

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*

7.15 2000m Steeplechase

7.30 Hammer *M65+ Northern End*
Discus *W30+ Discus Cage*
Shot Put *M30-64 Southern End*

7.40 3000m run/walk

8.00 Pole Vault

8.15 Sprint Hurdles

8.30 60m
Shot Put *W30++ Southern End*
Discus *M65+ Discus Cage*
Hammer *M30-64 Northern End*

8.45 High Jump

8.50 100m

9.30 200m
Hammer *W30+ Northern End*

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

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

56 lb weight M30+ W30+ *Southern Circle*

8.30 **Discus Decathlon** *Discus Cage*

8.45 60m

9.00 **Javelin Heptathlon North End**

100m

9.30 100 lb M30+, W30+ *Southern End*

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**

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 W30+ *Southern Cage*

Shot Put M30-64 *South Circle*

Weight M65+ *North End*

8.00 Pole Vault All

8.05 Sprint Hurdles

8.20 300m

8.45 Weight W30+ *North End*
 Discus M30-64 *South Cage*
 Shot Put M65+ *South Circle*

8.50 100 Yards (91.44m)
 High Jump All

9.30 60m

9.45 Long / Triple Jump All
 Weight M30-64 *Northern End*
 Discus M65+ *Southern Cage*
 Shot Put W30+ *South Circle*

9.50 1 Mile (1.61km) *Run / Race Walk*

10.15 200m

24th January 2026 SAF*
QMA Outdoor Pentathlon Championships

7.45 100m W30+ Pent
Long Jump M30+ Pent
 Discus M30+ *Northern Cage*
 Hammer Women 30+ *Southern Cage*

8.00 Pole Vault

8.10 Shot Put W30+ Pent *Northern End*

8.10 400m

8.30 Javelin M30+ Pent *Northern End*

8.30 60m

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

9.20 200m

9.15 200m M30+ Pent

9.30 Javelin W30+ Pent *Northern End*
 High Jump

9.40 1500m Run/Walk

9.35 Discus M30+ Pent *Northern Cage*

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

10.00 100m

10.15 **800m W30+ Pent**

10.20 **1500m M30+ Pent**

31st January 2026 SAF*

7.30 3000m Run/Walk

7.45 Javelin M30-64 *Northern End*
Discus W30+ *Discus Cage*
Weight M65+ *Hammer Cage*

8.10 2000m Steeplechase

8.00 Pole Vault

8.30 60m

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

8.55 100m

9.00 High Jump

9.30 200m

9.55 800m Run / Walk

9.45 Long Jump
Weight W30+ *Hammer Cage*
Discus M30-64 *Discus Cage*
Javelin M65+ *Northern End*

10.20 Sprint Hurdles

14th February 2026 Saturday, Venue SAF
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 SAF
AMA Decathlon and Heptathlon Championships
QMA Throws Pentathlon Men

7.30 Hammer Th Pent M65+ *Hammer cCge*

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 State Athletics Facility
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	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
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9.50am	M30-59, W30-49	400m Hurdles
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10.00am	M60-79, W50-69	300m Hurdles
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10.15am	W70+, M80+	200m Hurdles
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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</i> <i>Hammer Cage</i>
12.00pm	W30+	Triple Jump	
12.40pm	M30-54, W50-54 W55+	Discus Weight	<i>Discus Cage</i> <i>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**