

**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**

**8.00 100m Decathlon**

8.10 100m

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

9.15 200m

**Shot Put Decathlon**

M70+, W40+ South End - East

**9.15 Shot Put Decathlon**

M40-69 South End - West

9.30 Sprint Hurdles

Long Jump

**10.00 Shot Put Heptathlon**

W40+ South End - East

400m

**10.00 Shot Put Heptathlon**

M45+ South End - West

**10.00 High Jump Decathlon**

M70+, W40+ North End

**10.30 High Jump Decathlon**

M40-69 South End

**11.00 200m Heptathlon**

W40+

M45+

**11.15 400m Decathlon**

M70+, W40+

M40-69

**15th February 2026 Sunday, Venue Main Track  
AMA Decathlon and Heptathlon Championships**

**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

**8.30 Discus Decathlon**

M40-69 Northern Cage

**Discus Decathlon**

M70+, W30+ Hammer Cage

8.45 60m

**9.00 Javelin Heptathlon**

M45+ Southern End

W40+ Northern End

9.10 100m

9.15 High Jump

**9.15 Pole Vault Decathlon**

Starting height 2.00m Pit 1

**9.15 Pole Vault Decathlon**

Starting height 1.30m Pit 2

9.30 800m Run/Walk

**10.00 800m Heptathlon**

10.20 300m

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

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

**11.45 1500m Decathlon**

### **QMA State Championships 2026 Final Program**

#### **Saturday 21st February 2026 - Track Events Main Track**

|                |                           |                              |
|----------------|---------------------------|------------------------------|
| <b>8.00am</b>  | M30+                      | 5000m                        |
| <b>8.30am</b>  | W30+<br>M30+ W30+         | 5000m<br>5000m Walk          |
| <b>9.45am</b>  | M30-49<br>W30-39, M50-69, | 110m Hurdles<br>100m Hurdles |
| <b>9.55am</b>  | M30+, W30+                | 80m Hurdles                  |
| <b>10.45am</b> | M30+, W30+                | 60m Hurdles                  |
| <b>11.15am</b> | W30+                      | 800m                         |
| <b>11.30am</b> | M60+                      | 800m                         |
| <b>11.40am</b> | M30-59                    | 800m                         |
| <b>12.00pm</b> | W30+                      | 100m                         |
| <b>12.30pm</b> | M30+                      | 100m                         |
| <b>1.15pm</b>  | W30+                      | 400m                         |
| <b>1.45pm</b>  | M30+                      | 400m                         |

#### **Saturday - 21st February - Field Events**

|               |                                  |  |   |
|---------------|----------------------------------|--|---|
| <b>8.00am</b> | W50-59<br>W30-49<br>W60+<br>M60+ | Hammer<br>Long Jump<br>Shot Put<br>High Jump | <i>Hammer Circle</i><br><i>Pit 1</i><br><i>Southern End -West</i><br><i>South End</i> |
| <b>9.10am</b> | M60+                             | Long Jump                                    | <i>Pit 1</i>  |

|                |  |   |   |
|----------------|--|---|---|
|                | M 30-49<br>M50-59<br>W40-49<br>W50-59<br>W60+        | Shot Put<br>Shot Put<br>Javelin<br>Javelin<br>Hammer                | <i>Southern End -West</i><br><i>Southern End - East</i><br><i>North End</i><br><i>South End</i><br><i>Hammer Circle</i>                 |
| <b>10.20am</b> | M30-59<br>W30-39<br>W40-49<br>M60+<br>W50+<br>M30-59 | Hammer<br>Shot Put<br>Shot Put<br>Javelin<br>Long Jump<br>High Jump | <i>Hammer Circle</i><br><i>Southern End - West</i><br><i>Southern End -East</i><br><i>North End</i><br><i>Pit 1</i><br><i>South End</i> |
| <b>11.30am</b> | W30-39<br>W60+<br>M30-59<br>M 60+<br>W50-59          | Javelin<br>Javelin<br>Long Jump<br>Hammer<br>Shot Put               | <i>North End</i><br><i>South End</i><br><i>Pit 1</i><br><i>Hammer Circle</i><br><i>South End - West</i>                                 |
| <b>12.40pm</b> | W30-39<br>M60+<br>M30-49<br>M50-59<br>W30+           | Hammer<br>Shot Put<br>Javelin<br>Javelin<br>High Jump               | <i>Hammer Circle</i><br><i>South End - West</i><br><i>North End</i><br><i>South End</i><br><i>South End</i>                             |
| <b>1.40pm</b>  | W40-49   | Hammer  | <i>Hammer Circle</i>  |

**Sunday 22nd February 2026 - Track Events Main Track  
QMA State Championships**

|                |                |                            |
|----------------|----------------|----------------------------|
| <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>11.00am</b> | M30+           | 60m                        |
| <b>11.50am</b> | Women          | Champion of Champions 100m |
| <b>12.00pm</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                       |

**1.45pm** M30+ 200m

### **Sunday 22nd February - Field Events**

|                |                                     |                                 |  |
|----------------|-------------------------------------|---------------------------------|--|
| <b>7.45am</b>  | W30-39<br>W30, W55+, M60+<br>M30-59 | Discus<br>Pole Vault<br>Weight  | <i>Discus Cage</i><br><br><i>Hammer Cage</i> |
| <b>9.00am</b>  | W30+<br>M60+<br>W50-59              | Triple Jump<br>Weight<br>Discus | <i>Hammer Cage</i><br><br><i>Discus Cage</i> |
| <b>9.15am</b>  | M30-59, W40                         | Pole Vault                      |  |
| <b>10.10am</b> | W60+<br>M70+                        | Weight<br>Discus                | <i>Hammer Cage</i><br><br><i>Discus Cage</i> |
| <b>11.20am</b> | M55-69<br>W45-59                    | Discus<br>Weight                | <i>Discus Cage</i><br><br><i>Hammer Cage</i> |
| <b>12.00pm</b> | M30+                                | Triple Jump                     |  |
| <b>12.30pm</b> | W60+<br>W30-44                      | Discus<br>Weight                | <i>Discus Cage</i><br><br><i>Hammer Cage</i> |
| <b>1.40pm</b>  | W40-49<br>M30-54                    | Discus<br>Discus                | <i>Hammer Cage</i><br><br><i>Discus Cage</i> |

### **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**