

QMA 2018 Track & Field Championships - Programme

Saturday 21st April, 2018 - Track

8:00 AM	#1 Mixed 30+ 5000 Metre Race Walk
9:15 AM	#2 W30+ 2000 Metre Steeplechase 76.2cm
9:15 AM	#3 M60+ 2000 Metre Steeplechase 76.2cm
10:00 AM	#4 M30-49 110 Short Hurdles 99.1cm
10:00 AM	#5 M50-59 100 Short Hurdles 91.4cm
10:15 AM	#6 M60-69 100 Short Hurdles 84cm
10:15 AM	#7 W30-39 100 Short Hurdles 84cm
10:30 AM	#8 M70-79 80 Short Hurdles 76.2cm
10:30 AM	#9 W40-59 80 Short Hurdles 76.2cm
10:30 AM	#10 M80+ 80 Short Hurdles 68.6 cm
10:45 AM	#11 M30+ 1500 Metre Run
10:55 AM	#12 W30+ 1500 Metre Run
11:45 AM	#13 W30+ 100 Metre Sprint
11:55 AM	#14 M30+ 100 Metre Sprint
1:15 PM	#15 W30+ 400 Metre Sprint
1:25 PM	#16 M30+ 400 Metre Sprint

Saturday 21st April, 2018 - Field

8:00 AM	#17 W50+ Discus Throw
8:00 AM	#18 W30-49 Javelin Throw
8:00 AM	#19 M60-69 Shot Put
8:30 AM	#20 M30-59 Long Jump
9:15 AM	#21 M55-69 Hammer Throw
9:15 AM	#22 W50+ Weight Throw
9:45 AM	#23 X30+ Pole Vault
10:45 AM	#24 M30-54 Hammer Throw
10:45 AM	#25 M70+ Shot Put
10:45 AM	#26 W30-49 Weight Throw
11:30 AM	#27 M60-69 Long Jump
12:30 PM	#28 M70+ Hammer Throw
12:30 PM	#29 W50+ Javelin Throw
12:30 PM	#30 M50-59 Shot Put
12:30 PM	#31 W30+ Triple Jump
2:00 PM	#32 W30-49 Discus Throw
2:00 PM	#33 M30-49 Shot Put
2:00 PM	#34 M70+ Long Jump

Sunday 22nd April, 2018 - Track

8:00 AM	#35	Mixed 30+ 5000 Metre Run
9:10 AM	#36	M30-49 400 Long Hurdles 91.4cm
9:10 AM	#37	M50-59 400 Long Hurdles 84cm
9:30 AM	#38	M60-69 300 Long Hurdles 76.2cm
9:30 AM	#39	M70-79 300 Long Hurdles 68.6cm
9:50 AM	#40	M80+ 200 Long Hurdles 68.6cm
10:30 AM	#41	M30+ 60 Metre Sprint
10:40 AM	#42	W30+ 60 Metre Sprint
11:30 AM	#43	M30+ 100 Metre Sprint Champion of Champions
11:40 AM	#44	W30+ 100 Metre Sprint Champion of Champions
12:30 PM	#45	M30+ 200 Metre Sprint
12:40 PM	#46	W30+ 200 Metre Sprint
2:00 PM	#47	M30+ 800 Metre Run
2:15 PM	#48	W30+ 800 Metre Run

Sunday 22nd April, 2018 - Field

8:00 AM	#49	M50-59 Javelin Throw
8:00 AM	#50	M70+ Discus Throw
8:00 AM	#51	W50+ Shot Put
8:00 AM	#52	M30-54 High Jump
8:00 AM	#53	W30-49 Long Jump
9:00 AM	#54	W30+ High Jump
9:00 AM	#55	M70+ High Jump
9:15 AM	#56	M30-49 Discus Throw
9:15 AM	#57	M60-69 Javelin Throw
10:30 AM	#58	M55-69 High Jump
10:45 AM	#59	W50+ Hammer Throw
10:45 AM	#60	M30-59 Weight Throw
10:45 AM	#61	M70+ Javelin Throw
11:45 AM	#62	M60+ Triple Jump
12:15 PM	#63	W30-49 Hammer Throw
12:30 PM	#64	M60+ Weight Throw
12:45 PM	#65	M50-59 Discus Throw
1:15 PM	#66	M30-59 Triple Jump
2:00 PM	#67	M60-69 Discus Throw
2:00 PM	#68	M30-49 Javelin Throw
2:00 PM	#69	W30-49 Shot Put
2:00 PM	#70	W50+ Long Jump