



Benita Willis Shield/ 5000m State Championships

Venue: QSAC - MAIN, Nathan

Date: 13/11/2021

Timetable: **Final as at 12/11/2021**



Track				Field		
01:30PM	400m Hurdles	Male		01:30PM	High Jump Under 1.60m	Female
01:40PM	400m Hurdles	Female			Discus - Seated	Female
01:50PM	200m Hurdles (10 Flight)	Male				
01:55PM	200m Hurdles (10 Flight)	Female				
				02:00PM	Discus A Grade	Female
02:17PM	100m	Male	Heat 1			
02:21PM	100m	Male	Heat 2			
02:25PM	100m	Male	Heat 3			
02:29PM	100m	Male	Heat 4			
02:33PM	100m	Male	Heat 5			
02:37PM	100m	Male	Heat 6			
02:41PM	100m	Male	Heat 7			
02:45PM	100m	Male	Race Running	02:45PM	High Jump 1.60m +	Female
02:45PM	100m	Female	Race Running		Triple Jump A Grade	Male
02:49PM	100m	Female	Heat 2			
02:53PM	100m	Female	Heat 3			
02:57PM	100m	Female	Heat 4			
03:01PM	100m	Female	Heat 5			
03:25PM	400m	Male	Heat 1			
03:29PM	400m	Male	Heat 2			
03:33PM	400m	Male	Heat 3			
03:37PM	400m	Male	Heat 4			
03:41PM	400m	Male	Heat 5			
03:45PM	400m	Female	Heat 1			
03:49PM	400m	Female	Heat 2			
03:53PM	400m	Female	Heat 3			
03:57PM	400m	Female	Heat 4			
				04:00PM	High Jump	Male
					Discus (A Grade)	Male
					Triple Jump (A Grade)	Female
04:25PM	1500m	Male	Heat 1			
04:33PM	1500m	Male	Heat 2			
04:40PM	1500m	Female	Heat 1			
05:30PM	5000m E Grade	Male		05:15PM	Discus (B Grade)	Male
05:30PM	5000m B Grade	Female				
06:00PM	5000m D Grade	Male				
06:20PM	5000m C Grade	Male				
06:40PM	5000m B Grade	Male				
07:00PM	5000m A Grade (Championship)	Female				
07:20PM	5000m A Grade (Championship)	Male				