

QMA State Championships 2026 Final Program

Saturday 21st February 2026 - Track Events Main Track

8.00am	M30+	5000m
8.30am	W30+	5000m
	M30+ W30+	5000m Walk
9.45am	M30-49	110m Hurdles
	W30-39, M50-69,	100m Hurdles
9.55am	M30+, W30+	80m Hurdles
10.45am	M30+, W30+	60m Hurdles
11.15am	W30+	800m
11.30am	M60+	800m
11.40am	M30-59	800m
12.00pm	W30+	100m
12.30pm	M30+	100m
1.15pm	W30+	400m
1.45pm	M30+	400m

Saturday - 21st February - Field Events

8.00am	W50-59	Hammer	<i>Hammer Circle</i>
	W30-49	Long Jump	<i>Pit 1</i>
	W60+	Shot Put	<i>Southern End -West</i>
	M60+	High Jump	<i>South End</i>
9.10am	M60+	Long Jump	<i>Pit 1</i>
	M 30-49	Shot Put	<i>Southern End -West</i>
	M50-59	Shot Put	<i>Southern End - East</i>
	W40-49	Javelin	<i>North End</i>
	W50-59	Javelin	<i>South End</i>
	W60+	Hammer	<i>Hammer Circle</i>
10.20am	M30-59	Hammer	<i>Hammer Circle</i>
	W30-39	Shot Put	<i>Southern End - West</i>
	W40-49	Shot Put	<i>Southern End -East</i>
	M60+	Javelin	<i>North End</i>
	W50+	Long Jump	<i>Pit 1</i>

	M30-59	High Jump	<i>South End</i>
11.30am	W30-39	Javelin	<i>North End</i>
	W60+	Javelin	<i>South End</i>
	M30-59	Long Jump	<i>Pit 1</i>
	M 60+	Hammer	<i>Hammer Circle</i>
	W50-59	Shot Put	<i>South End - West</i>
12.40pm	W30-39	Hammer	<i>Hammer Circle</i>
	M60+	Shot Put	<i>South End - West</i>
	M30-49	Javelin	<i>North End</i>
	M50-59	Javelin	<i>South End</i>
	W30+	High Jump	<i>South End</i>
1.40pm	W40-49	Hammer	<i>Hammer Circle</i>

Sunday 22nd February 2026 - Track Events Main Track QMA State Championships

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
11.00am	M30+	60m
11.50am	Women	Champion of Champions 100m
12.00pm	Men	Champion of Champions 100m
12.25pm	W30+, M60+	1500m
12.40pm	M30-59	1500m
1.10pm	W30+	200m
1.45pm	M30+	200m

Sunday 22nd February - Field Events

7.45am	W30-39	Discus	<i>Discus Cage</i>
	W30, W55+, M60+	Pole Vault	
	M30-59	Weight	<i>Hammer Cage</i>
9.00am	W30+	Triple Jump	
	M60+	Weight	<i>Hammer Cage</i>
	W50-59	Discus	<i>Discus Cage</i>

9.15am	M30-59, W40	Pole Vault	
10.10am	W60+ M70+	Weight Discus	<i>Hammer Cage Discus Cage</i>
11.20am	M55-69 W45-59	Discus Weight	<i>Discus Cage Hammer Cage</i>
12.00pm	M30+	Triple Jump	
12.30pm	W60+ W30-44	Discus Weight	<i>Discus Cage Hammer Cage</i>
1.40pm	W40-49 M30-54	Discus Discus	<i>Hammer Cage Discus Cage</i>