

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 1 DAY 1

Day 1 - Friday 22/09/2023 - Starts at 08:30 AM

| <b>Starts at</b> | <b>Event</b>                                  | <b>Round</b> | <b>Comment</b> |
|------------------|---|--------------|----------------|
| 8:30 AM          | #1 Women Pole Vault 12yrs (U13)               | Finals       |                |
| 8:30 AM          | #2 Men Pole Vault 12yrs (U13)                 | Finals       |                |
| 8:30 AM          | #3 Women Pole Vault 13yrs (U14)               | Finals       |                |
| 8:30 AM          | #4 Men Pole Vault 13yrs (U14)                 | Finals       |                |
| 8:30 AM          | #5 Women Pole Vault 14yrs (U15)               | Finals       |                |
| 8:30 AM          | #6 Women Pole Vault 15yrs (U16)               | Finals       |                |
| 8:30 AM          | #7 Boys Hammer 3.0kg 12yrs (U13)              | Finals       | C2             |
| 8:30 AM          | #8 Men Hammer 3.0kg 13yrs (U14)               | Finals       | C2             |
| 8:30 AM          | #9 Men Hammer 4.0kg 14yrs (U15)               | Finals       | C2             |
| 8:30 AM          | #10 Men Hammer 4.0kg 15yrs (U16)              | Finals       | C2             |
| 8:30 AM          | #11 Throws Pentathlon: #1 Men Hammer U16      | Finals       |                |
| 8:30 AM          | #12 Men Hammer 5.0kg Under 18                 | Finals       | C2             |
| 8:30 AM          | #13 Throws Pentathlon: #1 Men Hammer Under 18 | Finals       |                |
| 8:30 AM          | #14 Men Hammer 6.0kg Under 20                 | Finals       | C2             |
| 8:30 AM          | #15 Throws Pentathlon: #1 Men Hammer Under 20 | Finals       |                |
| 9:00 AM          | #16 Women Triple Jump Open                    | Finals       |                |
| 9:00 AM          | #17 Women 30-49 Triple Jump 30-49yrs          | Finals       |                |
| 9:00 AM          | #18 Women 50+ Triple Jump 50-109yrs           | Finals       |                |
| 10:00 AM         | #19 Men Hammer 7.26kg Open                    | Finals       | C2             |
| 10:00 AM         | #20 Throws Pentathlon: #1 Men Hammer Open     | Finals       |                |
| 10:00 AM         | #21 Men 30-49 Hammer 7.26kg 30-49yrs          | Finals       | C2             |
| 10:00 AM         | #22 Throws Pentathlon: #1 Men 30-49 Hammer    | Finals       |                |
| 10:00 AM         | #23 Men 50+ Hammer 50-109yrs                  | Finals       | C2             |
| 10:00 AM         | #24 Throws Pentathlon: #1 Men 50+ Hammer      | Finals       |                |
| 10:10 AM         | #25 Women 2000 m Steeplechase 76.2cm U16      | Finals       |                |
| 10:10 AM         | #26 Men 2000 m Steeplechase 76.2cm U16        | Finals       |                |
| 10:10 AM         | #27 Women 2000 m Steeplechase 76.2cm Under    | Finals       |                |
| 10:10 AM         | #28 Women 30-49 2000 m Steeplechase 76.2cm    | Finals       |                |
| 10:30 AM         | #29 Men 2000 m Steeplechase 84.0cm Under 18   | Finals       |                |
| 10:30 AM         | #30 Men 30-49 3000 m Steeplechase 84.0cm      | Finals       |                |
| 10:30 AM         | #31 Men Pole Vault 15yrs (U16)                | Finals       |                |
| 10:30 AM         | #32 Women Pole Vault Under 18                 | Finals       |                |
| 10:30 AM         | #33 Women Pole Vault Under 20                 | Finals       |                |
| 10:30 AM         | #34 Women 30-49 Pole Vault 30-49yrs           | Finals       |                |
| 10:30 AM         | #35 Men 30-49 Pole Vault 30-49yrs             | Finals       |                |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 1 DAY 1

