

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
- 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*
- 8.30** 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 Long 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