

## **5th to 11th November 2022 PanPac Gold Coast**

### **12th November 2022 Saturday Venue SAF**

- 8.00** 5000m Run/Walk  
Hammer M30+ Southern Cage  
Discus W30+ Northern Cage  
Long/Triple Jump
- 8.15** Long Hurdles
- 8.30** 60m
- 8.50** 100m
- 9.00** Discus M30+ Northern Cage  
Shot Put W30+  
Pole Vault
- 9.20** 3000m Steeplechase 0.838m  
2000m Steeplechase 0.76m
- 9.30** 200m
- 10.00** Shot Put M30+  
Hammer W30+ Southern Cage  
High Jump
- 10.20** 300m

### **16th November 2022 Wednesday Evening Venue SAF**

- 7.00** 3000m Run/Walk  
Discus Northern Cage  
Long Jump
- 7.10** Sprint Hurdles
- 7.25** 200m
- 7.30** High Jump
- 7.45** 60m
- 7.50** Shot Put
- 8.00** 1500m Run/Walk
- 8.10** 100m
- 8.30** 400m

### **23rd November 2022 Wednesday Evening Venue SAF**

- 7.00** Long Hurdles  
Javelin Northern End
- 7.05** High Jump
- 7.15** 60m

**7.30** 800m

**7.40** 100m

**7.55** 200m  
Long Jump  
Hammer

**8.15** 300m

**8.25** 2000m Run/Walk

### **26th November 2022 Saturday Venue SAF**

Queensland Athletics are holding relays for track and field events on this date. QMA have the option of entering teams for both track and field relay events.

Events:

4 x 100m

4 x 400m

4 x 1500m

3 x Discus

3 x Shot Put

3 x Long Jump