Australian Masters Athletics Championships - Event Times

Friday, 6 March 2026 - Day 1 - Australian Institute of Sport

(Final as at 02 March 2026)

Start time	*Check-In Time for TRACK ONLY*	Track	Field Male	Field – Masson St Throwing Field, Turner Male & Female	Field Female
			***DC** - Discus cage at Ground entry end* ***HC** - Hammer Cage (Hammer & Discus)* ***J1** - Javelin at Hammer Cage end* ***J2** - Javelin at Ground entry end*	***SP1** - Shot Put at Hammer Cage End* ***SP2** - Shot Put at Ground entry end* ***SP3** - Hammer Cage end near shed*	***LJ1** - Track Finish line* ***LJ2** - Track 100m start* ***HJ** - High Jump at Ground entry end*
0800	*0700*	**10000m** 0800: 10000m W30-99 (17) *Hand timed after 70 minutes*	0800: M30, M35 Shot Put (2+6) SP1 0800: M70+ High Jump (9) HJ		0800: W60 Hammer Throw (10) HC 0800: W55 Shot Put (11) SP2 0800: W60-69 Long Jump (6+6) LJ1
0910	*0810*	0910: 10000m M30-99 (29)	0845: M40-49 Shot Put (8+4) SP1 0900: M60, M70 Hammer Throw (6+4) HC 0930: M50-59 High Jump (12) HJ	0930: W50 Hammer Throw (8) HC	0845: W30, W70 Shot (6+5) SP2 0845: W70+ Long Jump (5) LJ1 0930: W50-59 Long Jump (10) LJ1
1015	*0915*	**60m Heats** 1015: 60m W35 Heat 1 (11) 1018: 60m W35 Heat 2 1021: 60m W40 Heat 1 (16) 1024: 60m W40 Heat 2 1027: 60m W45 Heat 1 (12) 1030: 60m W45 Heat 2 1033: 60m W65 Heat 1 (12) 1036: 60m W65 Heat 2 *If 10, or less, athletes sign on for Heats, Finals will be held at Finals times*	1000: M80+ Shot Put (10+2+1) SP1 1015: M30-39, M45 High Jump (3+2+3) HJ	1030: M65 Hammer Throw (9) HC	1000: W40 Shot Put (16) SP2 1020: W30-39 Hammer Throw (4+7) HC 1030: W30-39 Long Jump (3+9) LJ1

Start time	*Check-In Time for TRACK ONLY*	Track	Field Male	Field – Masson St Throwing Field, Turner Male & Female	Field Female
			DC *- Discus cage at Ground entry end* ***HC*** *- Hammer Cage (Hammer & Discus)* ***J1*** *- Javelin at Hammer Cage end* ***J2*** *- Javelin at Ground entry end*	***SP1*** *- Shot Put at Hammer Cage End* ***SP2*** *- Shot Put at Ground entry end* ***SP3*** *- Hammer Cage end near shed*	***LJ1*** *- Track Finish line* ***LJ2*** *- Track 100m start* ***HJ*** *- High Jump at Ground entry end*
1039	*0939*	**60m Heats** 1045: 60m M40 Heat 1 (15) 1048: 60m M40 Heat 2 1051: 60m M45 Heat 1 (11) 1054: 60m M45 Heat 2 1057: 60m M50 Heat 1 (16) 1100: 60m M50 Heat 2 1103: 60m M55 Heat 1 (16) 1106: 60m M55 Heat 2 1109: 60m M60 Heat 1 (12) 1112: 60m M60 Heat 2 1115: 60m M65 Heat 1 (14) 1118: 60m M65 Heat 2 *If 10, or less, athletes sign on for Heats, Finals will be held at Finals times*	1100: M40 High Jump (8) HJ		
1130	*1030*	**800m Timed Finals** 1130: 800m W30-39 (6) 1135: 800m W40-49 Timed Final 1 (14) 1140: 800m W40-49 Timed Final 2 1145: 800m W50-59 Timed Final 1 (18) 1150: 800m W50-59 Timed Final 2 1155: 800m W60 (6) 1200: 800m W65-74 Timed Final 1 (13) 1205: 800m W65-74 Timed Final 2 1210: 800m W75-99 (7) *If 10, or less, athletes sign on for any Timed Finals, Finals will be a single race*	1130: M50 Shot Put (11) SP1 1140: M40, M55 Hammer Throw (5+9) HC		1130: W50 Shot Put (10) SP2 1145: W40-49 Long Jump (15) LJ1

