

Gold Coast QMA October 2022 Programs

2nd October

- 60m
- 100m
- 200m
- 400m
- 1k race/walk
- Discus, shot put, javelin.

16th October

- 60m
- 100m
- Mixed 4 x 100m relay
- 300m
- 2k race/walk
- Discus, shot put, javelin.

30th October

- 60m
- 100m
- Mixed 4 x 400m relay
- 200m
- 2k race/walk
- Discus, shot put, javelin.