Day 1 - Friday 22/09/2023 - Starts at 08:30 AM

| <b>Starts at</b> | <b>Event</b>                                 | <b>Round</b> | <b>Comment</b> |
|------------------|--|--------------|----------------|
| 10:30 AM         | #36 Men 50+ Pole Vault 50-109yrs             | Finals       |                |
| 11:30 AM         | #37 Girls Hammer 3.0kg 12yrs (U13)           | Finals       | CAGE 2         |
| 11:30 AM         | #38 Women Hammer 3.0kg 13yrs (U14)           | Finals       | CAGE 2         |
| 11:30 AM         | #39 Women Hammer 3.0kg 14yrs (U15)           | Finals       | CAGE 2         |
| 11:30 AM         | #40 Throws Pentathlon: #1 Women Hammer U16   | Finals       |                |
| 11:30 AM         | #41 Women Hammer 3.0kg 15yrs (U16)           | Finals       | CAGE 2         |
| 11:30 AM         | #42 Women Hammer 3.0kg Under 18              | Finals       | CAGE 2         |
| 11:30 AM         | #43 Throws Pentathlon: #1 Women Hammer Under | Finals       |                |
| 11:30 AM         | #44 Women Hammer 4.0kg Under 20              | Finals       | CAGE 2         |
| 11:30 AM         | #45 Throws Pentathlon: #1 Women Hammer Under | Finals       |                |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 2 DAY 1

Day 1 - Friday 22/09/2023 - Starts at 12:00 PM

| Starts at | Event   | Round  | Comment |
|-----------|---|--------|---------|
| 12:00 PM  | #46 Heptathlon: #1 Men 100 m Hurdles U16        | Finals |         |
| 12:00 PM  | #47 Heptathlon: #1 Women 90 m Hurdles U16       | Finals |         |
| 12:00 PM  | #48 Heptathlon: #1 Women 100 m Hurdles Under    | Finals |         |
| 12:00 PM  | #49 Heptathlon: #1 Women 100 m Hurdles Under    | Finals |         |
| 12:00 PM  | #50 Heptathlon: #1 Women 100 m Hurdles Open     | Finals |         |
| 12:00 PM  | #51 Heptathlon: #1 Women 50+ 80 m Hurdles       | Finals |         |
| 12:30 PM  | #52 Girls 200 m Hurdles 10 x 76.2cm 12yrs (U13) | Finals |         |
| 12:30 PM  | #53 Women 200 m Hurdles 10 x 76.2cm 13yrs       | Finals |         |
| 12:30 PM  | #54 Women 200 m Hurdles 10 x 76.2cm 14yrs       | Finals |         |
| 12:30 PM  | #55 Women 200 m Hurdles 10 x 76.2cm 15yrs       | Finals |         |
| 12:40 PM  | #56 Boys 200 m Hurdles 10 x 76.2cm 12yrs (U13)  | Finals |         |
| 12:40 PM  | #57 Men 200 m Hurdles 10 x 76.2cm 13yrs (U14)   | Finals |         |
| 12:40 PM  | #58 Men 200 m Hurdles 10 x 76.2cm 15yrs (U16)   | Finals |         |
| 1:00 PM   | #59 Heptathlon: #2 Women High Jump U16          | Finals | HJ1     |
| 1:00 PM   | #60 Heptathlon: #2 Women High Jump Under 18     | Finals | HJ1     |
| 1:00 PM   | #61 Heptathlon: #2 Women High Jump Under 20     | Finals | HJ2     |
| 1:00 PM   | #62 Heptathlon: #2 Women High Jump Open         | Finals | HJ2     |
| 1:00 PM   | #63 Heptathlon: #2 Women 50+ High Jump          | Finals | HJ1     |
| 1:00 PM   | #64 Decathlon: #1 Men 100 m Under 18            | Finals |         |
| 1:00 PM   | #65 Decathlon: #1 Men 100 m Open                | Finals |         |
| 1:00 PM   | #66 Decathlon: #1 Men 30-49 100 m 30-49yrs      | Finals |         |
| 1:00 PM   | #67 Decathlon: #1 Men 50+ 100 m 50-109yrs       | Finals |         |
| 1:00 PM   | #68 Heptathlon: #2 Men Shot Put U16             | Finals | S3      |
| 1:00 PM   | #69 Men Shot Put 3.0kg 13yrs (U14)              | Finals | SP 3    |
| 1:00 PM   | #70 Women Hammer 4.0kg Open                     | Finals | CAGE 2  |
| 1:00 PM   | #71 Throws Pentathlon: #1 Women Hammer Open     | Finals |         |
| 1:00 PM   | #72 Women 30-49 Hammer 4.0kg 30-49yrs           | Finals | CAGE 2  |
| 1:00 PM   | #73 Throws Pentathlon: #1 Women 30-49 Hammer    | Finals |         |
| 1:00 PM   | #74 Women 50+ Hammer 50-109yrs                  | Finals | CAGE 2  |
| 1:00 PM   | #75 Throws Pentathlon: #1 Women 50+ Hammer      | Finals |         |
| 1:30 PM   | #78 Men 50+ Long Jump 50-109yrs                 | Finals | PIT 1   |
| 1:30 PM   | #79 Men 30-49 Long Jump 30-49yrs                | Finals | PIT 1   |
| 2:00 PM   | #80 Decathlon: #2 Men Long Jump Under 18        | Finals | PIT 2   |
| 2:00 PM   | #81 Decathlon: #2 Men Long Jump Open            | Finals | PIT2    |
| 2:00 PM   | #82 Decathlon: #2 Men 30-49 Long Jump 30-49yrs  | Finals | PIT 2   |

