

## Q.M.A. TRACK & FIELD PROGRAMME      JANUARY to MAY, 2010

JAN	16	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	BRISBANE CHALLENGE
JAN	23	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	
JAN	30	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	MEMORIAL DAY
FEB	6	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	<b>WOMENS' PENTATHLON CHAMPSHIPS</b>
FEB	13	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	<b>MENS' PENTATHLON CHAMPIONSHIP</b>
FEB	20)	SATURDAY	DAY 1	GRIFFITH UNIVERSITY, G.C.	<b>GOLD COAST CHAMPIONSHIPS DAY 1</b>
FEB	27)	SATURDAY	DAY 2	GRIFFITH UNIVERSITY, G.C.	<b>GOLD COAST CHAMPIONSHIPS DAY 2</b>
MAR	6	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	<b>WOMENS' WEIGHT PENTATHLON</b>
					<b>4x100m Champs, 3km Run &amp; Walk Champs</b>
MAR	13	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	<b>MENS' WEIGHT PENTATHLON</b>
					<b>and 4 x 400m Relay Championships</b>
<b>MAR</b>	<b>19)</b>	<b>FRIDAY</b>	<b>EVENING</b>	<b>STATE ATHLETIC FACILITY</b>	<b>(QMA 5000m RUN CHAMPIONSHIP</b>
<b>MAR</b>	<b>20)</b>	<b>SATURDAY</b>	<b>FULL DAY</b>	<b>STATE ATHLETIC FACILITY</b>	<b>(QMA TRACK &amp; FIELD CHAMPIONSHIPS</b>
<b>MAR</b>	<b>21)</b>	<b>SUNDAY</b>	<b>FULL DAY</b>	<b>STATE ATHLETIC FACILITY</b>	<b>(INCLUDING 5000m WALK CHAMPIONSHIP</b>
MAR	27	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	CLUB EVENTS INCLUDING ODD EVENTS
MAR	29	MONDAY	7.00PM	STATE ATHLETIC FACILITY	<b>10km RUN AND WALK CHAMPIONSHIPS</b>
<b>APRIL 2 – 5, 2010</b>				<b>AUSTRALIAN CHAMPIONSHIPS</b>	<b>PERTH, WEST AUSTRALIA</b>
<b>MAY 1 &amp; 2</b>		<b>SATURDAY &amp; SUNDAY</b>	<b>STATE ATHLETIC FACILITY</b>	<b>AUST &amp; QLD HEPTATHLON &amp; DECATHLON</b>	

### TIMETABLES FOR JANUARY To MAY, 2010

**COMPETITORS MUST SIGN-ON FOR THEIR EVENTS AT LEAST 15 MINUTES BEFORE THE START OF THE EVENT TO ALLOW FOR COMPUTER ENTRY AND FOR THE PRINTING OF STARTING SHEETS SO THAT EVENTS CAN START ON TIME.** FOR THIS YEAR ONLY THE QMA CHAMPIONSHIPS WILL BE HELD IN CONJUNCTION WITH THE QUEENSLAND ATHLETICS CHAMPIONSHIPS

#### JANUARY 16 SATURDAY S.A.F. BRISBANE CHALLENGE

7.00am	3000 Metres: Run & Walk	
7.45	Sprint Hurdles	(& Discount Hrdls)
8.00	Hammer Throw - Women	(H.Circle)
8.00	Discus Throw - M30-59	(D.Circle 2)
8.00	Shot Put – Men 60+	(S.Circle 1)
8.00	60 Metres	
8.20	100 Metres	
9.00	Shot Put – Women	(S.Circle 1 )
9.00	Hammer Throw - M30-59	(H.Circle)
9.00	Discus Throw - M60+	(D.Circle 2)
9.00	4 x 100m Relay	
9.25	1500 Metres	
9.30	Long/Triple Jumps - M&W	(2 Pits if required)
9.30	Pole Vault	(P.V.2)
9.45	200 Metres	
10.00	High Jump	(H.J.1)
10.00	Hammer Throw – M60+	(H.Cage)
10.00	Discus Throw - Women	(D Circle 2)
10.00	Shot Put - Men – 30-59	(S.Circle 1)
10.30	400 Metres	

#### JANUARY 23 SATURDAY S.A.F.

7.00am	5000 Metres: Run & Walk	
8.00	300m/400m Hurdles	(& Discount Hrdls)
8.00	Hammer Throw - Women	(H.Cage)
8.00	Javelin Throw - M30-59	(J.Runway 2)
8.00	Weight Throw – M60+	(D.Circle 2)
8.20	60 Metres	
8.40	100 Metres	
9.00	Long/Triple Jumps - M&W	(2 Pits if required)
9.00	Weight Throw - Women	(D.Circle 2)
9.00	Hammer Throw - M30-59	(H.Cage)
9.00	Javelin Throw - M60+	(J.Runway 2)
9.10	800 Metres	
9.30	High Jump	(H.J.1)
9.30	Pole Vault	(PV.2)
9.30	2km Steeplechase - M60+ and All Women	
9.55	3km Steeplechase - M30-59	
10.00	Javelin Throw - Women	(J.Runway 2)
10.00	Hammer Throw – M60+	(H.Cage)
10.00	Weight Throw - M30-59	(D.Cage 2)
10.30	4 x 200m Relay	

