

QMA Brisbane Competition Details **Saturday 28th September**

Time	Track	Jumps	Throws
8.00am	5000m run/walk		Javelin – Men Sthn End Shot Put – Women Sthn Circle
8.10am	Long Hurdles	Long/Triple Jump (Western Side)	
8.20am			
8.45am	60m		Javelin – Women Sthn End Shot Put – Men Sthn Circle
9.05am	100m		
9.30am	800m	Pole Vault	Hammer Coaching Session
9.50am	200m		
10.00am		High Jump (Southern End)	
10.10am	1000m Dry Steeplechase No water jump, 9 steeples		
10.30am	300m		