

#### **4th March 2023 Saturday Venue QSAC (main track)**

- 8.00** 2000m Run/Walk  
Discus M30+ Southern Cage  
Javelin W30+ Northern End  
High Jump
- 8.15** 60m Sprint Hurdles
- 8.20** 60m
- 8.45** 200m  
Javelin M30+ Northern End  
Shot Put W30+
- 9.00** Pole Vault
- 9.05** 800m
- 9.30** 100m
- 9.55** 3000m Steeplechase 0.838m height  
2000m Steeplechase 0.76m height
- 10.00** Shot Put M30+  
Discus W30+ Southern Cage  
Long Jump/Triple Jump
- 10.25** 400m

#### **18th March 2023 Saturday Venue SAF**

- 8.00** 1500m Run/Walk  
Hammer M30+, W30+  
High Jump
- 8.15** 60m Sprint Hurdles
- 8.20** 60m
- 8.40** 200m
- 9.00** 800m Run/Walk  
Pole Vault  
Weight M30+, W30+
- 9.20** 100m
- 10.00** 400m  
Super Weight M30+, W30+  
Long Jump