

**16th September 2023 Saturday SAF**

<b>8.00</b>	3000m	Run / Race Walk
		High Jump All
	Javelin	Men Southern End
	Shot Put	Women Northern End
<b>8.30</b>	60m	
<b>9.00</b>	100m	
	Discus	Men Northern Cage
	Javelin	Women Southern End
<b>9.15</b>	Pole Vault	All
<b>9.30</b>	200m	
<b>9.50</b>	Long Jump	All
<b>10.00</b>	1500m	Run / Race Walk
	Shot Put	Men Northern End
	Discus	Women Northern Cage
<b>10.20</b>	300m	

**23rd September 2023 Saturday SAF**

<b>8.00</b>	5000m	Run / Race Walk
	Long Jump	All
	Triple Jump	All
	Hammer	Women Southern Cage
	Javelin	Men Northern End
<b>8.15</b>	Sprint Hurdles	60m with 5 hurdles
<b>8.40</b>	200m	
<b>9.00</b>	Pole Vault -	All
	Javelin	Women Northern End
	Weight	Men Northern End
<b>9.10</b>	60m	
<b>9.35</b>	100m	
<b>10.00</b>	800m	Run / Race Walk
	High Jump	All
	Weight	Women Northern End
	Hammer	Men Southern Cage
<b>10.15</b>	400m	

**30th September, 1st and 2nd October SAF  
AMA Winter Throws Competition  
Entries Close on 10th September**

Saturday: Throws pentathlon plus 56lb and 100lb  
Sunday: Individual throws and weight for distance  
Monday: Heavy Weight Throws Pentathlon plus super weight  
9.00am to 4.00pm daily

**7th October 2023      SAF      Saturday**

**8.00**    3000m            *Run / Race Walk*  
          High Jump        All  
          Shot Put            Women Northern End  
          Hammer            Men      *Southern Cage*

**8.30**    60m

**9.00**    100m  
          Pole Vault        All  
          Hammer            Women *Southern Cage*  
          Discus            Men      *Northern Cage*

**9.30**    400m

**9.45**    Long Jump  
          Triple Jump

**9.55**    1000m steeplechase

**10.10**  1500m            *Run / Race Walk*  
          Discus            Women *Northern Cage*  
          Shot Put          Men      *Northern End*

**10.25**  200m

**21st October 2023 Saturday Venue SAF**

**50th Anniversary Celebrations**

**Events marked \*\* were held at the first competition 50 years ago**

**8.00**    3000m            *Run / Race Walk*  
          Discus            M30+ *Northern Cage*  
          Shot Put \*\*        W30+ *Northern End*  
          High Jump        All

**8.15**    Sprint Hurdles *60m with 5 hurdles*

**8.30**    60m

**8.45**    Pole Vault

**8.55**    200m

**9.00**    Discus            W30+ *Northern Cage*  
          Hammer          M30+ *Southern Cage*

**9.30**    100m\*\*

**9.40**    800m \*\*        *Run*

**9.50**    800m\*\*        *Race Walk*  
          Long Jump\*\*    All

**10.00**  Hammer            W30+ *Southern Cage*  
          Shot Put \*\*        M30+ *Northern Cage*

**10.15**  400m

**10.30**  4 x 100m

## 29th October 2023 Sunday Venue SAF

<b>2.30</b>	Long Hurdles	
	Pole Vault	All
	Javelin	W30+ <i>Northern End</i>
	Weight	M30+ <i>Southern Cage</i>
<b>2.45</b>	200m	
<b>3.15</b>	60m	
<b>3.30</b>	1500m	<i>Run / Race Walk</i>
	Javelin	M30+ <i>Northern End</i>
	Weight	W30+ <i>Southern Cage</i>
<b>3.40</b>	Long Jump	All
	Triple Jump	All
<b>4.00</b>	100m	
<b>4.15</b>	High Jump	All
<b>4.30</b>	300m	
	100 lb	All
<b>4.45</b>	5000m	<i>Run / Race Walk</i>

## 11th November 2023 Saturday SAF

<b>8.00</b>	3000m	Run / Race Walk
		High Jump All
	Hammer	M30+ <i>Southern End</i>
	Shot Put	W30+ <i>Northern End</i>
<b>8.15</b>	Sprint Hurdles	From 60m to 110m
<b>8.30</b>	60m	
<b>9.00</b>	100m	
	Discus	M30+ <i>Northern Cage</i>
	Hammer	W30+ <i>Southern End</i>
<b>9.15</b>	Pole Vault	All
<b>9.30</b>	200m	
<b>9.50</b>	Long Jump	All
	Triple Jump	All
<b>10.00</b>	800m	<i>Run / Race Walk</i>
	Shot Put	M30+ <i>Northern End</i>
	Discus	W30+ <i>Northern Cage</i>
<b>10.20</b>	300m	

## 18th/19th November 2023      Saturday SAF

Queensland Athletics are holding relays for track and field events on this date. QMA have the opportunity of entering teams for both track and field relay events. The events are:

4 x 100m  
4 x 400m  
4 x 800m  
3 x Discus  
3 x Shot Put  
3 x Long Jump

## 25th November 2023      Saturday SAF

**8.00**    3000m            Run / Race Walk  
          High Jump        All  
          Shot Put            W30+ *Northern Cage*  
          Javelin             M30+ *Southern End*

**8.15**    60m

**8.40**    100m

**8.45**    Weight Throw    W30+ *Northern End*

**9.10**    Shot Put            M30+ *Northern Cage*

**9.00**    200m  
          Pole Vault        All

**9.30**    2000m Steeplechase  
          3000m Steeplechase

**9.45**    Long Jump        All  
          Triple Jump       All

**9.50**    Javelin            W30+ *Southern End*  
          Weight            M30+ *Northern End*

**10.00** 400m  
          Long Hurdles

**3rd December 2023      Sunday SAF**

**2.30**    200m  
High Jump      All  
Shot Put        W30+    *Northern End*  
Weight          M30+

**3.00**    800m            *Run / Race Walk*

**3.30**    60m  
Pole Vault      All  
Weight          W30+  
Shot Put        M30+    *Northern End*

**3.50**    100m

**4.20**    400m

**4.30**    Long Jump      All  
Triple Jump    All  
56lb            All

**4.40**    Long Hurdles   200/300/400m

**4.50**    5000m          *Run / Race Walk*

**9th December 2023      Saturday SAF**

**8.00**    2000m          Run / Race Walk  
High Jump      All  
Hammer        W30+    *Southern Cage*  
Javelin        M30+    *Northern End*

**8.15**    Sprint Hurdles   From 60m to 110m

**8.30**    300m

**9.00**    **100 Yards**  
Pole Vault      All  
Discus          W30+    *Northern Cage*  
Hammer        M30+    *Southern Cage*

**9.30**    60m

**10.00**   **1 Mile**            *Run / Race Walk*  
Long / Triple Jump   All  
Javelin          W30+    *Northern End*  
Discus           M30+    *Northern End*

**10.20**   200m