

18th October 2025 Saturday SAF*

- 7.30** 2000m *Run / Race Walk*
Hammer Men 30-69 *Southern Cage*
Discus Women 30+ *Northern End*
Javelin Men 70+ *Northern End*
- 7.45** High Jump All
- 8.15** 60m
- 8.30** Pole Vault All
Javelin Women 30+ *Northern End*
Discus Men 30-69 *Northern End*
Hammer Men 70+ *Southern Cage*
- 8.45** 100m
- 9.15** 200m
- 9.30** Hammer Women 30+ *Southern Cage*
Javelin Men 30-69 *Northern End*
Discus Men 70+ *Northern End*
- 9.40** Long Jump All
- 9.45** 800m *Run / Race Walk*
- 10.10** 300m

8th November 2025 Saturday Main Track*

- 7.30** 3000m *Run / Race Walk*
- 7.45** Long /Triple Jump All
- Shot Put W30+ *Southern End*
Discus M30-64 *Southern Cage*
Javelin M65+ *Northern End*
- 8.15** Sprint Hurdles 60m with 5 hurdles
- 8.30** Pole Vault - All
- 8.30** 200m
- 8.45** Javelin M30-64 *Northern End*
Shot Put M65+ *Southern End*
Discus W30+ *Southern Cage*
- 9.10** 100m

9.35 1500m *Run / Race Walk*

9.45 Javelin *W30+ Northern End*
Shot Put *M30-64 Southern End*
Discus *M65+ Southern Cage*

9.50 60m
High Jump All

10.15 400m

15th/16th November 2025 SAF

Qld Athletics Relays

4 x 100m

4 x 200m

4 x 400m

4 x 800m

4 x 1500m

3 x Long Jump

3 x Shot Put

3 x Discus

22nd November 2025 Saturday Main Track*

7.00 3000m Steeplechase

7.15 2000m Steeplechase

7.30 Hammer *W45+ Northern End*
Discus *M30+ Discus Cage*
Shot Put *W30-44 Southern End*

7.40 3000m run/walk

8.00 Pole Vault

8.15 Sprint Hurdles

8.30 60m
Shot Put *M30+ Southern End*
Discus *W45+ Discus Cage*
Hammer *W30-44 Northern End*

8.45 High Jump

8.50 100m

9.30 200m
Hammer *M30+ Northern End*

Discus *W30-44 Discus Cage*
Shot Put *W45+ Southern End*

9.45 800m Run/Walk
Long Jump/Triple Jump

10.15 300m

29th November 2025 Saturday Main Track*

7.15 5000m Run/Walk

7.45 High Jump
Javelin *W30+ Northern End*
Hammer *M30-64 Southern Cage*
Shot Put *M65+ Southern End*

8.10 Long Hurdles

8.30 60m

8.30 Pole Vault

8.45 Hammer *M65+ Southern Cage*
Javelin *M30-64 Northern End*
Shot Put *W30+ Southern End*

8.50 200m

9.15 1500m Run/Walk

9.35 100m

9.45 Long Jump/Triple Jump
Shot Put *M30-64 Southern End*
Javelin *M65+ Northern End*
Hammer *W30+ Southern Cage*

10.15 400m

6th December 2025 Saturday Main Track*

7.30 3000m *Run / Race Walk*

7.45 Long/Triple Jump All

Weight *W30+ Southern End*
Discus *M30-64 Southern Cage*
Javelin *M65+ Northern End*

8.15 200m

8.30 Pole Vault - All

8.40 60m

8.45 Javelin M30-64 *Northern End*
Weight M65+ *Southern End*
Discus W30+ *Southern Cage*

9.10 100m

9.35 800m *Run / Race Walk*

9.45 Javelin W30+ *Northern End*
Weight M30-64 *Southern End*
Discus M65+ *Southern Cage*

9.50 High Jump All

10.00 300m

20th December 2025 Saturday, Main Track*

QMA State Decathlon/Heptathlon Championships Day 1

8.00 100m Decathlon
Shot Put M30+ *Southern End*
Hammer W30+ *Discus Cage*
Pole Vault

