

**Saturday 21st February 2026 - Track Events QSAC Main Track  
QMA State Championships 2026 DRAFT PROGRAM**

<b>8.30am</b>	M30+	5000m
<b>9.00am</b>	W30+ M30+ W30+	5000m 5000m Walk
<b>10.00am</b>	M30-49 W30-39, M50-69,	110m Hurdles 100m Hurdles
<b>10.10am</b>	M30+, W30+	80m Hurdles
<b>10.30am</b>	M30+, W30+	60m Hurdles
<b>11.00am</b>	W30+	800m
<b>11.15am</b>	M55+	800m
<b>11.30am</b>	M30-54	800m
<b>12.00pm</b>	W30+	100m
<b>12.20pm</b>	M30+	100m
<b>12.55pm</b>	W30+	400m
<b>1.15pm</b>	M30+	400m

**Saturday - 21st February - Field Events DRAFT PROGRAM**

<b>8.00am</b>	M65+ W30-54 M30-64 W55+ M60+	Hammer Long Jump Shot Put Javelin High Jump	<i>Hammer Circle Pit 1 North End North End South End</i>
<b>9.10am</b>	M55+ W35-44 W45-54 W60+	Long Jump Shot Put Javelin Hammer	<i>Pit 1 North End North End Hammer Circle</i>
<b>10.20am</b>	M30-64 W30-34, W45-54 M65+ W55+ M30-59	Hammer Shot Put Javelin Long Jump High Jump	<i>Hammer Circle North End North End Pit 1 South End</i>

<b>11.30am</b>	M30-64	Javelin	<i>North End</i>
	M50-54	Long Jump	<i>Pit 1</i>
	W30-59	Hammer	<i>Hammer Circle</i>
	W55+	Shot Put	<i>North End</i>
<b>12.40pm</b>	M65+	Shot Put	<i>North End</i>
	W30-44	Javelin	<i>North End</i>
	W30+	High Jump	<i>South End</i>
	M30-49	Long Jump	<i>Pit 1</i>

**Sunday 22nd February 2026 - Track Events**  
**QMA State Championships DRAFT PROGRAM**

<b>8.30am</b>	M30-59	3000m Steeplechase
<b>8.55am</b>	M60+, W30+	2000m Steeplechase
<b>9.30am</b>	M/W30+	1500m Walk
<b>9.50am</b>	M30-59, W30-49	400m Hurdles
<b>10.00am</b>	M60-79, W50-69	300m Hurdles
<b>10.15am</b>	W70+, M80+	200m Hurdles
<b>10.30am</b>	W30+	60m
<b>10.55am</b>	M30+	60m
<b>11.40am</b>	Women	Champion of Champions 100m
<b>11.50am</b>	Men	Champion of Champions 100m
<b>12.25pm</b>	W30+, M60+	1500m
<b>12.40pm</b>	M30-59	1500m
<b>1.10pm</b>	W30+	200m
<b>1.30pm</b>	M30+	200m

**Sunday 22nd February - Field Events DRAFT PROGRAM**

<b>7.45am</b>	W30-49	Discus	<i>Discus Cage</i>
<b>8.00am</b>	M30-59	Weight	<i>Hammer Cage</i>
	M70+, W55+	Pole Vault	
<b>9.00am</b>	M30-69, W30-54	Pole Vault	
<b>9.10am</b>	M30-59	Triple Jump	
	M60-69	Weight	<i>Hammer Cage</i>
	M70+	Discus	<i>Discus Cage</i>

<b>10.00am</b>	W30-54	Weight	<i>Hammer Cage</i>
<b>10.20am</b>	W55+	Discus	<i>Discus Cage</i>
<b>11.30am</b>	M55-69 M70+	Discus Weight	<i>Discus Cage Hammer Cage</i>
<b>12.00pm</b>	W30+	Triple Jump	
<b>12.40pm</b>	M30-54, W50-54 W55+	Discus Weight	<i>Discus Cage Hammer Cage</i>
<b>1.15pm</b>	M60+	Triple Jump	