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Session: 2 DAY 1

Day 1 - Friday 22/09/2023 - Starts at 12:00 PM

| <b>Starts at</b> | <b>Event</b>                                     | <b>Round</b> | <b>Comment</b> |
|------------------|--|--------------|----------------|
| 2:00 PM          | #83 Decathlon: #2 Men 50+ Long Jump 50-109yrs    | Finals       | PIT 2          |
| 2:30 PM          | #84 Girls 400 m 10yrs (U11)                      | Finals       |                |
| 2:33 PM          | #85 Girls 400 m 11yrs (U12)                      | Finals       |                |
| 2:39 PM          | #86 Girls 400 m 12yrs (U13)                      | Finals       |                |
| 2:45 PM          | #87 Women 400 m 13yrs (U14)                      | Finals       |                |
| 2:51 PM          | #88 Women 400 m 14yrs (U15)                      | Finals       |                |
| 2:56 PM          | #89 Women 400 m 15yrs (U16)                      | Finals       |                |
| 2:59 PM          | #90 Women 400 m Under 18                         | Finals       |                |
| 3:05 PM          | #91 Women 400 m Under 20                         | Finals       |                |
| 3:05 PM          | #92 Women 400 m Open                             | Finals       |                |
| 3:05 PM          | #93 Women 30-49 400 m 30-49yrs                   | Finals       |                |
| 3:05 PM          | #94 Women 50+ 400 m 50-109yrs                    | Finals       |                |
| 3:10 PM          | #95 Boys 400 m 10yrs (U11)                       | Finals       |                |
| 3:13 PM          | #96 Boys 400 m 11yrs (U12)                       | Finals       |                |
| 3:16 PM          | #97 Boys 400 m 12yrs (U13)                       | Finals       |                |
| 3:19 PM          | #98 Men 400 m 13yrs (U14)                        | Finals       |                |
| 3:22 PM          | #99 Men 400 m 14yrs (U15)                        | Finals       |                |
| 3:25 PM          | #100 Men 400 m 15yrs (U16)                       | Finals       |                |
| 3:25 PM          | #101 Men 400 m PA Ambulant                       | Finals       |                |
| 3:25 PM          | #102 Men 400 m Under 20                          | Finals       |                |
| 3:28 PM          | #103 Men 400 m Under 18                          | Finals       |                |
| 3:31 PM          | #104 Men 400 m Open                              | Finals       |                |
| 3:34 PM          | #105 Men 30-49 400 m 30-49yrs                    | Finals       |                |
| 3:40 PM          | #106 Men 50+ 400 m 50-109yrs                     | Finals       |                |
| 3:00 PM          | #107 Women High Jump 15yrs (U16)                 | Finals       |                |
| 3:00 PM          | #108 Women High Jump Under 18                    | Finals       |                |
| 3:00 PM          | #109 Women High Jump Under 20                    | Finals       |                |
| 3:00 PM          | #110 Heptathlon: #3 Men High Jump U16            | Finals       |                |
| 3:10 PM          | #111 Girls Discus 750g 10yrs (U11)               | Finals       | CAGE 2         |
| 3:10 PM          | #112 Girls Discus 750g 11yrs (U12)               | Finals       | CAGE 1         |
| 3:10 PM          | #113 Heptathlon: #3 Women Shot Put U16           | Finals       | SP 2           |
| 3:10 PM          | #114 Heptathlon: #3 Women Shot Put Under 20      | Finals       | SP2            |
| 3:10 PM          | #115 Heptathlon: #3 Women Shot Put Under 18      | Finals       | SP 2           |
| 3:10 PM          | #116 Heptathlon: #3 Women Shot Put Open          | Finals       | SP2            |
| 3:10 PM          | #117 Heptathlon: #3 Women 50+ Shot Put 50-109yrs | Finals       | SP2            |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 2 DAY 1

