

**Q.M.A. 19-20-21/03/10 TRACK & FIELD CHAMPIONSHIPS SATURDAY & SUNDAY S.A.F.****19/03/10 FRIDAY ENTRIES CLOSE 6<sup>th</sup> MARCH, 2010 STATE ATHLETIC FACILITY**

7.50pm 5000 METRES MEN &amp; WOMEN Lap Scorers Required

**20/03/10 SATURDAY ENTRIES CLOSE 6<sup>th</sup> MARCH, 2010 STATE ATHLETIC FACILITY****TRACK EVENTS**

9.00am	110m HURDLES	MEN 30-49	99.1cm	FINALS
9.20	100m HURDLES	MEN 50-59	91.4cm	FINALS
	100m HURDLES	MEN 60-69	84cm	FINALS
	100m HURDLES	WOMEN 30-39	84cm	FINALS
9.40	80m HURDLES	MEN 70-79	76.2cm	FINALS
	80m HURDLES	WOMEN 40-49	76.2cm	FINALS
	80m HURDLES	WOMEN 50-59+	76.2cm	FINALS
	80m HURDLES	WOMEN 60+	68.6cm	FINALS
	80m HURDLES	MEN 80+	68.6cm	FINALS
10.00	1500 METRES	MEN 30+	FINALS	
	1500 METRES	WOMEN 30+	FINALS	
11.00	100 METRES	MEN 30+	FINALS	
11.30	100 METRES	WOMEN 30+	FINALS	
2.00	400 METRES	MEN 30+	FINALS	
2.30	400 METRES	WOMEN 30+	FINALS	

**FIELD EVENTS**

8.00am	DISCUS THROW	WOMEN 50+	DISCUS CAGE
8.00	DISCUS THROW	WOMEN 30-49	HAMMER CAGE
8.00	SHOT PUT	MEN 50-69	SHOT CIRCLE
8.00	LONG JUMP	MEN 60+	LONG JUMP PIT
9.30	LONG JUMP	MEN 30-39	LONG JUMP PIT
9.30	HAMMER THROW	MEN 50-69	HAMMER CAGE
9.30	POLE VAULT	MEN 30+ WOMEN 30+	STARTING UNDER 2m
9.30	WEIGHT THROW	WOMEN 30-59	DISCUS CAGE No.2
11.00	HAMMER THROW	MEN 30-49	HAMMER CAGE
11.00	SHOT PUT	MEN 70+	SHOT CIRCLE
11.00	POLE VAULT	MEN 30+ WOMEN 30+	Starting Height 2m
11.00	WEIGHT THROW	WOMEN 60+	DISCUS CAGE No.2
12.30	HAMMER THROW	MEN 70+	HAMMER CAGE
12.30	SHOT PUT	MEN 30-49	SHOT CIRCLE
12.30	JAVELIN THROW	WOMEN 30-59	JAVELIN RUNWAY No.2
12.30	LONG JUMP	MEN 40-59	LONG JUMP PIT
2.00	TRIPLE JUMP	WOMEN 30+	TRIPLE JUMP PIT
2.00	JAVELIN THROW	WOMEN 60+	JAVELIN RUNWAY No.2

**21/03/10 SUNDAY ENTRIES CLOSE 6<sup>th</sup> MARCH, 2010 STATE ATHLETIC FACILITY****TRACK EVENTS**

7.45am	5000m TRACK WALK	MEN & WOMEN	Lap Scorers Required
8.45	200m HURDLES	WOMEN 70+ MEN 80+	68.6cm FINALS
8.55	300m HURDLES	MEN 70-79 WOMEN 60-69	68.6cm FINALS
	300m HURDLES	MEN 60-69 & WOMEN 50-59	76.2cm FINALS
9.25	400m HURDLES	WOMEN 30-49	76.2cm FINALS
	400m HURDLES	MEN 50-59	84cm FINALS
	400m HURDLES	MEN 30-49	91.4cm FINALS
10.30	60 METRES	MEN 30+	FINALS
11.00	60 METRES	WOMEN 30+	FINALS
12.25	200 METRES	MEN 30+	FINALS
12.55	200 METRES	WOMEN 30+	FINALS
14.20	800 METRES	MEN 30+	FINALS
14.40	800 METRES	WOMEN 30+	FINALS
16.00	3000m STEEPLECHASE	MEN 30-59	91.4cm Lap Scorers
16.25	2000m STEEPLECHASE	MEN 60+ WOMEN 30+	76.2cm Lap Scorers

**FIELD EVENTS**

8.00am	JAVELIN THROW	MEN 50-69	JAVELIN RUNWAY No.2
8.00	HIGH JUMP	MEN 30-49 WOMEN 30-49	HIGH JUMP
8.00	DISCUS THROW	MEN 70+	HAMMER CAGE
8.00	SHOT PUT	WOMEN 30-54	SHOT CIRCLE
9.15	DISCUS THROW	MEN 30-54	HAMMER CAGE
9.15	LONG JUMP	WOMEN 30+	LONG JUMP PIT
9.15	SHOT PUT	WOMEN 55+	SHOT CIRCLE
9.30	HIGH JUMP	MEN 50+ WOMEN 50+	HIGH JUMP
10.45	HAMMER THROW	WOMEN 50+	HAMMER CAGE
10.45	WEIGHT THROW	MEN 30-54	DISCUS CAGE No.2
10.45	JAVELIN THROW	MEN 70+	JAVELIN RUNWAY No.2
11.00	TRIPLE JUMP	MEN 45-59	TRIPLE JUMP PIT
12.15	TRIPLE JUMP	MEN 60+	TRIPLE JUMP PIT
12.15	WEIGHT THROW	MEN 70+	DISCUS CAGE No.2
12.15	HAMMER THROW	WOMEN 30-49	HAMMER CAGE
1.30	TRIPLE JUMP	MEN 30-44	TRIPLE JUMP PIT
1.30	DISCUS THROW	MEN 55-69	HAMMER CAGE
3.00	JAVELIN THROW	MEN 30-49	JAVELIN RUNWAY
3.00	WEIGHT THROW	MEN 55-59	DISCUS CAGE No.2