

Q.M.A. TRACK & FIELD PROGRAMME SEPTEMBER to DECEMBER, 2009

SEPT 19	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	
SEPT 26	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	
OCT 3	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	
OCT 17	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	
OCT 31	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	COME & TRY DAY
NOV 7	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	
NOV 14	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	
NOV 21	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	
NOV 28	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	
DEC 5	SATURDAY	8.00AM	GRIFFITH UNI, GOLD COAST	GOLD COAST MASTERS SHIELD CHALLENGE
DEC 19	SATURDAY	7.00AM	STATE ATHLETIC FACILITY	CHRISTMAS BREAK-UP

BECAUSE OF THE UNCERTAINTY OF DATES BECAUSE OF TENTATIVE CONCERT BOOKINGS, FURTHER TIMETABLES WILL BE ADVISED IN THE NEXT NEWSLETTER

REVISED TIMETABLES FOR SEPTEMBER – DECEMBER, 2009

CHECK CHANGES IN TIMETABLES

SEPTEMBER 19 SATURDAY S.A.F. INCLUDING 2009 QLD. POLICE GAMES

7.00am	5000 Metres	Run & Walk	M&W
7.50	Sprint Hurdles	M&W	
8.00	Javelin Throw - Women	(J.Runway 2)	
8.00	Discus Throw - Men 30-59	(D.Circle 1)	
8.00	Shot Put - Men 60+	(S.Circle 1)	
8.00	High Jump	M&W	(H.J.1)
8.10	800 Metres	M&W	
8.30	60 Metres	M&W	
8.50	100 Metres	M&W	
9.00	Discus Throw - Women	(D.Circle 1)	
9.00	Shot Put - Men 30-59	(S.Circle 1)	
9.00	Javelin Throw - Men 60+	(J.Runway 2)	
9.20	1500 Metres	M&W	
9.30	Pole Vault	M&W	(P.V.2)
9.30	Long Jump	M&W	(LJ.1&2)
9.40	200 Metres	M&W	
10.00	Shot Put - Women	(S.Circle 1)	
10.00	Javelin Throw - Men 30-59	(J.Runway 2)	
10.00	Discus Throw - Men 60+	(D.Circle 1)	
10.20	4 x 100m Relay	M&W	
10.45	Triple Jump	M&W	(T.J.1&2)
10.45	Hammer Throw - Men & Women	(H.Cage)	
10.50	400 Metres	M&W	

SEPTEMBER 26 SATURDAY S.A.F.

7.00am	3000 Metres:	Run & Walk	
8.00	300m/400m Hurdles		
8.00	Long/Triple Jumps - M&W	(2 Pits if required)	
8.00	Hammer Throw - Women	(H.Cage)	
8.00	Discus Throw - Men	(D.Circle 2)	
8.20	60 Metres		
8.40	100 Metres		
9.00	Hammer Throw - Men	(H.Cage)	
9.00	Discus Throw - Women	(D.Circle 2)	
9.10	4 x 1500m Relay		
9.30	High Jump	(H.J.1)	
9.30	Pole Vault	(PV.2)	
9.45	4 x 200m Relay		
10.00	Weight Throw - Men	(H.Cage)	
10.00	Weight Throw - Women	(D.Circle 2)	
10.30	400 Metres		

OCTOBER 3 SATURDAY S.A.F.

7.00am	5000 Metres:	Run & Walk	
8.00	Sprint Hurdles	(& Discount Hrdls)	
8.00	Javelin Throw - Women	(J.Runway 1)	
8.00	Discus Throw - Men	(D.Circle 2)	

8.20	60 Metres	
8.40	100 Metres	
9.00	Shot Put - Women	(S.Circle 1)
9.00	Javelin Throw - Men	(J.Runway 1)
9.15	800 Metres	
9.30	Long/Triple Jumps - M&W	(2 Pits if required)
9.30	Pole Vault	(P.V.2)
9.40	4 x 100m Relay	
10.00	High Jump	(H.J.1)
10.00	Discus Throw - Women	(D.Circle 2)
10.00	Shot Put - Men	(S.Circle 1)
10.30	300 Metres	

OCTOBER 17 SATURDAY S.A.F.