Start time	*Check-In Time for TRACK ONLY*	Track	Field Male	Field – Masson St Throwing Field, Turner Male & Female	Field Female
			***DC** - Discus cage at Ground entry end* ***HC** - Hammer Cage (Hammer & Discus)* ***J1** - Javelin at Hammer Cage end* ***J2** - Javelin at Ground entry end*	***SP1** - Shot Put at Hammer Cage End* ***SP2** - Shot Put at Ground entry end* ***SP3** - Hammer Cage end near shed*	***LJ1** - Track Finish line* ***LJ2** - Track 100m start* ***HJ** - High Jump at Ground entry end*
1215	*1115*	**800m Timed Finals** 1215: 800m M30-39 (6) 1220: 800m M40-49 Timed Final 1 (18) 1225: 800m M40-49 Timed Final 2 1230: 800m M50 (10) 1235: 800m M55 Timed Final 1 (15) 1240: 800m M55 Timed Final 2 1245: 800m M60 Timed Final 1 (12) 1250: 800m M60 Timed Final 2 1255: 800m M65 (10) 1300: 800m M70 (8) 1305: 800m M75-99 Timed Final 1 (11) 1310: 800m M75-99 Timed Final 2 *If 10, or less, athletes sign on for any Timed Finals, Finals will be a single race*	1230: M60 Shot Put (13) SP1	1130: M75 Hammer Throw (8) HC	1230: W45 Shot Put (7) SP2 1230: W75+ Shot Put (7+3) SP3
1345	*1245*	**1500m Walks** 1345: 1500m Walk W30-64 (21) 1355: 1500m Walk M30-64 (13) 1405: 1500m Walk W65-99 (17) 1415: 1500m Walk M65-99 (16)	1330: M55 Shot Put (12) SP1 1330: M60-69 High Jump (12) HJ	1400: M35, M45, M50 Hammer Throw (1+5+5) HC	1315: W65-74 Hammer Throw (7+4) HC 1330: W35 Shot Put (11) SP2

Start time	*Check-In Time for TRACK ONLY*	Track	Field Male	Field – Masson St Throwing Field, Turner Male & Female	Field Female
			DC *- Discus cage at Ground entry end* ***HC*** *- Hammer Cage (Hammer & Discus)* ***J1*** *- Javelin at Hammer Cage end* ***J2*** *- Javelin at Ground entry end*	***SP1*** *- Shot Put at Hammer Cage End* ***SP2*** *- Shot Put at Ground entry end* ***SP3*** *- Hammer Cage end near shed*	***LJ1*** *- Track Finish line* ***LJ2*** *- Track 100m start* ***HJ*** *- High Jump at Ground entry end*
1430	*1330* *For Age Groups with no Heats*	**60m Finals** 1430: 60m W30 (5) 1433: 60m W35 (10) 1436: 60m W40 (10) 1439: 60m W45 (9) 1442: 60m W50 (8) 1445: 60m W55 (9) 1448: 60m W60 (9) 1451: 60m W65 (9) 1454: 60m W70 (7) 1457: 60m W75 (9) 1500: 60m W80-99 (8)	1430: M65 Shot Put (11) SP1		1430: W40 Hammer Throw (10) HC 1430: W60 Shot Put (13) SP2
1503	*1403* *For Age Groups with no Heats*	**60m Finals** 1503: 60m M30 (5) 1506: 60m M35 (9) 1509: 60m M40 (10) 1512: 60m M45 (10) 1515: 60m M50 (9) 1518: 60m M55 (9) 1521: 60m M60 (9) 1524: 60m M65 (9) 1527: 60m M70 (7) 1530: 60m M75 (7) 1533: 60m M80-99 (8)	1530: M70-79 Shot Put (4+8) SP1	1515: W45, W55 Hammer Throw (5+8) HC	1530: W65 Shot Put (10) SP2 1535: W75+ Hammer Throw (4+3) HC

