



2022/23 Qld Shield Series #2: Benita Willis Shield /Qld 10000m Champs



Venue: QSAC - SAF, Nathan

Date: 08/10/2022

Timetable: **Final as at 07/10/2022**

Track				Field		
01:30PM	3000m Walk	Male/Female		01:30PM	Pole Vault	Male
					Shot Put - A Grade	Female
02:00PM	5000m Walk	Male/Female			Hammer	Male
02:55PM	200m Hurdles	Female	Heat 1	02:45PM	Shot Put - B Grade	Female
					Discus - B Grade	Male
03:00PM	200m Hurdles	Male	Heat 1		Long Jump - A Grade	Female
03:05PM	200m Hurdles	Male	Heat 2			
03:25PM	400m Hurdles	Female				
03:35PM	400m Hurdles	Male				
03:55PM	100m	Female	Heat 1			
03:58PM	100m	Female	Heat 2	04:15PM	Discus - A Grade	Male
04:01PM	100m	Female	Heat 3		Long Jump - B Grade	Female
04:04PM	100m	Female	Heat 4			
04:07PM	100m	Female	Heat 5			
04:10PM	100m	Female	Frame Running			
04:15PM	100m	Male	Heat 1			
04:18PM	100m	Male	Heat 2			
04:21PM	100m	Male	Heat 3			
04:24PM	100m	Male	Heat 4	04:30PM	High Jump - B Grade	Female
04:27PM	100m	Male	Heat 5			
04:30PM	100m	Male	Heat 6			
04:50PM	400m	Female	Heat 1			
04:53PM	400m	Female	Heat 2			
04:56PM	400m	Female	Heat 3			
04:59PM	400m	Female	Heat 4			
05:02PM	400m	Male	Heat 1	05:30PM	Javelin - A Grade	Female
05:05PM	400m	Male	Heat 2			
05:08PM	400m	Male	Heat 3			
05:28PM	1500m	Female	Heat 1	06:00PM	Triple Jump - A Grade	Male
05:35PM	1500m	Female	Heat 2			
05:42PM	1500m	Female	Heat 3			
05:49PM	1500m	Male	Heat 1			
05:56PM	1500m	Male	Heat 2			
06:15PM	10,000m	Female				
				06:30PM	High Jump - A Grade (1.50m +)	Female
07:00PM	10,000m	Male				
				06:45PM	Javelin - B Grade	Female