

## QMA Brisbane Competition Details **Saturday 14<sup>th</sup> September**

<b>Time</b>	<b>Track</b>	<b>Jumps</b>	<b>Throws</b>
8.00am	3000m run/walk	High Jump (Southern End)	Hammer - Women (Southern Cage) Weight - Men (Northern Cage)
8.25am	Sprint Hurdles		
8.40am	60m		
8.45am			Hammer - Men (Southern Cage) Weight - Women (Northern Cage)
9.05am	100m		
9.15am		Long/Triple Jump (Western Side)	
9.30am		Pole Vault	<b>Javelin Coaching Session, Sthn End</b>
9.35am	1500m		
10.00am	4 x 60m Shuttle Relays		
10.30am	400m		