

QMA State Championships 2024

Venue: SAF

Saturday 9th March - Track Events State Athletics Facility

7.30am	M30+	5000m
8.00am	W30+ M30+ W30+	5000m 5000m Walk
8.50am	W35, M60	100m Hurdles
9.00am	W40+, M75+	80m Hurdles
9.10am	W35, M50	60m Hurdles
9.20am	W45, M60	60m Hurdles
9.30am	W55+, M70+	60m Hurdles
9.40am	W30+	800m
9.50am	M55+	800m
10.00am	M30-54	800m
10.25am	W30+	100m W60+, W55, W45-54, W30-44
10.45am	M30+	100m M70+, M60-69, M50, M45, M30-44
11.20am	W30+	400m W50+, W30-49
11.35am	M30+	400m M65+, M50-64, M35-49

Saturday - 9th March - Field Events

7.30am	M65+ W30-44 W45-54 M30-49, M60 W60+	Weight Long Jump Long Jump Shot Put Javelin	<i>Hammer Circle Pit 1 Pit 3 North End North End</i>
8.15am	W30+	Pole Vault	
8.40am	M50 M30-49, M55-64 M65-74 W30-49 W50-59 W60+	Long Jump Long Jump Shot Put Javelin Javelin Weight	<i>Pit 3 Pit 1 North End North End South End Hammer Circle</i>
9.50am	M55-64 M30-54 W30-49	Weight Weight Shot Put	<i>Hammer Circle Shot Put Circle North End South End</i>

	M65+ W55+	Javelin Long Jump	<i>North End Pit 1</i>
11.00am	M30-54 M55-64 M65+ W30-49 W50-59 W60+	Javelin Javelin Long Jump Weight Weight Shot Put	<i>North End South End Pit 3 Hammer Circle North Shot Put Circle South Shot Put Circle</i>

Sunday 10th March - Track Events

8.30am	M30-59	3000m Steeplechase	
8.55am	M60+, W30+	2000m Steeplechase	
9.30am	M/W30+	1500m Walk	
9.50am	M55, W35, W40	400m Hurdles	
10.00am	M60/65, W55/60	300m Hurdles	
10.10am	M80+	200m Hurdles	
10.30am	W30+	60m	W65+, W55-64, W45-54, W30-44
10.55am	M30+	60m	M70+, M55-69, M50, M45, M30-39
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	W60+, W45-59, W30-44
1.30pm	M30+	200m	M65+, M50-64, M40-49, M30-39

Sunday 10th March - Field Events

8.00am	M30-59 M60+ W30-49 W55+	Hammer Pole Vault Discus Triple Jump	<i>Hammer Cage Discus Cage</i>
9.10am	M30-59 M60-69 M70+ W30+ W50-59	Triple Jump Hammer Discus High Jump Shot Put	<i> Discus Cage North End</i>
10.20am	M30-59 M60+ W30-54 W60+ M50-59	Pole Vault High Jump Hammer Discus Shot Put	<i> Hammer Cage Discus Cage North End</i>
11.30am	M30-59 M60-69	High Jump Discus	<i> Discus Cage</i>

	M70+ W30-54	Hammer Triple Jump	<i>Hammer Cage</i>
12.40pm	M30-49 and M55 M60+ W55+ M75+	Discus Triple Jump Hammer Shot Put	<i>Discus Cage</i> <i>Hammer Cage</i> <i>North End</i>
1.50pm	M50 W50-59	Discus Discus	<i>Discus Cage</i> <i>Hammer Cage</i>