Start time	***Check-In Time for TRACK ONLY***	Track	Field Male	Field – Masson St Throwing Field, Turner Male & Female	Field Female
			DC *- Discus cage at Ground entry end* ***HC*** *- Hammer Cage (Hammer & Discus)* ***J1*** *- Javelin at Hammer Cage end* ***J2*** *- Javelin at Ground entry end*	***SP1*** *- Shot Put at Hammer Cage End* ***SP2*** *- Shot Put at Ground entry end* ***SP3*** *- Hammer Cage end near shed*	***LJ1*** *- Track Finish line* ***LJ2*** *- Track 100m start* ***HJ*** *- High Jump at Ground entry end*
1600	*1500*	**100m Heats** 1600: 100m W35 Heat 1 (12) 1603: 100m W35 Heat 2 1606: 100m W40 Heat 1 (16) 1609: 100m W40 Heat 2 1612: 100m W45 Heat 1 (15) 1615: 100m W45 Heat 2 1618: 100m W65 Heat 1 (12) 1621: 100m W65 Heat 2 *If 10, or less, athletes sign on for Heats, Finals will be held at Finals times*			
1624	*1524*	**100m Heats** 1624: 100m M35 Heat 1 (10) 1627: 100m M35 Heat 2 1630: 100m M40 Heat 1 (17) 1633: 100m M40 Heat 2 1636: 100m M45 Heat 1 (12) 1639: 100m M45 Heat 2 1642: 100m M50 Heat 1 (24) 1645: 100m M50 Heat 2 1648: 100m M50 Heat 3 1651: 100m M55 Heat 1 (17) 1654: 100m M55 Heat 2 1657: 100m M60 Heat 1 (12) 1700: 100m M60 Heat 2 1703: 100m M65 Heat 1 (15) 1706: 100m M65 Heat 2 *If 10, or less, athletes sign on for Heats, Finals will be held at Finals times*	1620: M30, M80, M90 Hammer Throw (4+7+1) HC		

Start time	*Check-In Time for TRACK ONLY*	Track	Field Male	Field – Masson St Throwing Field, Turner Male & Female	Field Female
			DC *- Discus cage at Ground entry end* ***HC*** *- Hammer Cage (Hammer & Discus)* ***J1*** *- Javelin at Hammer Cage end* ***J2*** *- Javelin at Ground entry end*	***SP1*** *- Shot Put at Hammer Cage End* ***SP2*** *- Shot Put at Ground entry end* ***SP3*** *- Hammer Cage end near shed*	***LJ1*** *- Track Finish line* ***LJ2*** *- Track 100m start* ***HJ*** *- High Jump at Ground entry end*
1730	*1630* *For Age Groups with no Heats*	**100m Finals** 1730: 100m W30 (6) 1733: 100m W35 (10) 1736: 100m W40 (10) 1739: 100m W45 (8) 1742: 100m W50 (8) 1745: 100m W55 (9) 1748: 100m W60 (9) 1751: 100m W65 (9) 1754: 100m W70 (7) 1757: 100m W75 (8) 1800: 100m W80-99 (9)			
1803	*1703* *For Age Groups with no Heats*	**100m Finals** 1803: 100m M30 (6) 1806: 100m M35 (10) 1809: 100m M40 (9) 1812: 100m M45 (8) 1815: 100m M50 (8) 1818: 100m M55 (9) 1821: 100m M60 (8) 1824: 100m M65 (9) 1827: 100m M70 (10) 1830: 100m M75 (8) 1833: 100m M80-99 (10)			

Australian Masters Athletics Championships - Event Times

Saturday, 7 March 2026 - Day 2 - Australian Institute of Sport

(Final as at 25 February 2026)

Start time	***Check-In Time for TRACK ONLY***	Track	Field Male	Field Female
			DC *- Discus cage at Ground entry end* ***HC*** *- Hammer Cage (Hammer & Discus)* ***J1*** *- Javelin at Hammer Cage end* ***J2*** *- Javelin at Ground entry end*	***LJ1*** *- Track Finish line* ***LJ2*** *- Track 100m start* ***HJ*** *- High Jump at Ground entry end*
0800	*0700*	**200m Heats** 0800: 200m W40 Heat 1 (15) 0803: 200m W40 Heat 2 0806: 200m W45 Heat 1 (14) 0809: 200m W45 Heat 2 0812: 200m W50 Heat 1 (9) 0815: 200m W50 Heat 2 0818: 200m W55 Heat 1 (13) 0821: 200m W55 Heat 2 *If 8, or less, athletes sign on for Heats, Finals will be held at Finals times*	0800: M75, M90 Discus (8+1) DC 0800: M55 Javelin (11) J1 0800: M50 Long Jump (11) LJ 1 0800: M65 Long Jump (6) LJ 2	0800: W75, W80 Discus (4+4) DC 0800: W60 Javelin (14) J2
0824	*0724*	**200m Heats** 0824: 200m W65 Heat 1 (11) 0827: 200m W65 Heat 2 0830: 200m M35 Heat 1 (9) 0833: 200m M35 Heat 2 0836: 200m M40 Heat 1 (14) 0839: 200m M40 Heat 2 *If 8, or less, athletes sign on for Heats, Finals will be held at Finals times*		

