

11th February 2023 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 3000m Run/Walk
Pole Vault - All
Weight Throw M30+ North/West Corner
Javelin H'cap W30+ Northern End
- 8.30 Long Hurdles
- 8.45 **300m Handicap Heats**
- 9.00 **60m**
Javelin H'cap M30+ Northern End
Hammer W30+
- 9.20 **100m Handicap Finals**
- 9.30 Long Jump
- 9.40 800m
- 10.00 200m
High Jump
Hammer M30+
Weight W30+ North/West Corner
- 10.25 **300m Handicap Finals**

18th February 2023 Saturday QMA State Championships Venue SAF

Events: 5000m Walk, Steeplechase, Sprint Hurdles, 1500m, 100m, 400m, Shot Put, Javelin, Hammer, High Jump, Long Jump

19th February 2023 Sunday QMA State Championships Venue SAF

Events: 5000m, Long Hurdles, 60m, 100m Champion of Champions, 200m, 800m, Discus, Weight, Triple Jump, Pole Vault