

QMA Brisbane Competition Details
Saturday 19th 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	5000m run/walk	Long/Triple Jump (Western Side)	Shot Put W30+ Southern End Discus M65+ Northern Cage Javelin M30-64 Southern End
8.15am	Long Hurdles		
8.30am	60m		
8.45am			Discus W30+ Northern Cage Javelin M65+ Southern End Shot Put M30-64 Southern End
9.00am	100m		
9.25am	1500m		
9.30am		Pole Vault	Javelin W30+ Southern End Shot Put M65+ Southern End Discus M30-64 Northern Cage
9.45am	200m		
10.15am		High Jump (Southern End)	Javelin W30+ *Southern End Shot Put M30+ *Southern End * 3 throws only – Prize for nearest to athlete's estimated distance
10.20am	300m		

Please check the ROSTER BOX on the program page and put your name down to assist on a day that suits you.

NOTE: it is preferable that you DO NOT compete when you nominate a date for your roster.

Thanks