day 1

8.00 **100m Decathlon**
Shot Put M30+ *Southern End*
Hammer W30+ *Discus Cage*
Pole Vault

8.10 100m

8.30 **Hurdles Heptathlon**
Long Jump Decathlon

8.35 Sprint Hurdles

8.45 60m

8.55 **High Jump Heptathlon**

9.00 1500m run/walk
Hammer M30+ *Discus Cage*
Javelin W30+ *Northern End*

9.15 **Shot Put Decathlon**
200m

9.30 Long Jump/Triple Jump

9.45 **Shot Put Heptathlon**

10.00 **High Jump Decathlon**
400m
Javelin M30+ *Northern End*

10.15 Shot Put W30+ *Southern End*

10.30am **200m Heptathlon**

11.00am **400m Decathlon**

21st December 2025 Sunday Main Track*
QMA State Decathlon/ Heptathlon Championships Day 2

8.00 **Hurdles Decathlon**

8.05 Sprint Hurdles

8.15 **Long Jump Heptathlon**
3000m Run/Walk
Super Weight M30+ W30+ Southern Cage

8.30 **Discus Decathlon** *Discus Cage*
8.45 60m

9.00 **Javelin Heptathlon North End**
100m

9.30 56 lb M30+ W30+ *Southern Cage*

9.15 **Pole Vault Decathlon**
High Jump

9.30 800m Run/Walk

9.45 **800m Heptathlon**

10.00 300m

10.30 **Javelin Decathlon North End**
100 lb M30+, W30+ *Southern Shot Circle*

11.15 **1500m Decathlon**

17th January 2026 Saturday Main Track*
QMA 3000m Run/Walk Championship

7.30 3000m Run / Race Walk Championship

7.45 Discus W50+, M70+ *Northern Cage*
Shot Put W30-49 *South End*
Weight M30-69 *Southern Cage*

8.00 Pole Vault All

8.05 Sprint Hurdles

8.20 300m

8.45 Weight W30-49 *South Cage*
Discus M30-69 *North Cage*
Shot Put W50+, M70+ *South Circle*

8.50 **100 Yards (91.44m)**
High Jump All

9.30 60m

9.45 Long / Triple Jump All
Weight W50+, M70+ *Southern Cage*
Discus W30-49 *Northern Cage*
Shot Put M30-69 *South End*

9.50 1500m *Run / Race Walk*

10.15 200m

24th January 2026 Main Track
QMA Outdoor Pentathlon Championships

7.15 **1 Mile (1.61km) Run / Race Walk**

7.45 **100m W30+ Pent**
Long Jump M30+ Pent
Discus M30+ *Northern Cage*
Hammer W30+ *Southern Cage*

8.00 Pole Vault
8.00 100m

8.10 **Shot Put W30+ Pent**

8.30 **Javelin M30+ Pent** Northern End
8.30 300m

8.45 **Long Jump W30+ Pent**
Shot Put M30+
Discus W30+ *Northern Cage*

9.15 **200m M30+ Pent**

9.20 200m

9.30 **Javelin W30+ Pent Northern End**
High Jump

9.35 **Discus M30+ Pent Northern Cage**

9.45 Hammer M30+ *Southern Cage*
Shot Put W30+

9.50 60m

10.00 800m Run/Walk

10.15 800m W30+ Pent

10.20 1500m M30+ Pent

31st January 2026 Main Track

7.20 3000m Steeplechase

7.40 2000m Steeplechase

7.45 Javelin W50+, M70+ *Northern End*
Discus W30-49 *Discus Cage*
Weight M30-69 *Hammer Cage*

8.00 3000m Run/Walk

8.00 Pole Vault

8.30 300m

8.45 Weight W30-49 *Hammer Cage*
Discus W50+, M70+ *Discus Cage*
Javelin M30-69 *Northern End*

8.55 100m

9.00 High Jump

9.30 200m

9.55 1500m Run / Walk

9.45 Long Jump
Weight W50+, M70+ *Hammer Cage*
Discus M30-69 *Discus Cage*
Javelin W30-49 *Northern End*

10.20 Sprint Hurdles

**14th February 2026 Saturday, Venue Main Track
AMA Decathlon and Heptathlon Championships
QMA Throws Pentathlon Women**

7.30 Hammer Th Pent W30-54 *Hammer Cage*

8.00 **100m Decathlon**

8.10 100m

8.15 Shot Put Th Pent W30-54 *North End*
Hammer Th Pent W55+ *Hammer Cage*

8.20 Pole Vault

8.30 **Hurdles Heptathlon**
Long Jump Decathlon

8.45 60m

8.55 **High Jump Heptathlon**

9.00 1500m run/walk
Discus Th Pent W30-54 *Discus Cage*
Shot Put Th Pent W55+ *North End*

9.15 200m
Shot Put Decathlon Southern End

9.30 Sprint Hurdles
Long Jump

9.45 **Shot Put Heptathlon Southern End**
Javelin Th Pent W30-54 *North End*
Discus Th Pent W55+ *Discus Cage*

10.00 400m
High Jump Decathlon

10.30 **200m Heptathlon**
Weight Th Pent W30-54 *Hammer Cage*
Javelin Th Pent W55+ *North End*

