

Saturday 21st February 2026 - Track Events State Athletics Facility
QMA State Championships 2026 DRAFT PROGRAM

8.30am	M30+	5000m
9.00am	W30+ M30+ W30+	5000m 5000m Walk
10.00am	M30-49 W30-39, M50-69,	110m Hurdles 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+ W30-54 M30-64 W55+ M60+	Hammer Long Jump Shot Put Javelin High Jump	<i>Hammer Circle Pit 1 North End North End South End</i>
9.10am	M55+ W35-44 W45-54 W60+	Long Jump Shot Put Javelin Hammer	<i>Pit 1 North End North End Hammer Circle</i>
10.20am	M30-64 W30-34, W45-54 M65+ W55+ M30-59	Hammer Shot Put Javelin Long Jump High Jump	<i>Hammer Circle North End North End Pit 1 South End</i>

11.30am	M30-64	Javelin	<i>North End</i>
	M50-54	Long Jump	<i>Pit 1</i>
	W30-59	Hammer	<i>Hammer Circle</i>
	W55+	Shot Put	<i>North End</i>
12.40pm	M65+	Shot Put	<i>North End</i>
	W30-44	Javelin	<i>North End</i>
	W30+	High Jump	<i>South End</i>
	M30-49	Long Jump	<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	Weight	<i>Hammer Cage</i>
	M70+, W55+	Pole Vault	
9.00am	M30-69, W30-54	Pole Vault	
9.10am	M30-59	Triple Jump	
	M60-69	Weight	<i>Hammer Cage</i>
	M70+	Discus	<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	