7.00am	10,000 Metres:	Run & Walk
8.00	Hammer Throw - Women	(H.Cage)
8.00	Javelin Throw - Men	(J.Runway 2)
8.00	High Jump	(H.J.1)
8.15	300m/400m Hurdles	(& Discount Hrdls)
8.30	4 x 800m Relay	
8.50	60 Metres	
9.00	Hammer Throw - Men	(H.Cage)
9.00	Weight Throw - Women	(D.Circle 2)
9.10	100 Metres	
9.30	Pole Vault	(P.V.2)
9.30	Long/Triple Jumps - M&W	(2Pits if required)
9.45	1500 Metres	
10.00	200 Metres	
10.00	Javelin Throw - Women	(J.Runway 2)
10.00	Weight Throw – Men	(D.Circle 2)
10.40	400 Metres	

OCTOBER 31 SATURDAY S.A.F. COME & TRY DAY

7.00am	3000 Metres:	Run & Walk
8.00	Sprint Hurdles	(& Discount Hrdls)
8.00	Discus Throw - Women	(D.Circle 1)
8.00	Javelin Throw - Men	(J.Runway 2)
8.20	60 Metres	
8.40	100 Metres	
9.00	Shot Put – Women	(S.Circle 1)
9.00	Discus Throw - Men	(D.Circle 1)
9.15	800 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	Javelin Throw - Women	(J.Runway 2)
10.00	Shot Put - Men	(S.Circle 1)
10.30	4 x 400 Metres	

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NOVEMBER 7 SATURDAY S.A.F.

7.00am	5000 Metres	Run & Walk	M&W
8.00	Sprint Hurdles		M&W
8.00	Javelin Throw - Women		(J.Runway 2)
8.00	Discus Throw - Men 30-59		(D.Circle 1)
8.00	Weight Throw - Men 60+		(D.Circle 2)
8.00	High Jump		M&W (H.J.1)
8.20	60 Metres		M&W
8.40	100 Metres		M&W
9.00	Discus Throw - Women		(D.Circle 1)
9.00	Weight Throw - Men 30-59		(D.Circle 2)
9.00	Javelin Throw - Men 60+		(J.Runway 2)
9.15	800 Metres		M&W
9.30	200 Metres		M&W
9.30	Pole Vault		M&W (P.V.2)
9.30	Long/Triple Jumps		M&W (2 Pits if required)
10.00	Weight Throw - Women		(D.Circle 2)
10.00	Javelin Throw - Men 30-59		(J.Runway 2)
10.00	Discus Throw - Men 60+		(D.Circle 1)
10.10	4 x 100m Relay		M&W
10.45	400 Metres		M&W

NOVEMBER 14 SATURDAY S.A.F.

7.00am	3000 Metres:	Run & Walk	
8.00	300m/400m	Hurdles	
8.00	Long/Triple Jumps - M&W		(2 Pits if required)
8.00	Hammer Throw - Women		(H.Cage)
8.00	Discus Throw - Men 30-59		(D.Circle 2)
8.00	Shot Put - Men 60+		(S.Circle 1)
8.20	60 Metres		
8.40	100 Metres		
9.00	Discus Throw - Women		(D.Circle 2)
9.00	Shot Put - M30-59		(S.Circle 1)
9.00	Hammer Throw - Men 60+		(H.Cage)
9.15	2k Steeplechase		- M&W
9.30	High Jump		(H.J.1)
9.30	Pole Vault		(PV.2)
9.40	4 x 200m Relay		
10.00	Shot Put - Women		(S.Circle 1)
10.00	Hammer Throw - M30-59		(H.Cage)
10.00	Discus Throw - M60+		(D.Cage 2)
10.00	4 x 800m Relay		
10.30	300 Metres		

NOVEMBER 21 SATURDAY S.A.F.

