

QMA - Gold Coast Championships Programme

Entries close Mon 15th Feb – No late entries accepted.

<u>Day 1</u>			<u>Day 2</u>		
<u>20th February, 2010</u>			<u>27th February, 2010</u>		
7.30am	5km Run	Men & Women	7.30am	3km Run	Men & Women
7.30am	5km Walk	Men & Women	7.30am	3km Walk	Men & Women
8.00am	Hammer	Men 30-59	8.00am	Discus	Men 70+
	Shot Put	Men 70+		Javelin	Men 30-59
8.00am	Long Jump	Women		Weight Throw	Men 60-69
8.20am	60 metres	Men & Women	8.00am	High Jump	Men & Women
8.30am	Pole Vault	Men & Women	8.10am	<i>Sprint Hurdles #</i>	<i>Men & Women</i>
8.45am	Hammer	Men 60-69		<i>(non-championship)</i>	
	Shot Put	Women	8.15am	Triple Jump#	Men
8.50am	400 metres	Men & Women	8.25am	<i>60 metres</i>	<i>Men & Women</i>
9.15am	Long Jump	Men		<i>(non championship)</i>	
9.20am	<i>100 metres</i>	<i>Men & Women</i>	8.45am	Discus	Men 60-69
	<i>(non-championship)</i>			Javelin	Men 70+
9.30am	Hammer	Men 70+		Weight Throw	Men 30-59
	Shot Put	Men 30-59	8.45am	<i>400 metres#</i>	<i>Men & Women</i>
	Weight Throw	Women		<i>(non championship)</i>	
9.30am	1500 m Walk	Men & Women	9.15am	100 metres	Men & Women
9.50am	1500 metres	Men & Women	9.30am	Discus#	Men 30-59
10.15am	Hammer	Women		Javelin	Women
	Shot Put	Men 60-69		Weight Throw	Men 70+
10.30am	200 metres	Men & Women	9.30am	Triple Jump#	Women
			10.00am	Regional Teams 4 x 100 Relay	
				160+ , 230+ ##	Men & Women
			10.15am	Discus#	Women
				Javelin	Men 60-69
			10.30am	800 metres#	Men & Women

Aust Defence Forces T & F Championship participants will compete in these events

Entries for non-championships events and relays can be made on the day at no additional cost.. Entries close 30 minutes prior to event. ##All members of a relay team must be from the same region

Refund Policy: Full refund if withdrawl is advised by phone (5533 9991) or email prior to midnight Thurs 18th Feb. Withdrawls for Day 2 advised prior to midnight 25th Feb will attract a refund of \$5 per event. No other refunds applicable

Email: gcmastersathletics@bigpond.com

Sign on is compulsory for all track events at least 30minutes prior to scheduled start time. Failure to do so will result in participation being denied.