11.00 **400m Decathlon**

11.15 Weight Th Pent W55+ *Hammer Cage*

**15th February 2026 Sunday, Venue Main Track
AMA Decathlon and Heptathlon Championships
QMA Throws Pentathlon Men**

7.30 Hammer Th Pent M65+ *Hammer Cage*

8.00 **Hurdles Decathlon**

8.15 3000m Run/Walk

Long Jump Heptathlon

Shot Put Th Pent M65+ *North End*

Hammer Th Pent M30-64 *Hammer Cage*

8.30 **Discus Decathlon Northern Cage**

8.45 60m

9.00 100m

Javelin Heptathlon Southern End

Discus Th Pent M65+ *Discus Cage*

Shot Put Th Pent M30-64 *Northern End*

9.15 High Jump

Pole Vault Decathlon

9.30 800m Run/Walk

9.45 **800m Heptathlon**

Javelin Th Pent M65+ *Southern End*

Discus Th Pent M30-64 *Discus Cage*

10.00 300m

10.30 Weight Th Pent M65+ *Hammer Cage*

Javelin Th Pent M30-64 *Southern End*

10.45 **Javelin Decathlon Northern End**

11.15 Weight Th Pent M30-64 *Hammer Cage*

11.30 **1500m Decathlon**

**Saturday 21st February 2026 - Track Events Main Track
QMA State Championships 2026 DRAFT PROGRAM**

8.30am	M30+	5000m
9.00am	W30+	5000m
	M30+ W30+	5000m Walk
10.00am	M30-49	110m Hurdles
	W30-39, M50-69,	100m Hurdles
10.10am	M30+, W30+	80m Hurdles
10.30am	M30+, W30+	60m Hurdles
11.00am	W30+	800m
11.15am	M55+	800m
11.30am	M30-54	800m
12.00pm	W30+	100m
12.20pm	M30+	100m
12.55pm	W30+	400m
1.15pm	M30+	400m

Saturday - 21st February - Field Events DRAFT PROGRAM

8.00am	M65+	Hammer	<i>Hammer Circle</i>
	W30-54	Long Jump	<i>Pit 1</i>
	M30-64	Shot Put	<i>North End</i>
	W55+	Javelin	<i>North End</i>
	M60+	High Jump	<i>South End</i>
9.10am	M55+	Long Jump	<i>Pit 1</i>
	W35-44	Shot Put	<i>North End</i>
	W45-54	Javelin	<i>North End</i>
	W60+	Hammer	<i>Hammer Circle</i>
10.20am	M30-64	Hammer	<i>Hammer Circle</i>
	W30-34, W45-54	Shot Put	<i>North End</i>
	M65+	Javelin	<i>North End</i>
	W55+	Long Jump	<i>Pit 1</i>
	M30-59	High Jump	<i>South End</i>
11.30am	M30-64	Javelin	<i>North End</i>

	M50-54 W30-59 W55+	Long Jump Hammer Shot Put	<i>Pit 1</i> <i>Hammer Circle</i> <i>North End</i>
12.40pm	M65+ W30-44 W30+ M30-49	Shot Put Javelin High Jump Long Jump	<i>North End</i> <i>North End</i> <i>South End</i> <i>Pit 1</i>

Sunday 22nd February 2026 - Track Events
QMA State Championships DRAFT PROGRAM

8.30am	M30-59	3000m Steeplechase
8.55am	M60+, W30+	2000m Steeplechase
9.30am	M/W30+	1500m Walk
9.50am	M30-59, W30-49	400m Hurdles
10.00am	M60-79, W50-69	300m Hurdles
10.15am	W70+, M80+	200m Hurdles
10.30am	W30+	60m
10.55am	M30+	60m
11.40am	Women	Champion of Champions 100m
11.50am	Men	Champion of Champions 100m
12.25pm	W30+, M60+	1500m
12.40pm	M30-59	1500m
1.10pm	W30+	200m
1.30pm	M30+	200m

Sunday 22nd February - Field Events DRAFT PROGRAM

7.45am	W30-49	Discus	<i>Discus Cage</i>
8.00am	M30-59 M70+, W55+	Weight Pole Vault	<i>Hammer Cage</i>
9.00am	M30-69, W30-54	Pole Vault	
9.10am	M30-59 M60-69 M70+	Triple Jump Weight Discus	<i>Hammer Cage</i> <i>Discus Cage</i>
10.00am	W30-54	Weight	<i>Hammer Cage</i>
10.20am	W55+	Discus	<i>Discus Cage</i>

11.30am	M55-69 M70+	Discus Weight	<i>Discus Cage Hammer Cage</i>
12.00pm	W30+	Triple Jump	
12.40pm	M30-54, W50-54 W55+	Discus Weight	<i>Discus Cage Hammer Cage</i>
1.15pm	M60+	Triple Jump	

28th February 2026 Saturday, Venue SAF

Tom Gould 300m Handicap - All

Bernie Hogan 100m Handicap - All

Ted Vickers Javelin Handicap - Men

Ruth Frith Javelin Handicap - Women

John Cooper 60m Best Age Grades - All

8.00 Sprint Hurdles
Pole Vault
Discus M30-59 *Discus Cage*
Hammer M60+ *Hammer Cage*
Javelin H'cap W30+ Northern End

8.10 3000m Run / Walk

8.45 300m Handicap Heats

8.55 Ruth Frith Women's Javelin **Presentation**

9.00 **60m**
Javelin H'cap M30-59 Northern End
Hammer W30+ *Hammer Cage*
Discus M60+ *Discus Cage*

9.15 60m John Cooper Awards **Presentation**

9.20 100m Handicap Finals

9.30 Long Jump

9.35 100m Bernie Hogan Awards **Presentation**

9.40 800m Run / Walk

10.00 200m
High Jump
Hammer M30-59 *Hammer Cage*
Discus W30+ *Discus Cage*
Javelin H'cap M60+ Northern End

10.25 300m Handicap Finals

10.40 Ted Vickers Javelin Awards **Presentation**

10.45 Tom Gould 300m Awards **Presentation**