

QMA Brisbane Competition Details Saturday 5th October – SAF

REMEMBER – Please arrive in plenty of time to sign on for your events AT LEAST 30 minutes before your first event.

Ground fees for the 2019 – 20 season are \$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 Nthern Runway
8.30am	Sprint Hurdles		
8.45am	60m		
9.00am			Hammer-M30-64 Southern Cage Weight-W30+ Northern Cage Javelin-M65+ Nthern Runway
9.10am	100m		
9.30am		Pole Vault	Javelin Coaching Session, Sthn End
9.40am	1500m		
9.45am		Long/Triple Jump (Western Side)	
9.35am	1500m		
9.45am			Hammer-M65+ Southern Cage Weight-M30-64 Northern Cage Javelin-W30+ Nthern Runway
10.00am	4 x 100m Relays		
10.30am	400m		56lb Heavy Weight-Nthn Outside Fence