8.10 100m

8.30 Hurdles Heptathlon
Long Jump Decathlon

8.35 Sprint Hurdles

8.45 60m

8.55 High Jump Heptathlon

9.00 1500m run/walk
Hammer M30+ *Discus Cage*
Javelin W30+ *Northern End*

9.15 Shot Put Decathlon
200m

9.30 Long Jump/Triple Jump

9.45 Shot Put Heptathlon

10.00 High Jump Decathlon
400m
Javelin M30+ *Northern End*

10.15 Shot Put W30+ *Southern End*

10.30am **200m Heptathlon**

11.00am **400m Decathlon**

21st December 2025 Sunday Main Track*

QMA State Decathlon/ Heptathlon Championships Day 2

8.00 **Hurdles Decathlon**

8.05 Sprint Hurdles

8.15 **Long Jump Heptathlon**

3000m Run/Walk

Super Weight M30+ W30+ *Southern Cage*

8.30 **Discus Decathlon** *Discus Cage*

8.45 60m

9.00 **Javelin Heptathlon North End**

100m

9.30 56 lb M30+ W30+ *Southern Cage*

9.15 **Pole Vault Decathlon**

High Jump

9.30 800m Run/Walk

9.45 **800m Heptathlon**

10.00 300m

10.30 **Javelin Decathlon North End**

100 lb M30+, W30+ *Southern Shot Circle*

11.15 **1500m Decathlon**

17th January 2026 Saturday Main Track*

QMA 3000m Run/Walk Championship

7.30 3000m Run / Race Walk Championship

7.45 Discus W50+, M70+ *Northern Cage*

Shot Put W30-49 *South End*

Weight M30-69 *Southern Cage*

8.00 Pole Vault All

8.05 Sprint Hurdles

8.20 300m

8.45 Weight *W30-49 South Cage*
Discus *M30-69 North Cage*
Shot Put *W50+, M70+ South Circle*

8.50 **100 Yards (91.44m)**
High Jump All

9.30 60m

9.45 Long / Triple Jump All
Weight *W50+, M70+ Southern Cage*
Discus *W30-49 Northern Cage*
Shot Put *M30-69 South End*

9.50 1500m *Run / Race Walk*

10.15 200m

24th January 2026 Main Track
QMA Outdoor Pentathlon Championships

7.15 **1 Mile (1.61km)** *Run / Race Walk*

7.45 **100m W30+ Pent**
Long Jump M30+ Pent
Discus *M30+ Northern Cage*
Hammer *W30+ Southern Cage*

