

**Saturday 21st February 2026 - Track Events QSAC Main Track
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 M50-54 W30-59 W55+	Javelin Long Jump Hammer Shot Put	<i>North End</i> <i>Pit 1</i> <i>Hammer Circle</i> <i>North End</i>
12.40pm	M65+ W30-44 W30+ M30-49	Shot Put Javelin High Jump Long Jump	<i>North End</i> <i>North End</i> <i>South End</i> <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
9.50am	M30-59, W30-49	400m Hurdles
10.00am	M60-79, W50-69	300m Hurdles
10.15am	W70+, M80+	200m Hurdles
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	