



# Qld 3000m Championships

Venue: State Athletics Facility, QSAC

Date: Wednesday 01 March 2023

FINAL TIMETABLE

<b>06:00PM</b>	Under 15	Female	B Grade
<b>06:13PM</b>	Under 15	Female	A Grade
<b>06:26PM</b>	Under 15	Male	B Grade
<b>06:39PM</b>	Under 15	Male	A Grade
<b>06:52PM</b>	Under 16	Female	
<b>07:05PM</b>	Under 16	Male	
<b>07:18PM</b>	Under 17	Female	
<b>07:31PM</b>	Under 18	Female	
<b>07:44PM</b>	Under 17	Male	
<b>07:57PM</b>	Under 18	Male	
<b>08:10PM</b>	Under 20/Open*	Female	A Grade
<b>08:23PM</b>	Under 20/Open*	Male	A Grade
<b>08:36PM</b>	Under 20/Open*	Female	B Grade
<b>08:49PM</b>	Under 20/Open*	Male	B Grade
<b>09:02PM</b>	Under 20/Open*	Male	C Grade
<b>09:15PM</b>	Under 20/Open*	Male	D Grade

\*U20 & Open - World Athletics Rule TR5 regarding footwear shall apply. Refer to the latest list of approved shoes on our Competition page.