Start time	***Check-In Time for TRACK ONLY***	Track	Field Male	Field Female
			DC *- Discus cage at Ground entry end* ***HC*** *- Hammer Cage (Hammer & Discus)* ***J1*** *- Javelin at Hammer Cage end* ***J2*** *- Javelin at Ground entry end*	***LJ1*** *- Track Finish line* ***LJ2*** *- Track 100m start* ***HJ*** *- High Jump at Ground entry end*
0845	*0745*	**200m Heats** 0845: 200m M45 Heat 1 (9) 0848: 200m M45 Heat 2 0851: 200m M50 Heat 1 (23) 0854: 200m M50 Heat 2 0857: 200m M50 Heat 3 0900: 200m M55 Heat 1 (18) 0903: 200m M55 Heat 2 0906: 200m M55 Heat 3 0909: 200m M60 Heat 1 (12) 0912: 200m M60 Heat 2 0915: 200m M65 Heat 1 (12) 0918: 200m M65 Heat 2 *If 8, or less, athletes sign on for Heats, Finals will be held at Finals times*	0900: M40 Discus (12) HC 0900: M30-54 Pole Vault (1+2+3+2) 0915: M65 Javelin (13) J1	0900: W 30, W60, W65, W70, W75, W80 High Jump (1+2+2+3+1+1) HJ 0900: W30-54 Pole Vault (1+1+3+1) 0900: W40 Discus (16) DC
0921	*0821*	**200m Heats** 0921: 200m M70 Heat 1 (13) 0924: 200m M70 Heat 2 0927: 200m M75 Heat 1 (13) 0930: 200m M75 Heat 2 0933: 200m 0936: 200m 0939: 200m 0942: 200m *If 8, or less, athletes sign on for Heats, Finals will be held at Finals times*	0930: M60 Long Jump (8) LJ1 0945: M45, 80, 90 Javelin (3+5+1) J2	
1000	*0900*	**5000m Walks** 1000: 5000m Walk W 30-64 (10) 1000: 5000m Walk M 30-64 (9) *Hand timed after 40 minutes*	1030: M50 Discus (12) HC 1030: M30, M35 Long Jump (3+6) LJ1 1030: M40 Long Jump (15) LJ2	
1040	*0940*	**5000m Walks** 1040: 5000m Walk W 65-99 (15) 1040: 5000m Walk M 65-99 (13)		1100: W30, W70 Discus (5+4) DC 1100: W45, M75 Javelin (6+6) J1 1100: W75, W80, W85 Javelin (6+3+1) J2

Start time	***Check-In Time for TRACK ONLY***	Track	Field Male	Field Female
			DC *- Discus cage at Ground entry end* ***HC*** *- Hammer Cage (Hammer & Discus)* ***J1*** *- Javelin at Hammer Cage end* ***J2*** *- Javelin at Ground entry end*	***LJ1*** *- Track Finish line* ***LJ2*** *- Track 100m start* ***HJ*** *- High Jump at Ground entry end*
1130	*1030*	**1500m Timed Finals** 1130: 1500m W30-44 (15) 1138: 1500m W45-54 (10) 1146: 1500m W55-64 (14) 1154: 1500m W65-99 (17)	1130: M45 Long Jump (9) LJ1 1145: M30, M35 Discus (4+5) DC	1130: W35, W40 High Jump (4+8) HJ
1204	*1104*	**1500m Timed Finals** 1204: 1500m M30-44 (13) 1212: 1500m M45-54 (14) 1220: 1500m M55 (18) 1228: 1500m M60 (15) 1236: 1500m M65-74 (18) 1244: 1500m M75-99 (15)	1200: M70 Javelin (with W50) (2) J1 1200: M55 Long Jump (9) LJ2	1200: W50 Javelin (with M70) (9) J1 1200: W55 Discus (11) DC 1230: W35 Javelin (11) J2 1245: W45 Discus (9) HC
1330	*1230*	**200m Finals** 1330: 200m W30 (7) 1333: 200m W35 (8) 1336: 200m W40 (8) 1339: 200m W45 (8) 1342: 200m W50 (8) 1345: 200m W55 (8) 1348: 200m W60 (8) 1351: 200m W65 (8) 1354: 200m W70 (8) 1357: 200m W75 (8) 1400: 200m W80-99 (5)	1300: M55+ Pole Vault (3+5+1+1+2) 1300: M30, M35 Javelin (3+4) J1 1300: M70-M84, M90 Long Jump (3+3+3+1) LJ1 1315: M60 Discus (15) DC 1345: M65 Discus (14) HC	1300: W55+ Pole Vault (2+2) 1330: W65 Javelin (9) J2 1345: W30, W70 Javelin (6+4) J1

