

## **7th January 2023 Saturday Venue SAF Decathlon and Heptathlon Championships**

- 8.00 **100m Decathlon**  
Heavy Weight Throws Pentathlon Men and Women - North/West Corner  
Pole Vault
- 8.10 100m
- 8.30 **Hurdles Heptathlon**  
**Long Jump Decathlon**
- 8.45 60m
- 8.55 **High Jump Heptathlon**
- 9.00 1500m run/walk
- 9.15 200m  
**Shot Put Decathlon**
- 9.30 Long Jump
- 9.45 **Shot Put Heptathlon**
- 10.00 400m  
**High Jump Decathlon**
- 10.30 **200m Heptathlon**
- 11.00 **400m Decathlon**

## **8th January 2023 Sunday Venue SAF**

- 8.00 **Hurdles Decathlon**  
56 lb weight M30+, W30+ North/West Corner
- 8.15 3000m Run/Walk  
**Long Jump Heptathlon**
- 8.30 **Discus Decathlon** Northern Cage
- 8.45 60m
- 9.00 100m  
**Javelin Heptathlon** Southern End  
Super Weight M30+, W30+ North Corner
- 9.15 High Jump  
**Pole Vault Decathlon**
- 9.30 800m Run/Walk
- 9.45 **800m Heptathlon**
- 10.00 300m  
100 lb weight M30+, W30+ North/West Corner
- 10.30 **Javelin Decathlon** Northern End
- 11.15 **1500m Decathlon**

**14th January 2023 Saturday Venue SAF**  
**Men's Throws Pentathlon Championship. Entries close at 7.30am**

- 8.00 3000m Run/Walk  
Pole Vault  
**Hammer** Men Southern Cage (Gp 1 and Gp 2)  
Discus W30+ Northern Cage
- 8.30 Long Hurdles  
**Shot Put** Men Gp 1
- 8.45 60m
- 8.50 **Shot Put** Men Gp 2
- 9.00 High Jump  
**Discus** Men Gp 1 Northern Cage  
Hammer W30+ Southern Cage
- 9.05 200m
- 9.20 **Discus** Men Gp 2 Northern Cage
- 9.30 2000m Steeplechase 0.76m height  
3000m Steeplechase 0.838m height  
**Javelin** Men Gp 1 Northern End
- 9.50 Long/Triple Jump  
**Javelin** Men Gp 2 Northern End
- 10.00 100m  
Shot Put W30+  
**Weight** Men Gp 1 North/West Corner
- 10.20 **Weight** Men Gp 2 Northern Corner
- 10.30 300m

**21st January 2023 Saturday Venue SAF**  
**Throws Pentathlon Women Entries close at 7.30am**

- 8.00 5000m Run/Walk  
**Hammer W30+ Pent** Southern Cage  
Discus M30+ Northern Cage  
Pole Vault
- 8.30 Sprint Hurdles
- 8.30 **Shot Put W30+ Pent**
- 8.45 60m
- 9.00 800m  
4 x 800m  
**Discus W30+ Pent** Northern Cage  
Weight M30+ North/West Corner  
High Jump
- 9.10 300m

- 9.30 2km Steeplechase 0.76m height  
3km Steeplechase 0.838m height  
**Javelin W30+ Pent** Northern End
- 9.45 Long/Triple Jump
- 9.55 100m
- 10.00 Hammer M30+ Southern Cage  
**Weight W30+ Pent** North/West Corner
- 10.25 200m

**22nd January 2023 Sunday Venue Runaway Bay, Gold Coast**  
**QMA Pentathlon Championships**  
**QMA 3000m run/walk Championships**