#### JANUARY 30 SATURDAY S.A.F. MEMORIAL DAY

7.00am	3000 Metres: Run & Walk	
7.45	Sprint Hurdles	(& Discount Hrdls)
8.00	High Jump	(H.J.1)
8.00	Discus Throw - Women	(D.Circle 1)
8.00	Shot Put - Men 60+	(S.Circle 1)
8.00	Weight Throw – M30-59	(D.Circle 2)
8.00	60 Metres	
8.20	100 Metres	
9.00	Shot Put - Women	(S.Circle 1)
9.00	Weight Throw - Men 60+	(D.Circle 2)
9.00	Discus Throw – M30-59	(D.Circle 1)
9.00	4 x 100m Relay	
9.15	1500 Metres	
9.30	Long/Triple Jumps - M&W	(2 Pits if required)
9.30	Pole Vault	(P.V.2)
9.45	200 Metres	
10.00	Weight Throw - Women	(D.Circle 2)
10.00	Discus Throw - Men 60+	(D.Circle 1)
10.00	Shot Put – M30-59	(S.Circle 1)
10.30	300 Metres	

#### FEBRUARY 6 SATURDAY S.A.F. WOMENS' PENTATHLON CHAMPIONSHIPS

**WOMEN : START 8.00am ENTRIES CLOSE: 7.45am**  
**100m : Shot Put : Long Jump : Javelin : 800m**

#### FEBRUARY 6 SATURDAY CLUB EVENTS

7.00am	5000 Metres: Run & Walk	
7.45	Long/Triple Jumps - M&W	(2 Pits if required)
8.00	Hammer Throw - Women	(H.Cage)
8.00	Javelin Throw - Men	(J.Runway 2)
8.25	60 Metres	
<b>9.00</b>	<b>4 x 100m Relay</b>	<b>AMA Postal Relay</b>
9.00	Javelin Throw - Women	(J.Runway 2)
9.00	Hammer Throw - Men	(H.Cage)
9.30	200 Metres	
9.30	Pole Vault	(P.V.2)
<b>10.00</b>	<b>4 x 800m Relay</b>	<b>AMA Postal Relay</b>
10.00	High Jump	(H.J.1)
10.00	Shot Put - Men	(S.Circle 1)
10.00	Shot Put - Women	(S.Circle 2)
10.25	400 Metres	

## TIMETABLES FOR JANUARY To MAY, 2010

### FEBRUARY 13 SATURDAY S.A.F. MENS' PENTATHLON CHAMPIONSHIPS

**MEN : START 8.00am ENTRIES CLOSE: 7.45am**

**Long Jump : Javelin : 200m : Discus : 1500m**

### FEBRUARY 13 SATURDAY CLUB EVENTS

7.00am 3000 Metres: Run & Walk  
7.45 Sprint Hurdles (& Discount Hrdls)  
8.00 Javelin Throw - Women (J.Runway 2)  
8.00 Discus Throw - Men (D.Circle 1)  
8.00 60 Metres  
8.20 100 Metres  
**8.50 4 x 800m Walk Relay AMA Postal Relay**  
9.00 Discus Throw - Women (D.Circle 1)  
9.00 Weight Throw - Men (D.Circle 2)  
9.15 1500 Metres  
9.30 Long/Triple Jumps - M&W (2 Pits if required)  
9.30 Pole Vault (P.V.2)  
9.30 200 Metres  
10.00 High Jump (H.J.1)  
10.00 Weight Throw - Women (D.Circle 2)  
10.00 Javelin Throw - Men (J.Runway 2)  
**10.30 4 x 400 Metres Relay AMA Postal Relay**

### FEBRUARY 20 GOLD COAST CHAMPS DAY 1

### FEBRUARY 27 GOLD COAST CHAMPS DAY 2

Timetables and Entry Form in next Newsletter

### MARCH 6 SATURDAY S.A.F.

#### WOMENS WEIGHT PENTATHLON CHAMPIONSHIP

**WOMEN 30-59 : 8.00am ENTRIES CLOSE: 7.45am**

**WOMEN 60+ : 8.45am ENTRIES CLOSE: 8.15am**

**Hammer : Shot Put : Discus : Javelin : Weight**

### MARCH 6 SATURDAY CLUB EVENTS

7.00am 5000 Metres Run & Walk  
8.00 300m/400m Hurdles (& Discount Hrdls)  
8.00 Long/Triple Jumps (2 Pits if required)  
8.00 Discus Throw - Men (D.Circle 2)  
8.20 60 Metres  
**9.00 4 x 100m RELAY CHAMPIONSHIPS**  
9.00 Javelin Throw - Men (J.Runway 1)  
9.30 800 Metres  
9.30 Pole Vault (P.V.2)  
9.50 200 Metres  
10.00 Shot Put - Men (S.Circle 1)  
10.00 High Jump (H.J.1)  
10.15 2km Steeplechase - All M&W  
10.30 400 Metres