8.00 Pole Vault
8.00 100m

8.10 **Shot Put W30+ Pent**

8.30 **Javelin M30+ Pent** *Northern End*
8.30 300m

8.45 **Long Jump W30+ Pent**
Shot Put *M30+*
Discus *W30+ Northern Cage*

9.15 **200m M30+ Pent**

9.20 200m

9.30 **Javelin W30+ Pent** *Northern End*
High Jump

9.35 **Discus M30+ Pent** *Northern Cage*

9.45 Hammer *M30+ Southern Cage*
Shot Put *W30+*

9.50 60m

10.00 800m Run/Walk

10.15 **800m W30+ Pent**

10.20 **1500m M30+ Pent**

31st January 2026 Main Track

7.20 3000m Steeplechase

7.40 2000m Steeplechase

7.45 Javelin W50+, M70+ *Northern End*
Discus W30-49 *Discus Cage*
Weight M30-69 *Hammer Cage*

8.00 3000m Run/Walk

8.00 Pole Vault

8.30 300m

8.45 Weight W30-49 *Hammer Cage*
Discus W50+, M70+ *Discus Cage*
Javelin M30-69 *Northern End*

8.55 100m

9.00 High Jump

9.30 200m

9.55 1500m Run / Walk

9.45 Long Jump
Weight W50+, M70+ *Hammer Cage*
Discus M30-69 *Discus Cage*
Javelin W30-49 *Northern End*

10.20 Sprint Hurdles

14th February 2026 Saturday, Venue SAF

AMA Decathlon and Heptathlon Championships

QMA Throws Pentathlon Women

7.30 Hammer Th Pent W30-49 Hammer Cage

8.00 **100m Decathlon**

8.10 100m

8.15 Shot Put Th Pent W30-49 South End - West

Hammer Th Pent W50+ Hammer Cage

8.20 Pole Vault

8.30 **Hurdles Heptathlon**

Long Jump Decathlon 2 x pits

Gp 1 M40-69

Gp 2 M70+, W40+

8.45 60m

9.00 **High Jump Heptathlon 2 x pits**

Gp 1 M45+ South End

Gp 2 W40+ North End

9.00 1500m run/walk

Discus Th Pent W30-49 Discus Cage

Shot Put Th Pent W50+ South End - West

9.15 200m

Shot Put Decathlon

M70+, W40+ South End - East

9.30 Sprint Hurdles

Long Jump

9.45 **Shot Put Decathlon**

M40-69 South End - West

9.45 Javelin Th Pent W30-49 North End

Discus Th Pent W50+ Discus Cage

10.00 **Shot Put Heptathlon**

W40+ South End - East

400m

10.00 **High Jump Decathlon**

M70+, W40+ North End

10.30 **Shot Put Heptathlon**

M45+ South End - West

10.30 **High Jump Decathlon**

M40-69 South End

10.30 Weight Th Pent W30-49 Hammer Cage

Javelin Th Pent W50+ North End

11.15 **200m Heptathlon**

W40+

M45+

11.15 Weight Th Pent W50+ Hammer Cage

11.30 **400m Decathlon**

M70+, W40+

M40-69

**15th February 2026 Sunday, Venue Main Track
AMA Decathlon and Heptathlon Championships
QMA Throws Pentathlon Men**

7.30 Hammer Th Pent M60+ *Hammer Cage*

7.45 **Hurdles Decathlon**

8.15 3000m Run/Walk

Long Jump Heptathlon

M45+ Pit selected according to the wind direction

W40+ Second pit also selected according to the wind direction

8.15 Shot Put Th Pent M60+ *South End - West*
Hammer Th Pent M30-59 *Hammer Cage*

8.30 **Discus Decathlon**
M40-69 *Northern Cage*

8.45 60m

9.00 Shot Put Th Pent M30-69 *South End - West*
Discus Decathlon
M70+, W30+ *Hammer Cage*

9.10 100m

9.15 **Javelin Heptathlon**
M45+ *Southern End*
W40+ *Northern End*

9.15 Discus Th Pent M60+ *Northern Cage*
High Jump

9.30 **Pole Vault Decathlon**
Starting height 2.00m Pit 1

9.45 **Pole Vault Decathlon**
Starting height 1.30m Pit 2

9.30 800m Run/Walk

9.45 Discus Th Pent M30-59 *Hammer Cage*

10.00 Javelin Th Pent M60+ *Southern End*

10.10 **800m Heptathlon**

10.20 300m

10.30 Javelin Th Pent M30-59 *Northern End*

10.45 Weight Th Pent M60+ *Hammer Cage*

11.15 **Javelin Decathlon** M40-69 *Southern End*

11.15 **Javelin Decathlon** M70+, W30+ *Northern End*

11.30 Weight Th Pent M30-59 *Hammer Cage*

11.30 **1500m Decathlon**

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

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

Saturday - 21st February - Field Events DRAFT PROGRAM

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

	M30-59	High Jump	<i>South End</i>
11.30am	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>
12.40pm	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**

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
10.55am	M30+	60m
11.40am	Women	Champion of Champions 100m
11.50am	Men	Champion of Champions 100m
12.25pm	W30+, M60+	1500m
12.40pm	M30-59	1500m
1.10pm	W30+	200m
1.30pm	M30+	200m

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

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

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

28th February 2026 Saturday, Venue SAF
Tom Gould 300m Handicap - All
Bernie Hogan 100m Handicap - All
Ted Vickers Javelin Handicap - Men
Ruth Frith Javelin Handicap - Women
John Cooper 60m Best Age Grades - All

- 8.00 Sprint Hurdles
Pole Vault
Discus M30-59 *Discus Cage*
Hammer M60+ *Hammer Cage*
Javelin H'cap W30+ Northern End
- 8.10 3000m Run / Walk
- 8.45 **300m Handicap Heats**
- 8.55 Ruth Frith Women's Javelin **Presentation**
- 9.00 **60m**
Javelin H'cap M30-59 Northern End
Hammer W30+ *Hammer Cage*
Discus M60+ *Discus Cage*
- 9.15 60m John Cooper Awards **Presentation**
- 9.20 **100m Handicap Finals**
- 9.30 Long Jump
- 9.35 100m Bernie Hogan Awards **Presentation**
- 9.40 800m Run / Walk
- 10.00 200m
High Jump
Hammer M30-59 *Hammer Cage*
Discus W30+ *Discus Cage*

Javelin H'cap M60+ *Northern End*

10.25 **300m Handicap Finals**

10.40 Ted Vickers Javelin Awards **Presentation**

10.45 Tom Gould 300m Awards **Presentation**