

**QMA STATE CHAMPIONSHIPS 2025, Venue SAF -  
PRELIMINARY PROGRAM ONLY** - The final program will be  
published after entries close.

**Saturday 5th April 2025**

5000m

5000m Walk

Sprint Hurdles 110m, 100m, 80m, 60m

800m

100m

400m

Discus

Weight

Javelin

High Jump

Long Jump

**Sunday 6th April 2025**

Steeplechase

1500m Walk

Long Hurdles

60m

Champion of Champions 100m

1500m

200m

Hammer

Shot

Pole Vault

Triple Jump