Start time	***Check-In Time for TRACK ONLY***	Track	Field Male	Field Female
			DC *- Discus cage at Ground entry end* ***HC*** *- Hammer Cage (Hammer & Discus)* ***J1*** *- Javelin at Hammer Cage end* ***J2*** *- Javelin at Ground entry end*	***LJ1*** *- Track Finish line* ***LJ2*** *- Track 100m start* ***HJ*** *- High Jump at Ground entry end*
1410	*1310*	**200m Finals** 1410: 200m M30 (5) 1413: 200m M35 (8) 1416: 200m M40 (8) 1419: 200m M45 (8) 1422: 200m M50 (8) 1425: 200m M55 (8) 1428: 200m M60 (8) 1431: 200m M65 (8) 1434: 200m M70 (8) 1437: 200m M75 (8) 1440: 200m M80-99 (7)		1400: W55 Javelin (12) J2 1400: W45, W50, W55 High Jump (3+4+4) HJ 1430: W60 Discus (14) DC
1500	*1400*	**4 x 100m Relays** 1500: 4 x 100 Relay W 120+ 1508: 4 x 100 Relay W 240+ 1516: 4 x 100 Relay W 180+ 1524: 4 x 100 Relay M 180+ 1532: 4 x 100 Relay M 120+ 1540: 4 x 100 Relay M 240+	1500: M50 Javelin (10) J1 1500: M60 Javelin (12) J2 1530: M45, M70 Discus (6+5) HC 1600: M40 Javelin (12) J1 1650: M80, M85 Discus (8+1) DC 1800: M55 Discus (14) HC	 1600: W65 Discus (7) DC 1600: W40 Javelin (14) J2 1700: W35 Discus (11) HC 1750: W50 Discus (10) DC

Australian Masters Athletics Championships - Event Times

Sunday, 8 March 2026 - Day 3 - Woden Athletics Track

(Final as at 25 February 2026)

Start time	*Check-In Time FOR Track only*	Track	Half hourly times for Field	Field Male	Field Female
				***TP** - Throws Pentathlon* ***WC** - Weight Circle near Hammer cage* ***DC** - Discus Circle near Pole Vault* ***HC** - Hammer Cage* ***J1** - Hammer Cage end* ***J2** - Pole Vault end*	***SP1** - Track Finish line* ***SP2** - Track 100m start* ***LJ1** - Track finish line end* ***LJ2** - Track start line end* ***HJ** - Hammer Cage end*
0800	*0700*	**Women's Outdoor Pentathlon 100m** 0800: W30, W35, W40 Pentathlon (9) 0805: W45, W50 Pentathlon (8) 0810: W55, W60 Pentathlon (10) 0815: W70, W75, W80, W85 Pentathlon (5)	0800	0800: M65+ Triple (10) LJ1 0800: M35, M40, M45 TP Hammer (11) HC	0800: W30, W35 Weight (4+5) WC 0815: W30, W35, W40 Pentathlon Shot Put SP1
0820	*0720*	**5000m Run** 0820: 5000m W30-59 (22) *Hand timed after 30 minutes*	0830	0845: M35, M40, M45 TP Shot Put SP2 0845: M30, M65 TP Hammer (10) HC	0845: W45, W50 Pentathlon Shot Put SP1 0855: W30, W35, W40 Pentathlon Long Jump LJ2
0855	*0755*	0855: 5000m W60-99 (15) *Hand timed after 40 minutes*	0900	0910: M30, M35, M40 Triple Jump (9) LJ1	0900: W60 Weight (10) WC 0920: W55, W60 Pentathlon Shot Put SP1 0925: W45, W50 Pentathlon Long Jump LJ2
0940	*0840*	0940: 5000m M30-59 (34) *Hand timed after 25 minutes*	0930	0930: M35, M40, M45 TP Discus DC 0930: M30, M65 TP Shot Put SP2 0930: M50, M70, M90 TP Hammer (11) HC	0935: W30, W35, W40 Pentathlon Javelin J1
1010	*0910*	1010: 5000m M60-69 (22) *Hand timed after 30 minutes*	1000	1015: M30, M65 TP Discus DC 1015: M50, M70, M90 TP Shot Put SP2 1015: M55, M60 TP Hammer (13) HC 1015: M 35, M40, M45 TP Javelin J2	1000: W65, W70, W80 Weight (6+5+3) WC 1005: W45, W50 Pentathlon Javelin J1 1010: W55, W60 Pentathlon Long Jump LJ2 1010: W70, 75, 80, W85 Pentathlon Shot Put SP1
1045	*0945*	1045: 5000m M70-99 (22)	1030		1050: W70, W75, W80, W85 Pentathlon Long Jump LJ2
1130	*Not required*	**Women's Outdoor Pentathlon 800m** 1130: W30, W35, W40 Pentathlon 1130: W45, W50 Pentathlon	1100	1100: M30, M65 TP Javelin J2 1100: M50, M70, M90 TP Discus DC 1105: M55, M60 TP Shot Put SP2 1105: M 75, M80 TP Hammer (13) HC	1100: W55, W60 Pentathlon Javelin J1 1115: W40 Weight (11) WC