### MARCH 13 SATURDAY S.A.F.

#### 3000m RUN & WALK CHAMPIONSHIPS CLOSE:7.00

#### MENS' WEIGHT PENTATHLON CHAMPIONSHIPS

**MEN 30-59 : 8.00am ENTRIES CLOSE : 7.45am**

**MEN 60+ : 8.45am ENTRIES CLOSE : 8.15am**

**Hammer : Shot Put : Discus : Javelin : Weight**

### MARCH 13 SATURDAY CLUB EVENTS

#### 7.15am 3000m: RUN & WALK CHAMPIONSHIPS

8.00 Sprint Hurdles (& Discount Hrdls)  
8.00 Discus Throw - Women (D.Circle 2)  
8.00 High Jump (H.J.1)  
8.20 60 Metres  
8.40 100 Metres  
9.00 Javelin Throw - Women (J.Runway 1)  
9.10 4 x 1500m Relay  
9.30 Pole Vault (PV.2)  
9.30 Long/Triple Jumps (2 Pits if required)  
**9.40 4 x 400m RELAY CHAMPIONSHIPS**  
10.00 Shot Put - Women (S.Circle 1)  
10.15 300 Metres

**LAP SCORERS REQUIRED FOR 3K RUN & WALK**

### QUEENSLAND T&F CHAMPIONSHIPS S.A.F. MARCH 19) FRIDAY NIGHT 5km RUN CHAMPS MARCH 20) SATURDAY T&F CHAMPIONSHIPS MARCH 21) SUNDAY Including 5k WALK CHAMPS

Timetables and Entry Form in next Newsletter

### MARCH 27 SATURDAY S.A.F.

7.00am 5000 Metres: Run & Walk  
8.00 Sprint Hurdles (& Discount Hrdls)  
8.00 Hammer Throw - Women (H.Cage)  
8.00 Javelin Throw - Men (J.Runway 2)  
8.20 60 Metres  
**8.40 100 YARDS**  
9.00 Weight Throw - Women (D.Circle 2)  
9.00 Hammer Throw - Men (H.Cage)  
**9.15 1 MILE**  
9.30 Long/Triple Jumps (2 Pits if required)  
9.30 Pole Vault (P.V.2)  
9.35 200 Metres  
**10.00 1500m TRACK WALK**  
10.00 High Jump (H.J.1)  
10.00 Javelin Throw - Women (J.Runway 2)  
10.00 Weight Throw - Men (D.Circle 2)  
10.30 400 Metres

### MARCH 29 MONDAY NIGHT S.A.F.

#### 10km RUN & WALK CHAMPIONSHIPS

**ENTRIES CLOSE: 6.45pm**

6.30pm High Jump (H.J.1)  
**7.00pm 10,000m: RUN & WALK CHAMPIONSHIPS**  
7.10 100 Metres  
7.15 Discus Throw - Men (D.Circle 1)  
7.15 Shot Put - Women (S.Circle 1)  
7.45 200 Metres  
8.00 Shot Put - Men (S.Circle 1)  
8.00 Discus Throw - Women (D.Circle 1)  
8.30 Long/Triple Jumps  
8.30 800 Metres

**LAP SCORERS REQUIRED FOR 10K RUN & WALK**

### MAY 1 & 2 S.A.F. AUSTRALIAN AND QUEENSLAND HEPTATHLON & DECATHLON CHAMPIONSHIPS

#### CHAMPIONSHIP RULES

#### SINGLET NUMBERS ARE COMPULSORY

**ELIGIBILITY:** FINANCIAL MEMBERS ONLY ARE ELIGIBLE TO COMPETE IN CHAMPIONSHIPS

**AGE:** Your Age Group is your actual age as on the first day of any Championship Event

**FEES:** Championship Fee: \$7.00  
Ground Fee: \$5.00 Total: \$12.00

**AMA POSTAL RELAYS:** The Relays are an Australian Event and a Certificate is awarded to the winning teams. Teams are in 10 year age groups, e.g. 30-39, with 4 in a Track Team and 3 in a Field Team. The Relay events will be included in the Programmed events through February only. Older Competitors in a younger age team must throw the heavier weights of the younger group.

**EVENTS ARE:** 4 x 100m, 4 x 400m, 4 x 800m, 4 x 800m Walk, 3 x Long Jump, 3 x Shot Put, 3 x Hammer Throw, 3 x Discus Throw.

FURTHER DETAILS NEXT NEWSLETTER

1: SOUTHERN END 2: NORTHERN END