QUEENSLAND MASTERS ATHLETICS (QMA)
BRISBANE REGION TRACK & FIELD PROGRAM
OCTOBER TO DECEMBER, 2026
CURRENT AS AT OCTOBER 13, 2026 (Changes highlighted)

Saturday October 10	8am, QSAC SAF	Brisbane Region Meet #1, Come 'N Try Day
Sunday October 25	7.45am, QSAC SAF	Brisbane Region Meet #2
Sunday November 1	7.45am, QSAC SAF	Brisbane Region Meet #3
November 7,8,9	GOLD COAST	Pan Pacific Games
November 14,15	QSAC SAF	QA Relay Weekend
Sunday November 22	7.45am, QSAC SAF	Brisbane Region Meet #4
Saturday December 5	2pm, QSAC SAF	Brisbane Region Meet #5 including Day 1 of QMA Heptathlon/Decathlon Championship
Sunday December 6	1.30pm, QSAC SAF	Brisbane Region Meet #6 including Day 2 of QMA Heptathlon/Decathlon Championship
Sunday December 13	7.45am, QSAC SAF	Brisbane Region Meet #7, including the Mile & 100 yard dash
Saturday December 19	2pm, QSAC	Brisbane Region Meet # 8, Christmas Dress theme

QMA Brisbane Meets are open for all QMA athletes and we welcome and invite all members to compete in our friendly and inclusive competitions at the QSAC and State Athletic Facility (SAF) in Nathan.
Visitors are also welcome and can compete in up to 3 meets before joining as a member.

Entries for Brisbane Region Meets are accepted online until 6pm on the Thursday evening prior to the weekend meet, or on the day at the venue as follows:

Morning meet on-the-day entries: Registration opens 6:45am and closes 7:15am

Afternoon meet on-the-day entries: Registration opens 12:45pm and closes 1:15pm

Apologies, but no late entries can be accepted.
All championship event registrations have specific details and cut-offs posted on the QMA website

SATURDAY OCTOBER 10, SAF, Brisbane Meet #1		
8am	5000m Pole Vault Javelin Shot Put	*Run/Race Walk* *High starting height 2.5m* *Men, Southern End* *Women, Northern End*
8.30am	Sprint Hurdles	*80m, 100m, 110m*
8.50am	60m	
9am	Discus Javelin	*Men, Northern Cage* *Women, Southern End*
9.15am	High Jump 100m	*Southern End*
9.45am	200m Long/Triple Jump	*Eastern Side*
10.10am	800m Shot Put Discus	*Run/Race Walk* *Men, Northern End* *Women, Northern Cage*
10.30am	300m	
10.45am	Shuttle Relays	

SUNDAY OCTOBER 25, SAF, Brisbane Meet #2		
7.45am	3000m	*Run/Race Walk*
8am	Pole Vault Hammer Throw Javelin Throw	*High starting height 2.5m* *Men, Southern Cage* *Women, Northern End*
8.30am	60m	
9am	100m High Jump Discus Hammer Throw	 *Southern End* *Men, Northern Cage* *Women, Southern Cage*
9.30am	200m	
9.45am	Long/Triple Jump	*Eastern Side*
9.55am	2000/3000m Steeplechase	
10.10am	1500m Javelin Discus	*Run/Race Walk* *Men, Northern End* *Women, Northern Cage*
10.30am	300m	
10.40am	400m	

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SUNDAY NOVEMBER 1, SAF, Brisbane Meet #3		
7.45am	3000m	*Run/Race Walk*
8am	Pole Vault Javelin Shot Put	*Low starting height 1.1m* *Men, Northern End* *Women, Northern End*
8.30am	Long Hurdles	*300m/400m and 200m option for all hurdlers*
8.45am	60m High Jump	*Southern End*
9am	100m Javelin Weight Throw	*Women, Northern End* *Men, Southern Cage*
9.40am	200m	
9.55am	800m Long/Triple Jump	*Run/Race Walk* *Eastern side*
10am	Weight Throw Shot Put	*Women. Southern Cage* *Men, Northern End*
10.20am	400m	
10.45am	4 x 100m Relays	

PAN PACIFIC GAMES
GOLD COAST PERFORMANCE CENTRE
SATURDAY, SUNDAY, MONDAY; NOVEMBER 7,8, 9
Individual Online Entries and Event details through Pan Pacific Games website