Start time	*Check-In Time FOR Track only*	Track	Half hourly times for Field	Field Male	Field Female
				***TP** - Throws Pentathlon* ***WC** - Weight Circle near Hammer cage* ***DC** - Discus Circle near Pole Vault* ***HC** - Hammer Cage* ***J1** - Hammer Cage end* ***J2** - Pole Vault end*	***SP1** - Track Finish line* ***SP2** - Track 100m start* ***LJ1** - Track finish line end* ***LJ2** - Track start line end* ***HJ** - Hammer Cage end*
1140	*1040*	**400m Timed Finals** 1140: 400m W30-39 (7) 1143: 400m W40 Timed Final 1 (14) 1146: 400m W40 Timed Final 2 1149: 400m W45 (8) 1152: 400m W50 (8) 1155: 400m W55 Timed Final 1 (10) 1158: 400m W55 Timed Final 2 1201: 400m W60 (6) 1204: 400m W65 Timed Final 1 (10) 1208: 400m W65 Timed Final 2 1212: 400m W70-79 Timed Final 1 (9) 1216: 400m W70-79 Timed Final 2 1220: 400m W80-99 (3)	1130	1145: M50, M70, M90 TP Javelin J2 1155: M55, M60 TP Discus DC 1155: M75, M80 TP Shot Put SP2 1155: M35, M40, M45 TP Weight HC	1140: W70, W75, W80, W85 Pentathlon Javelin J1
1225	*1125*	**400m Timed Finals** 1225: 400m M30 (3) 1228: 400m M35 (6) 1231: 400m M40 Timed Final 1 (19) 1234: 400m M40 Timed Final 2 1237: 400m M40 Timed Final 3 1240: 400m M45 (7) 1243: 400m M50 Timed Final 1 (17) 1246: 400m M50 Timed Final 2 1249: 400m M50 Timed Final 3	1200	1200: M45 Triple Jump (9) LJ1	1215: W 45, W50 Weight (5+7) WC

