

**11th January 2025 Saturday, Venue SAF**

8.00 2000m Run/Walk  
Pole Vault  
Shot Put M30+ *Northern End*  
Javelin W30+ *Northern End*

8.25 200m

8.50 60m

9.00 Long/Triple Jump  
Javelin M30+ *Northern End*  
Weight W30+ *Hammer Cage*

9.10 800m Run/Walk

9.25 Long Hurdles

9.35 100m

10.00 High Jump  
Weight M30+ *Hammer Cage*  
Shot Put W30+ *Northern End*

10.15 400m

**18th January 2025 Saturday, Venue SAF  
QMA Women's Throws Pentathlon Championship**

8.00 5000m Run/Walk  
**Hammer W30+ Pent** *Southern Cage*  
Discus M30+ *Northern Cage*  
Pole Vault  
High Jump

8.30 Sprint Hurdles

8.30 **Shot Put W30+ Pent Northern End**

8.45 60m

9.00 800m  
Long /Triple Jump  
**Discus W30+ Pent** *Northern Cage*  
Hammer M30+ *Hammer Cage*

9.10 300m

9.30 **Javelin W30+ Pent** *Northern End*  
Pole Vault

9.55 100m

10.00 Javelin M30+ *Northern End*  
**Weight W30+ Pent Hammer Cage**

10.25 200m

**25th January 2025 Saturday, Venue SAF**

**QMA Men's Throws Pentathlon Championship**

- 8.00 3000m Run/Walk  
Pole Vault  
**Hammer Men Southern Cage (Gp 1 / Gp 2)**  
Discus W30+ Northern Cage
- 8.30 Long Hurdles  
**Shot Put Men Gp 1 North End**
- 8.45 60m
- 8.50 **Shot Put Men Gp 2 North End**
- 9.00 High Jump  
**Discus Men Gp 1 Northern Cage**  
Weight W30+ Southern Cage
- 9.05 200m
- 9.20 **Discus Men Gp 2 Northern Cage**
- 9.30 2000m Steeplechase 0.76m height  
3000m Steeplechase 0.838m height  
**Javelin Men Gp 1 Northern End**
- 9.50 Long/Triple Jump  
**Javelin Men Gp 2 Northern End**
- 10.00 100m  
Shot Put W30+  
**Weight Men Gp 1 Hammer Cage**
- 10.20 **Weight Men Gp 2 Hammer Cage**
- 10.30 300m

**1st February 2025, Venue SAF**

**QMA Pentathlon Championships**

**QMA 3000m Run/Walk Championships**

**Entries close at 7.30am**

- 8.00 **100m W30+ Pent**  
**Long Jump M30+ Pent**  
Hammer M30+ Southern Cage  
Javelin W30+ Northern End
- 8.10 **3000m Run/Walk Championships**  
Pole Vault
- 8.20 **Shot Put W30+ Pent**
- 8.30 400m
- 8.45 **Javelin M30+ Pent** Northern End
- 8.50 60m
- 9.00 **Long Jump W30+ Pent**  
Shot Put M30+  
Hammer W30+ Southern Cage
- 9.20 200m
- 9.30 **200m M30+ Pent**  
**Javelin W30+ Pent** Northern End  
High Jump

- 9.40 1500m Run/Walk
- 9.50 **Discus M30+ Pent** Southern Cage
- 10.00 100m  
Javelin M30+ Northern End  
Shot Put W30+
- 10.15 **800m W30+ Pent**
- 10.30 **1500m M30+ Pent**

**15th February 2025 Saturday, Venue SAF**  
**Tom Gould 300m Handicap - All**  
**Bernie Hogan 100m Handicap - All**  
**Ted Vickers Javelin Handicap - Men**  
**Ruth Frith Javelin Handicap - Women**  
**John Cooper 60m Best Age Grades - All**

- 8.00 Sprint Hurdles  
Discus Throw M30+ *Northern Cage*  
**Javelin H'cap W30+** Northern End  
Long/Triple Jump
- 8.10 3000m Run/Walk
- 8.45 **300m Handicap Heats**
- 9.00 **60m**  
**Javelin H'cap M30+** Northern End  
Hammer W30+  
Pole Vault
- 9.20 **100m Handicap Finals**
- 9.40 800m
- 10.00 200m  
High Jump  
Hammer M30+  
Discus W30+ *Northern Cage*
- 10.25 **300m Handicap Finals**

**22nd February 2025 Saturday, Venue SAF**  
**AMA Decathlon and Heptathlon Championships**  
**OMA Virtual Decathlon and Heptathlon Championships**

