

QMA Brisbane Competition Details
Saturday 26th 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)	Discus W30+ Throws Cage Shot Put M65+ Southern End Weight M30-64 Northern Cage
8.20am	Short Hurdles		
8.40am	60m		
8.45am			Shot Put W30+ Southern End Weight M65+ Northern Cage Super Wt M30-64 Outer Fence
9.05am	100m		
9.20am	800m	Long/Triple Jump (Western Side)	
9.30am			Weight W30+ Northern Cage Super Wt M65+ Outer Fence Discus M30+ Throws Cage
9.35am	200m		
9.45am		Pole Vault	
9.50am	1000m Steeplechase – 8 barriers + one water jump.		
10.15am	400m		Super Wt W30+ Outer Fence Discus M65+ Throws Cage Shot Put M30-64 Southern End

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