



# QMA COME AND SEE US, COME AND TRY DAY

▶ ▶ SATURDAY 8<sup>TH</sup> OCTOBER 2022,  
QUEENSLAND SPORTS AND ATHLETICS CENTRE  
NATHAN

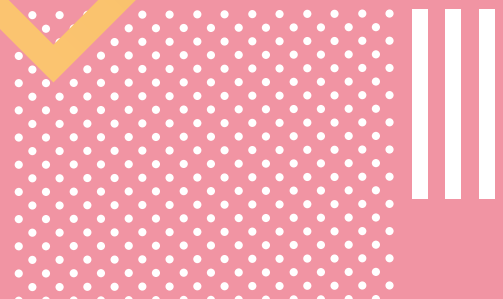


## ALL ARE WELCOME

Gates Open at 7.00am

Enquiries:

[president@qldmastersathletics.org.au](mailto:president@qldmastersathletics.org.au)



Did You Love Athletics at School? Well, You Can Still Do It!

Do You Ferry the Kids to Little A's Each Weekend? Why Should They Have All the Fun!

Come Along and See What We Do, or Have a Go Yourself!

DRAFT PROGRAM

8.00am Welcome, Introductions, Safety Induction.

Note: Field events to commence with basic lesson/rules for newcomers.

8.10am Shot Put W30 Years+, Javelin M30 Years+

8.15am Starting commands introduction, 60m Sprint

8.30am High Jump

8.40am 100m Sprint

9.00am Shot Put M30 Years+, Weight Throw W30 Years+

9.15am 200m Sprint, Pole Vault

9.30am Random Draw prizes

9.40am 800m

9.45am Long Jump

9.50am Javelin Throw W30 Years+, Weight Throw M30 Years+

10.00am 400m

10.15am Farewell and thank you for attendance