

QMA STATE CHAMPIONSHIPS PROGRAM DRAFT 2023

Saturday 18th February - Track Events

| | | |
|-----------------|----------------------------|---|
| 8.00am | M30+ W30+ M30+ W30+ | 5000m 5000m Walk |
| 9.00am | M30-49 M50-59 W30-39 | 110 Hurdles 100m Hurdles 100m Hurdles |
| 9.15am | M60-69 | 100m Hurdles |
| 9.25am | W40-49 M70-79 W50-59 | 80m Hurdles 80m Hurdles 80m Hurdles |
| 9.35am | M80+ W60+ | 80m Hurdles 80m Hurdles |
| 11.00am | W30+ | 800m |
| 11.15am | M30+ | 800m |
| 11.30am | W30+ | 100m |
| 11.45.am | M30+ | 100m |
| 1.00pm | W30+ | 400m |
| 1.15pm | M30+ | 400m |

Saturday - 18th February - Field Events

| | | |
|----------------|----------------------------|------------------------------|
| 8.00am | W30-59 W60+ M30-59 | Discus Shot Put Hammer |
| 8.30am | M60+ | Long Jump |
| 9.25am | W60+ M60-69 M70+ | Discus Hammer Shot Put |
| 9.45am | M/W 60+ W30+ | Pole Vault Long Jump |
| 10.50am | W30-59 M30-59 M60-69 | Hammer Shot Put Discus |
| 11.45am | M30-59 | Long Jump |

| | | |
|----------------|-------------------------------------|--|
| 12.15pm | W30-59 W60+ M70+ M/W 30-59 | Shot Put Hammer Discus Pole Vault |
|----------------|-------------------------------------|--|

| | | |
|---------------|--------------------------|------------------------------|
| 1.15pm | M30-59 M60-69 M70+ | Discus Shot Put Hammer |
|---------------|--------------------------|------------------------------|

Sunday 19th February - Track Events

| | | |
|----------------|------------------|------------------------------|
| 8.00am | M60+, W30+ | 2000m Steeplechase |
| 8.20am | M30-59 | 3000m Steeplechase |
| 9.00am | M/W30+ | 1500m Walk |
| 9.30am | M30-59 W30-49 | 400m Hurdles 400m Hurdles |
| 9.45am | M60-79 W50-69 | 300m Hurdles 300m Hurdles |
| 10.00am | M80+ W70+ | 200m Hurdles 200m Hurdles |
| 10.30am | W30+ | 60m |
| 10.50am | M30+ | 60m |
| 11.30am | Women | Champion of Champions 100m |
| 11.45am | Men | Champion of Champions 100m |
| 12.15pm | W30+ | 1500m |
| 12.30pm | M30+ | 1500m |
| 1.00pm | W30+ | 200m |
| 1.15pm | M30+ | 200m |

Sunday 19th February - Field Events

| | | |
|----------------|----------------------------------|---|
| 8.00am | W30-59 W60+ M30-59 M60+ | Javelin High Jump Weight Triple Jump |
| 9.15am | M70+ W30-59 W60+ M30-59 | Javelin High Jump Weight Triple Jump |
| 10.30am | M60-69 M70+ W30-59 | Javelin High Jump Weight |
| 11.45am | M30-59 M60-69 | Javelin High Jump |

| | | |
|---------------|--------|-------------|
| | M70+ | Weight |
| | W30+ | Triple Jump |
| 1.00pm | W60+ | Javelin |
| | M30-59 | High Jump |
| | M60-69 | Weight |