

QMA Brisbane Competition Details Saturday 5th October – SAF

Please arrive in plenty of time to sign in for your events – AT LEAST 30 MINUTES before scheduled start time.

Ground fees \$10

Time	Track	Jumps	Throws
8.00am	3000m run/walk	High Jump (Southern End)	Hammer-Women Southern Cage Weight-M65+ Northern Cage Javelin-M30-64 Northern Runway
8.20am	Sprint Hurdles		
8.40am	60m		
8.45am			Hammer-M30-64 Southern Cage Weight-W30+ Northern Cage Javelin-M65+ Northern Runway
9.10am	100m		
9.30am		Pole Vault	Hammer-M65+ Southern Cage Weight-M30-64 Northern Cage Javelin-W30+ Northern Runway
9.35am	1500m		
9.45am		Long/Triple Jump (Western Side)	
9.50am	200m		
10.10am	4 x 100m Relays		
10.15am			Super Weight W30+ & M30+ Nthn Outside Fence
10.30am	400m		