

**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	<i>W30+ Southern End</i>
Discus	<i>M30-64 Southern Cage</i>
Javelin	<i>M65+ Northern End</i>

**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**

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

**Saturday - 21st February - Field Events DRAFT PROGRAM**

<b>8.00am</b>	M65+	Hammer	<i>Hammer Circle</i>
	W30-54	Long Jump	<i>Pit 1</i>
	M30-64	Shot Put	<i>North End</i>
	W55+	Javelin	<i>North End</i>
	M60+	High Jump	<i>South End</i>
<b>9.10am</b>	M55+	Long Jump	<i>Pit 1</i>
	W35-44	Shot Put	<i>North End</i>
	W45-54	Javelin	<i>North End</i>
	W60+	Hammer	<i>Hammer Circle</i>
<b>10.20am</b>	M30-64	Hammer	<i>Hammer Circle</i>
	W30-34, W45-54	Shot Put	<i>North End</i>
	M65+	Javelin	<i>North End</i>
	W55+	Long Jump	<i>Pit 1</i>

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

<b>8.30am</b>	M30-59	3000m Steeplechase	
<b>8.55am</b>	M60+, W30+	2000m Steeplechase	
<b>9.30am</b>	M/W30+	1500m Walk	
<b>9.50am</b>	M30-59, W30-49	400m Hurdles	
<b>10.00am</b>	M60-79, W50-69	300m Hurdles	
<b>10.15am</b>	W70+, M80+	200m Hurdles	
<b>10.30am</b>	W30+	60m	
<b>10.55am</b>	M30+	60m	
<b>11.40am</b>	Women	Champion of Champions 100m	
<b>11.50am</b>	Men	Champion of Champions 100m	
<b>12.25pm</b>	W30+, M60+	1500m	
<b>12.40pm</b>	M30-59	1500m	
<b>1.10pm</b>	W30+	200m	
<b>1.30pm</b>	M30+	200m	

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

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

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