- 8.00 **100m Decathlon**  
Heavy Weight Pentathlon M30+ and W30+ - Hammer Circle  
Pole Vault
- 8.10 100m
- 8.30 **Hurdles Heptathlon**  
**Long Jump Decathlon**
- 8.45 60m
- 8.55 **High Jump Heptathlon**
- 9.00 1500m run/walk
- 9.15 200m  
**Shot Put Decathlon**
- 9.30 Sprint Hurdles  
Long Jump

- 9.45 **Shot Put Heptathlon**
- 10.00 400m  
**High Jump Decathlon**
- 10.30 **200m Heptathlon**
- 11.00 **400m Decathlon**

**23rd February 2025 Sunday, Venue QSAC Main Track  
AMA Decathlon and Heptathlon Championships Day 2  
OMA Virtual Decathlon and Heptathlon Championships Day 2**

- 8.00 **Hurdles Decathlon**  
56 lb weight M30+, W30+ Southern End
- 8.15 3000m Run/Walk  
**Long Jump Heptathlon**
- 8.30 **Discus Decathlon** Southern Cage
- 8.45 60m
- 9.00 100m  
**Javelin Heptathlon** Northern End  
Super Weight M30+, W30+ Southern End
- 9.15 High Jump  
**Pole Vault Decathlon**
- 9.30 800m Run/Walk
- 9.45 **800m Heptathlon**
- 10.00 300m  
100 lb weight M30+, W30+ Southern End
- 10.30 **Javelin Decathlon** Northern End
- 11.15 **1500m Decathlon**

**1st March 2025 Saturday Venue Main Track**

- 8.00** 5000m *Run / Race Walk*  
High Jump All  
Shot Put Women *Southern End*  
Javelin Men *Northern End*
- 8.15 Long Hurdles
- 8.30** 60m
- 9.00** 100m  
Pole Vault All  
Javelin Women *Northern End*  
Discus Men *Southern Cage*
- 9.30** 400m
- 9.45** Long Jump  
Triple Jump
- 10.00** 1500m *Run / Race Walk*  
Discus Women *Southern Cage*  
Shot Put Men *Southern End*
- 10.25** 200m

**8th March 2025 Venue SAF**

- 8.00** 3000m Run / Race Walk  
Long/Triple Jump All  
Shot Put W30+ *Northern End*  
Discus M30+ *Northern Cage*
- 8.15** 60m
- 8.40** 100m
- 9.00** Weight Throw W30+ *Southern Cage*  
Shot Put M30+ *Northern End*
- 9.00** 200m  
Pole Vault All
- 9.30** 2000m Steeplechase  
3000m Steeplechase
- 9.40** High Jump
- 9.50** Discus W30+ *Northern Cage*  
Weight M30+ *Hammer Cage*
- 10.00** 400m
- 10.15** Sprint Hurdles

**19th March 2025 Wednesday Evening SAF**

- 7.00** 2000m Run/Walk  
Javelin *Northern End*  
Long/Triple Jump
- 7.10** Long Hurdles
- 7.20** 60m
- 7.40** 100m
- 7.50** Shot Put  
High Jump
- 8.00** 200m
- 8.15** 800m Run / Race Walk
- 8.30** 300m

**29th March 2025 Saturday Venue SAF**

- 8.00** 3000m Steeplechase  
2000m Steeplechase  
Javelin W30+ *Northern End*  
Hammer M30+ *Hammer Cage*  
Long/Triple Jump
- 8.30** 60m
- 9.00** 100m  
Hammer W30+ *Hammer Cage*  
Discus M30+ *Northern Cage*  
Pole Vault
- 9.30** 200m
- 9.45** 1500m Run /Race Walk

**10.00** Sprint Hurdles  
Discus W30+ *Northern Cage*  
Javelin M30+ *Northern End*  
High Jump

**10.25** 400m

**Saturday 5th April 2025**  
**QMA State Championships, Venue SAF**

5000m  
5000m Walk  
Sprint Hurdles 110m, 100m, 80m, 60m  
800m  
100m  
400m

Discus  
Weight  
Javelin  
High Jump  
Long Jump

**Sunday 6th April 2025**  
**QMA State Championships, Venue SAF**

Steeplechase  
1500m Walk  
Long Hurdles  
60m  
Champion of Champions 100m  
1500m  
200m

Hammer  
Shot  
Pole Vault  
Triple Jump

**12th April 2025 Saturday SAF**

**8.00** 3000m Run / Race Walk  
High Jump All  
Hammer Men *Southern Cage*  
Shot Put Women *Northern End*

**8.30** 60m

**9.00** 100m  
Discus Men *Northern Cage*  
Hammer Women *Southern Cage*  
Pole Vault

**9.30** 200m

**9.50** Long Jump All

**10.00** 1500m *Run / Race Walk*  
Shot Put Men *Northern End*  
Discus Women *Northern Cage*

**10.20** 400m