QUEENSLAND RELAY CHAMPIONSHIPS
SAF, NATHAN
SATURDAY & SUNDAY, NOVEMBER 14 & 15
Events include:
4 x 100m; 4 x 200m; 4 x 400m;
4 x 800m; 4 x 1500m;
3 x Long Jump; 3 x Discus; 3 x Shot Put
Register your interest via email:
mastersqldrelay@gmail.com
or at the sign on desk on competition days

SUNDAY NOVEMBER 22, SAF, Brisbane Meet #4		
7.45am	5000m	*Run/Race Walk*
8am	Pole Vault Javelin Weight Throw	*Low starting height 1.10m* *Women, Northern End* *Men, Southern Cage*
8.30am	Sprint Hurdles	*80m100m/110m and 60m with 5 hurdles*
8.45am	60m	
9am	Weight Throw Javelin	*Women, Southern Cage* *Men, Northern End*
9.10am	100m	
9.35am	Long/Triple Jump	*Eastern side*
9.40am	1500m	*Run/Race Walk*
10am	200m High Jump 100lb	*Northern end* *Southern Shot Put circle*
10.30am	300m	

SATURDAY DEC 5, SAF, Brisbane Meet #5, Incorporating DAY 1 QMA HEPTATHLON/DECATHLON CHAMPIONSHIP		
2pm	**100m Decathlon** Shot Put Hammer Throw	***Decathlon*** *Men, Northern End* *Women, Southern End*
2.10pm	100m	
2.30pm	**Hurdles** **Long Jump**	***Heptathlon*** ***Decathlon***
2.35pm	Sprint Hurdles	*80m, 100m, 110m*
2.45pm	60m	
2.55pm	**High Jump**	***Heptathlon***
3pm	1500m Hammer Throw Javelin	*Run/Race Walk* *Men, Southern End* *Women, Northern End*
3.15pm	**Shot Put** 200m	***Decathlon***
3.30pm	Long/Triple Jump	*Eastern side*
3.45pm	**Shot Put**	***Heptathlon***
4pm	**High Jump** 300m Javelin	***Decathlon*** *Men, Northern End*
4.15pm	Shot Put	*Women, Southern End*
4.30pm	**200m**	***Heptathlon***
5pm	**400m**	***Decathlon***

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SUNDAY DEC 6, SAF, Brisbane Meet #6 Incorporating DAY 2 QMA HEPTATHLON/DECATHLON CHAMPIONSHIP		
1.30pm	**Hurdles**	***Decathlon***
1.35pm	Sprint Hurdles	*80m, 100m, 110m*
1.45pm	**Long Jump** 60m Super Weight	***Heptathlon*** *All, Southern Cage*
2pm	**Discus** 100m	***Decathlon, Northern End***
2.30pm	**Javelin**	***Heptathlon, Northern End***
2.45pm	200m **Pole Vault** High Jump	 ***Decathlon*** *Southern end*
3pm	56lb 800m	*All, Southern End* *Run/Race Walk*
3.15pm	**800m**	***Heptathlon***
3.30pm	400m	
4pm	**Javelin** 100lb 3000m	***Decathlon, Northern End*** *All, Southern Shot Circle* *Run/Race Walk*
4.45pm	**1500m**	***Decathlon***

SATURDAY DECEMBER 19, SAF, Brisbane Meet #8		
2pm	60m Pole Vault Discus Javelin	 *High starting height 2.5m* *Men, Northern Cage* *Women, Northern End*
2.20pm	100m	
2.45pm	Weight Throw Discus	*Men, Southern Cage* *Women, Northern Cage*
3pm	200m	
3.30pm	High Jump 200m	*Southern End*
3.45pm	Steeplechase Long/Triple Jump	*2000/3000m* *Eastern Side*
3.50pm	Weight Throw	*Women, Southern Cage*
4pm	400m	
4.15pm	5000m Javelin	*Run/Race Walk* *Men, Northern End*

SUNDAY DECEMBER 13, SAF, Brisbane Meet #7		
7.45am	3000m	*Run/Race Walk*
8am	Pole Vault Hammer Throw Shot Put	*Low starting height 1.1m* *Men, Southern Cage* *Women, Northern End*
8.30am	Long Hurdles	*300m, 400m, and 200m option for all hurdlers*
8.45am	60m	
9am	**100 yards** Discus Shot Put High Jump	***(91.44m)*** *Women, Northern Cage* *Men, Northern End* *Southern End*
9.30am	200m	
10am	**1 Mile** Hammer Throw Discus Long/Triple Jump	*Run/Race Walk* *Women, Southern Cage* *Men, Northern Cage*
10.30am	300m	