

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

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

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

Saturday - 21st February - Field Events

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

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

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

| | | |
|----------------|----------------|----------------------------|
| 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 |
| 11.00am | M30+ | 60m |
| 11.50am | Women | Champion of Champions 100m |
| 12.00pm | Men | Champion of Champions 100m |
| 12.25pm | W30+, M60+ | 1500m |
| 12.40pm | M30-59 | 1500m |
| 1.10pm | W30+ | 200m |

1.45pm M30+ 200m

Sunday 22nd February - Field Events

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