

**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

Shot

Hammer

Javelin

High Jump

Long Jump

Sunday 6th April 2025

Steeplechase

1500m Walk

Long Hurdles

60m

Champion of Champions 100m

1500m

200m

Weight

Discus

Pole Vault

Triple Jump