



Benita Willis Shield/

Venue: QSAC - MAIN, Nathan

Date: 05/12/2020

Timetable: **Final as at 03/12/2020**



Track				Field		
03:10PM	110m Hurdles	Male	91.4/106.7	03:00PM	Discus	Male
03:18PM	100m Hurdles	Male			Long Jump B Grade	Female
03:23PM	100m Hurdles	Female	84cm			
03:31PM	100m Hurdles	Female	76.2cm			
03:39PM	90m Hurdles	Male				
03:44PM	90m Hurdles	Female	Heat 1			
03:49PM	90m Hurdles	Female	Heat 2			
03:57PM	80m Hurdles	Female				
04:20PM	200m	Male	Heat 1			
04:23PM	200m	Male	Heat 2	04:30PM	Long Jump A Grade	Female
04:26PM	200m	Male	Heat 3		Shot Put	Female
04:29PM	200m	Male	Heat 4			
04:32PM	200m	Male	Heat 5			
04:35PM	200m	Male	Heat 6			
04:38PM	200m	Male	Heat 7			
04:41PM	200m	Female	Heat 1			
04:44PM	200m	Female	Heat 2			
04:47PM	200m	Female	Heat 3			
04:50PM	200m	Female	Heat 4			
04:53PM	200m	Female	Heat 5			
04:56PM	200m	Female	Heat 6			
04:59PM	200m	Female	Heat 7			
05:25PM	800m	Female	Heat 1			
05:29PM	800m	Female	Heat 2			
05:33PM	800m	Female	Heat 3			
05:37PM	800m	Female	Heat 4			
05:41PM	800m	Female	Heat 5			
05:45PM	800m	Male	Heat 1			
05:49PM	800m	Male	Heat 2			
05:53PM	800m	Male	Heat 3	06:00PM	Discus A Grade	Female
05:57PM	800m	Male	Heat 4		Long Jump	Male
06:01PM	800m	Male	Heat 5		Shot Put	Male
06:05PM	800m	Male	Heat 6			
06:30PM	5000m E Grade	Male				
06:55PM	5000m D Grade	Male				
07:15PM	5000m C grade	Male				
07:35PM	5000m B Grade	Female				
08:00PM	5000m B Grade	Male				
08:20PM	5000m A Grade	Female				
08:40PM	5000m A Grade	Male				
09:00PM	5000m	Male	Wheelchair			