

## **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+ <i>Southern End</i>    |
| Discus  | M30-64 <i>Southern Cage</i> |
| Javelin | M65+ <i>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 SAF\***

**7.30** 3000m Run/Walk

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

**8.10** 2000m Steeplechase

**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 W30-54 *Hammer Cage*

- 8.00 **100m Decathlon**
- 8.10 100m
- 8.15 Shot Put Th Pent W30-54 *North End*  
Hammer Th Pent W55+ *Hammer Cage*
- 8.20 Pole Vault
- 8.30 **Hurdles Heptathlon**  
**Long Jump Decathlon**
- 8.45 60m
- 8.55 **High Jump Heptathlon**
- 9.00 1500m run/walk  
Discus Th Pent W30-54 *Discus Cage*  
Shot Put Th Pent W55+ *North End*
- 9.15 200m  
**Shot Put Decathlon** Southern End
- 9.30 Sprint Hurdles  
Long Jump
- 9.45 **Shot Put Heptathlon** *Southern End*  
Javelin Th Pent W30-54 *North End*  
Discus Th Pent W55+ *Discus Cage*
- 10.00 400m  
**High Jump Decathlon**
- 10.30 **200m Heptathlon**  
Weight Th Pent W30-54 *Hammer Cage*  
Javelin Th Pent W55+ *North End*
- 11.00 **400m Decathlon**
- 11.15 Weight Th Pent W55+ *Hammer Cage*

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

- 7.30 Hammer Th Pent M65+ *Hammer cCge*
- 8.00 **Hurdles Decathlon**
- 8.15 3000m Run/Walk  
**Long Jump Heptathlon**  
Shot Put Th Pent M65+ *North End*



Hammer Th Pent M30-64 *Hammer Cage*

8.30 **Discus Decathlon** *Northern Cage*

8.45 60m

9.00 100m

**Javelin Heptathlon** *Southern End*

Discus Th Pent M65+ *Discus Cage*

Shot Put Th Pent M30-64 *Northern End*

9.15 High Jump

**Pole Vault Decathlon**

9.30 800m Run/Walk

9.45 **800m Heptathlon**

Javelin Th Pent M65+ *Southern End*

Discus Th Pent M30-64 *Discus Cage*

10.00 300m

10.30 Weight Th Pent M65+ *Hammer Cage*

Javelin Th Pent M30-64 *Southern End*

10.45 **Javelin Decathlon** *Northern End*

11.15 Weight Th Pent M30-64 *Hammer Cage*

11.30 **1500m Decathlon**

## **Saturday 21st February 2026 - Track Events State Athletics Facility**

### **QMA State Championships 2026 DRAFT PROGRAM**

**8.30am** M30+ 5000m

**9.00am** W30+ 5000m  
M30+ W30+ 5000m Walk

**10.00am** M30-49 110m Hurdles  
W30-39, M50-69, 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

|                |      |      |
|----------------|------|------|
| <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<br>M70+, W55+     | Weight<br>Pole Vault            | <i>Hammer Cage</i>                       |
| <b>9.00am</b>  | M30-69, W30-54           | Pole Vault                      |  |
| <b>9.10am</b>  | M30-59<br>M60-69<br>M70+ | Triple Jump<br>Weight<br>Discus | <i>Hammer Cage</i><br><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<br>M70+           | Discus<br>Weight                | <i>Discus Cage</i><br><i>Hammer Cage</i> |
| <b>12.00pm</b> | W30+                     | Triple Jump                     |  |
| <b>12.40pm</b> | M30-54, W50-54<br>W55+   | Discus<br>Weight                | <i>Discus Cage</i><br><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**