7.00am	10,000 Metres:	Run & Walk	
8.00	High Jump		(H.J.1)
8.00	Javelin Throw - Women		(J.Runway 1)
8.00	Shot Put - M30-59		(S.Circle 1)
8.00	Discus Throw - Men		(D.Circle 2)
8.15	Sprint Hurdles		(& Discount Hrdls)
8.30	60 Metres		
8.50	100 Metres		
9.00	Shot Put - Women		(S.Circle 1)
9.00	Discus Throw - M30-59		(D.Circle 2)
9.00	Javelin Throw - Men 60+		(J.Runway 1)
9.20	1500 Metres		
9.30	Long/Triple Jumps - M&W		(2 Pits if required)
9.30	Pole Vault		(P.V.2)
9.50	200 Metres		
10.00	Discus Throw - Women		(D.Circle 2)
10.00	Javelin Throw - M30-59		(J.Runway 1)
10.00	Shot Put - Men 60+		(S.Circle 1)
10.30	4 x 400 Metres		

NOVEMBER 28 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	Weight Throw - M30-59		(D.Circle 2)
8.00	Javelin Throw - Men 60+		(J.Runway 2)
8.00	Long/Triple Jumps		(2 Pits if required)
8.20	60 Metres		
8.40	100 Metres		
9.00	Weight Throw - Women		(D.Circle 2)
9.00	Javelin Throw - M30-59		(J.Runway 2)
9.00	Hammer Throw - Men 60+		(H.Cage)
9.20	800 Metres		
9.30	Pole Vault		(P.V.2)
9.30	Long/Triple Jumps - M&W		(LJ.1&2 if needed)
9.45	200 Metres		
10.00	Javelin Throw - Women		(J.Runway 2)
10.00	Hammer Throw - M30-59		(H.Cage)
10.00	Weight Throw - Men 60+		(D.Circle 2)
10.30	4 x 1500m Relay		

DECEMBER 5 SATURDAY GRIFFITH UNI, G.C.

GOLD COAST SHIELD CHALLENGE

7.40am	3km Run		Men & Women
7.40	3km Walk		Men & Women
8.00	Hammer		Men&Wmn (Main Cage)
8.15	60 Metres		Men & Women
8.45	100 Metres		Men & Women
9.15	Discus Throw		Women (Main Cage)
9.15	Shot Put		Men (Nthn Circle)
9.15	Long/Triple Jumps		Men & Women
9.15	1500 metres		Men & Women
9.45	200 Metres		Men & Women
10.15	Shot Put		Women (Nthn Circle)
10.15	Discus Throw		Men (Main Cage)
10.30	400 Metres		Men & Women

Registration: \$5 ground fee payable on signing attendance sheet. Long/Triple Jump: total of 6 jumps (6 of either **or** 3 of each)

DECEMBER 19 SATURDAY S.A.F.

CHRISTMAS BREAK-UP

7.00am	3000 Metres:	Run & Walk	
8.00	Sprint Hurdles		(& Discount Hrdls)
8.00	Discus Throw - Women		(D.Circle 1)
8.00	Javelin Throw - Men		(J.Runway 2)
8.15	60 Metres		
8.30	100 Metres		
9.00	Shot Put - Women		(S.Circle 1)
9.00	Discus Throw - Men		(D.Circle 1)
9.00	High Jump		(H.J.1)
9.00	1500 Metres		
9.30	Long/Triple Jumps - M&W		(2 Pits if required)
9.30	Pole Vault		(P.V.2)
9.30	4 x 100m Relay		
10.00	Javelin Throw - Women		(J.Runway 2)
10.00	Shot Put - Men		(S.Circle 1)
10.15	300 Metres		

1 SOUTHERN END

2 NORTHERN END

NOTE: The Night Meets have been discontinued because of a lack of interest by members. However the 10km Championships will still be conducted in a Night Meet later in the Season.

The Tom Gould Trophy Handicap Event has been replaced with a Memorial Day which will be conducted later in the Season.