

21st September 2024 Saturday SAF

8.00 3000m *Run / Race Walk*
High Jump All
Hammer Men 30-69 *Southern Cage*
Shot Put Women *Northern End*
Javelin M70+ *Northern End*

8.30 60m

9.00 100m
Javelin Women *Northern End*
Shot Put Men 30-69 *Northern End*
Hammer M70+ *Southern Cage*
Pole Vault All

9.30 200m

9.50 Long Jump All

10.00 1500m *Run / Race Walk*
Hammer Women *Southern Cage*
Javelin Men 30-69 *Northern End*
Shot Put M70+ *Northern End*

10.20 300m

28th September 2024 Saturday SAF

8.00 5000m *Run / Race Walk*
Long Jump All
Triple Jump All
Shot Put W30+ *Northern End*
Discus M30-69 *Northern Cage*
Weight M70+ *Southern Cage*

8.15 Sprint Hurdles 60m with 5 hurdles

8.40 200m

9.00 Pole Vault - All
Weight M30-69 *Southern Cage*
Shot Put M70+ *Northern End*
Discus W30+ *Northern Cage*

9.10 100m

9.35 800m *Run / Race Walk*

9.50 60m
High Jump All
Discus M70+ *Northern Cage*

Weight W30+ *Southern Cage*

10.00 Shot Put M30-69 *Northern End*

10.15 400m

5th/6th/7th October 2024 AMA Winter Throws

Entries close on 15th September

Saturday: Shot, Discus, Javelin, Weight, Hammer, Single Arm Weight

Sunday: Throws Pentathlon and Super Weight

Monday: Heavy Weight Pentathlon plus the 56lb and the 100lb

19th October 2024 Saturday SAF

8.00 3000m Run/Walk
Discus W30+ *Northern Cage*
Hammer M30-69 *Southern Cage*
Shot Put M70+ *Northern End*
High Jump

8.15 Long Hurdles

8.30 60m

8.45 Pole Vault

8.55 200m

9.00 Hammer M70+ *Southern Cage*
Discus M30-69 *Northern Cage*
Shot Put W30+ *Northern End*

9.30 100m

9.40 1500m Run/Walk
Long Jump/Triple Jump

10.00 Shot Put M30-69 *Northern End*
Discus M70+ *Northern Cage*
Hammer W30+ *Hammer Cage*

10.15 300m

27th October Sunday 2024 SAF

8.00 2000m Steeplechase
Javelin M70+ *Southern End*
Discus W30+ *Discus Cage*
Weight M30-69 *Hammer Cage*
Pole Vault

8.20 60m

8.45 100m

9.00 Weight M70+ *Hammer Cage*
Discus M30-69 *Discus Cage*
Javelin W30+ *Southern End*

High Jump

9.15 200m
Hammer W30+

9.40 800m

9.45 Long Jump
Sprint Hurdles

10.00 400m
Javelin M30-69+ *Southern End*
Weight W30+ *Hammer Cage*
Discus M70+ *Discus Cage*

8th -10th November 2024 SAF PanPac Masters Athletics

16th/17th November Saturday, Sunday Queensland Athletics Relays SAF

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

If you would like to be involved, please email mastersqldrelay@gmail.com with yours and/or your team's details – events, names, dates of birth and age group, recent times/distances.

23rd November 2024 Saturday SAF

7.40 3000m Steeplechase

8.00 2000m Steeplechase
Javelin W30+ *Southern End*
Discus M70+ *Discus Cage*
Weight M30-69 *Hammer Cage*
Pole Vault

8.20 60m

8.45 100m

9.00 Weight M70+ *Hammer Cage*
Discus W30+ *Discus Cage*
Javelin M30-69 *Southern End*
High Jump

9.15 200m

9.40 800m

9.45 Long Jump
Long Hurdles

10.00 300m
Javelin M70+ *Southern End*
Discus M30-69 *Southern Cage*
Weight W30+ *Hammer Cage*

14th/15th December 2024, Venue SAF

QMA Decathlon/Heptathlon Championships & other events

14th December 2024 Saturday

8.00 **100m Decathlon**
Shot Put M30+ *Northern End*
Hammer W30+ *Hammer 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+ *Hammer Cage*
Javelin W30+ *Northern End*

9.15 200m
Shot Put Decathlon

9.30 Long Jump/Triple Jump

9.45 **Shot Put Heptathlon**

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

10.15 Shot Put W30+ *Northern End*

10.30 **200m Heptathlon**

11.00 **400m Decathlon**

15th December 2024 Sunday, SAF

- 8.00 **Hurdles Decathlon**
56 lb weight M30+, W30+ Southern End
- 8.05 Sprint Hurdles
- 8.15 3000m Run/Walk
Long Jump Heptathlon
- 8.30 **Discus Decathlon** *Northern Cage*
- 8.45 60m
- 9.00 100m
Javelin Heptathlon *Northern End*
Super Weight M30+, W30+ *Southern End*
- 9.15 High Jump
Pole Vault Decathlon
- 9.30 800m Run/Walk
- 9.45 **800m Heptathlon**
- 10.00 300m
100 lb weight M30+, W30+ *Southern End*
- 10.30 **Javelin Decathlon** *Northern End*
- 11.15 **1500m Decathlon**

21st December 2024 Saturday SAF

8.00 3000m Run / Race Walk
Pole Vault All
Hammer W30+ *Southern Cage*
Discus M30+ *Northern Cage*

8.15 Long Hurdles 200/300/400

8.30 300m

9.00 **100 Yards**
High Jump All
Discus W30+ *Northern Cage*
Javelin M30+ *Southern End*

9.30 60m

10.00 **1 Mile** *Run / Race Walk*
Long / Triple Jump All
Javelin W30+ *Northern End*
Hammer M30+ *Southern Cage*

10.20 200m

10.50 **End of Year Social Morning Tea**