Start time	*Check-In Time FOR Track only*	Track	Half hourly times for Field	Field Male	Field Female
				TP *- Throws Pentathlon* ***WC*** *- Weight Circle near Hammer cage* ***DC*** *- Discus Circle near Pole Vault* ***HC*** *- Hammer Cage* ***J1*** *- Hammer Cage end* ***J2*** *- Pole Vault end*	***SP1*** *- Track Finish line* ***SP2*** *- Track 100m start* ***LJ1*** *- Track finish line end* ***LJ2*** *- Track start line end* ***HJ*** *- Hammer Cage end*
1252	*1152*	**400m Timed Finals** 1252: 400m M55 Timed Final 1 (18) 1255: 400m M55 Timed Final 2 1258: 400m M55 Timed Final 3 1301: 400m M60 Timed Final 1 (11) 1304: 400m M60 Timed Final 2 1307: 400m M65 (6) 1310: 400m M70 (8) 1313: 400m M75 (8) 1316: 400m M80-99 (6)	1230	1240: M30, M65 TP Weight HC 1245: M55, M60 TP Javelin J2 1250: M75, M80 TP Discus DC	
1325	*Not required*	**Women's Outdoor Pentathlon 800m** 1325: W55, W60 Pentathlon 1325: W70, W75, W80, W85 Pentathlon	1300	1325: M 50, M70, M90 TP Weight HC	1325: W55, W75 Weight (8+5) WC
1350	*1250*	**Sprint Hurdles Timed Finals** 1350: 110m Hurdles M30-44 @99cm (7) 1353: 110m Hurdles M45 @99cm (7) 1356: 100m Hurdles M55 @91cm (7) 1400: 100m Hurdles M50 @91cm (7) 1412: 100m Hurdles M60-69 @84cm (9) 1415: 100m Hurdles W30-39 @84cm (1)	1330	1340: M75, M80 TP Javelin J2	
1422	*1322*	**Sprint Hurdles Timed Finals** 1422: 80m Hurdles M70-79 @76cm (3) 1425: 80m Hurdles W40-49 @76cm Timed Final 1 (11) 1428: 80m Hurdles W40-49 @76cm Timed Final 2 1431: 80m Hurdles W50-59 @76cm (6) 1435: 80m Hurdles W60-69 @68cm (4) 1438: 80m Hurdles M80+ @68cm (2)	1400	1400: M50, M55, M60 Triple Jump (12) LJ1 1410: M55, M60 TP Weight HC	
1500	*1400*	**4 x 400m Mixed Relays** 1500: 4 x 400 Relay 120+ 1508: 4 x 400 Relay 180+ 1516: 4 x 400 Relay 240+	1430	1445: M75, M80 TP Weight WC	

Australian Masters Athletics Championships - Event Times

Monday, 9 March 2026 - Day 4 - Woden Athletics Track / Stromlo Forest Park

(Final as at 25 February 2026)

Woden Athletics Track				
Start time	***Check-In Time for TRACK ONLY***	**Track**	**Field Male**	**Field Female**
			TP *- Throws Pentathlon* ***WC*** *- Weight Circle near Hammer cage* ***DC*** *- Discus Circle near Pole Vault* ***HC*** *- Hammer Cage* ***J1*** *- Hammer Cage end* ***J2*** *- Pole Vault end*	***SP1*** *- Track Finish line* ***SP2*** *- Track 100m start* ***LJ1*** *- Track finish line end* ***LJ2*** *- Track start line end* ***HJ*** *- Hammer Cage end*
0800			0800: M35, M40 Pentathlon Long Jump (4+9) LJ2 0800: M30, M35, M40, M45 Weight (1+2+5+3) WC	0800: W40 TP Hammer (11) HC 0800: W30, W50, W55 Triple Jump (9) LJ1
0830	*0730*	**Long Hurdles Timed Finals** 0830: 400m Hurdles @91cm M30-49 Timed Final 1 (13) 0834: 400m Hurdles @91cm M30-49 Timed Final 2 0840: 400m Hurdles @84cm M55 Timed Final 1 (9) 0844: 400m Hurdles @84cm M55 Timed Final 2 0848: 400m Hurdles @84cm M50 (4) 0855: 400m Hurdles @76cm W30-49 (8)	0845: M45, M50 Pentathlon Long Jump (9+5) LJ2 0845: M35, M40 Pentathlon Javelin J1	0840: W60 TP Hammer (12) HC 0840: W40 TP Shot Put SP2
0900	*0800*	**Long Hurdles Timed Finals** 0905: 300m Hurdles @76cm M60 Timed Final 2 0909:300m Hurdles @76cm M65 (3) 0913: 300m Hurdles @76cm M60 Timed Final 1 (9) 0917: 300m Hurdles @76cm W50-59 (7) 0925: 300m Hurdles @68cm M70-79 (5)	0910: M50, M60 Weight (9+6) WC 0925: M45, M50 Pentathlon Javelin J1 0925: M55 Pentathlon Long Jump (9) LJ2	0920: W30, W35, W70 TP (5+3+4) Hammer HC 0920: W60 TP Shot Put SP2 0920: W40 TP Discus DC
0930	*0830*	0930: 300m Hurdles @68cm W60-69 (4) 0940: 200m Hurdles @68cm W70-99 (1) 0945: 200m Hurdles @68cm M80-99 (1)		0930: W75, W90 Triple Jump (5+1) LJ1
0955	*Not required*	**Men's Outdoor Pentathlon 200m** 0955: M35, M40 Pentathlon	0955: M60, M65 Pentathlon Long Jump (8+5) LJ2	
1000	*Not required*	**Men's Outdoor Pentathlon 200m** 1020: M45, M50 Pentathlon	1005: M55 Pentathlon Javelin J1 1020: M55 Weight (9) WC	1000: W40 TP Javelin J2 1000: W60 TP Discus DC 1000: W30, W35, W70 TP Shot Put SP2 1000: W45, W65 TP Hammer (6+6) HC

Woden Athletics Track				
Start time	***Check-In Time for TRACK ONLY***	**Track**	**Field Male**	**Field Female**
			TP *- Throws Pentathlon* ***WC*** *- Weight Circle near Hammer cage* ***DC*** *- Discus Circle near Pole Vault* ***HC*** *- Hammer Cage* ***J1*** *- Hammer Cage end* ***J2*** *- Pole Vault end*	***SP1*** *- Track Finish line* ***SP2*** *- Track 100m start* ***LJ1*** *- Track finish line end* ***LJ2*** *- Track start line end* ***HJ*** *- Hammer Cage end*
1030	*Not required*	**Men's Outdoor Pentathlon 200m** 1050: M55 Pentathlon	1035: M70, M75, M80, M30 Pentathlon Long Jump (1+2+3+1) LJ2 1035: M60, M65 Pentathlon Javelin J1 1040: M35, M40 Pentathlon Discus DC	1040: W45, W65 TP Shot Put SP2 1040: W50, W80 TP Hammer (8+4) HC 1040: W60 TP Javelin J2
1100	*Not required* *Not required*	**Men's Outdoor Pentathlon 200m** 1130: M60, M65 Pentathlon **Men's Outdoor Pentathlon 1500m** 1135: M35, M40 Pentathlon	1115: M70, M75, M80, M30 Pentathlon Javelin J1	1120: W40 TP Weight WC 1120: W 30, W35, W70 TP Discus DC 1120: W50, W80 TP Shot Put SP2 1120: W55, W75 TP Hammer (8+3) HC
			1200: M45, M50 Pentathlon Discus DC	1200: W60 TP Weight WC 1200: W30, W35, W70 TP Javelin J2 1200: W55, W75 TP Shot Put SP2 1200: W45, W65 TP Discus HC
1230	*Not required*	**Men's Outdoor Pentathlon 200m** 1255: M70, M75, M80, M30 Pentathlon	1240: M55 Pentathlon Discus DC 1240: M65, M75 Weight (6+6) WC	1240: W45, W65 TP Javelin J2 1240: W50, W80 TP Discus HC
1300	*Not required* *Not required*	**Men's Outdoor Pentathlon 1500m** 1305: M45, M50 Pentathlon **Men's Outdoor Pentathlon 1500m** 1325: M55 Pentathlon	1310: M60, M65 Pentathlon Discus DC	1320: W 50, W80 TP Javelin J2 1320: W55, W75 TP Discus HC 1320: W35, W40, W45 Triple Jump (4+6+2) LJ1
1330			1350: M70, M75, M80, M30 Pentathlon Discus DC	1350: W30, W35, W70 TP Weight WC
1400	*Not required*	**Men's Outdoor Pentathlon 1500m** 1410: M60, M65 Pentathlon		1400: W45, W65 TP Weight HC 1400: W55, W75 TP Javelin J2
1430	*Not required*	**Men's Outdoor Pentathlon 1500m** 1435: M70, M75, M80, M30 Pentathlon	1430: M70, M80 , M90 Weight (4+7+1) WC	1430: W60, W65, W70, W80 Triple Jump (11) LJ1 1440: W50, W80 TP Weight HC
1500	*1400*	**Steeplechase** 1500: 2000m @76cm W 30-99 (19) 1515: 2000m @76cm M60-99 (14) 1530: 3000m @84cm M30-59 (12)		1520: W55, W75 TP Weight HC

Stromlo Forest Park program on next page.

Stromlo Forest Park			
Start time	**Track** ***NO check-in time for CC and RW***		
0800	**6km Cross Country** 0800: W70+ & M70+		
0900	**8km Cross Country** 0900: W30 – 69 & M30 – 69		
1030	**10km Road Walk** 1030: W30+ & M30+		