Day 1 - Friday 22/09/2023 - Starts at 12:00 PM

| <b>Starts at</b> | <b>Event</b>                                    | <b>Round</b> | <b>Comment</b> |
|------------------|---|--------------|----------------|
| 3:30 PM          | #118 Women Shot Put 4.0kg Open                  | Finals       | SP 3           |
| 3:30 PM          | #119 Throws Pentathlon: #2 Women Shot Put Open  | Finals       |                |
| 3:30 PM          | #120 Men Shot Put 7.26kg Open                   | Finals       | SP 3           |
| 3:30 PM          | #121 Throws Pentathlon: #2 Men Shot Put Open    | Finals       |                |
| 4:00 PM          | #122 Decathlon: #3 Men Shot Put Under 18        | Finals       | SP 2           |
| 4:00 PM          | #123 Decathlon: #3 Men Shot Put Open            | Finals       | SP 2           |
| 4:00 PM          | #124 Decathlon: #3 Men 30-49 Shot Put 30-49yrs  | Finals       | SP 2           |
| 4:00 PM          | #125 Decathlon: #3 Men 50+ Shot Put 50-109yrs   | Finals       | SP 2           |
| 4:00 PM          | #126 Boys Long Jump 10yrs (U11)                 | Finals       | PIT 1          |
| 4:00 PM          | #127 Boys Long Jump 11yrs (U12)                 | Finals       | PIT2           |
| 4:30 PM          | #128 Men Discus 1.0kg 14yrs (U15)               | Finals       | CAGE 1         |
| 4:30 PM          | #129 Men Discus 1.0kg 15yrs (U16)               | Finals       | CAGE 1         |
| 4:30 PM          | #130 Throws Pentathlon: #3 Men Discus U16       | Finals       |                |
| 4:30 PM          | #131 Men Discus 1.5kg Under 18                  | Finals       | CAGE 2         |
| 4:30 PM          | #132 Throws Pentathlon: #3 Men Discus Under 18  | Finals       | CAGE 2         |
| 4:30 PM          | #133 Men Discus 1.75kg Under 20                 | Finals       | CAGE 2         |
| 4:30 PM          | #134 Throws Pentathlon: #3 Men Discus Under 20  | Finals       |                |
| 4:30 PM          | #135 Heptathlon: #4 Men 200 m U16               | Finals       |                |
| 4:30 PM          | #136 Heptathlon: #4 Women 200 m U16             | Finals       |                |
| 4:30 PM          | #137 Heptathlon: #4 Women 200 m Under 18        | Finals       |                |
| 4:30 PM          | #138 Heptathlon: #4 Women 200 m Under 20        | Finals       |                |
| 4:30 PM          | #139 Heptathlon: #4 Women 200 m Open            | Finals       |                |
| 4:30 PM          | #140 Heptathlon: #4 Women 50+ 200 m 50-109yrs   | Finals       |                |
| 5:00 PM          | #141 Women High Jump 13yrs (U14)                | Finals       | HJ 1           |
| 5:00 PM          | #142 Women High Jump 14yrs (U15)                | Finals       | HJ 1           |
| 5:00 PM          | #143 Women 1 Mile Open                          | Finals       |                |
| 5:00 PM          | #144 Men 1 Mile Open                            | Finals       |                |
| 5:00 PM          | #145 Women 30-49 Shot Put 4.0kg 30-49yrs        | Finals       | SP 3           |
| 5:00 PM          | #146 Throws Pentathlon: #2 Women 30-49 Shot Put | Finals       |                |
| 5:00 PM          | #147 Women 50+ Shot Put 50-109yrs               | Finals       | SP 2           |
| 5:00 PM          | #148 Throws Pentathlon: #2 Women 50+ Shot Put   | Finals       |                |
| 5:00 PM          | #149 Boys Long Jump 12yrs (U13)                 | Finals       | PIT 3          |
| 5:00 PM          | #150 Girls Long Jump 12yrs (U13)                | Finals       | PIT1 & PIT 2   |
| 5:15 PM          | #151 Women 92 m 100 yds Camp Open               | Finals       |                |
| 5:20 PM          | #152 Men 92 m 100 Yds Hect Open                 | Finals       |                |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 2 DAY 1

Day 1 - Friday 22/09/2023 - Starts at 12:00 PM

| <b>Starts at</b> | <b>Event</b>                                    | <b>Round</b> | <b>Comment</b> |
|------------------|---|--------------|----------------|
| 5:30 PM          | #153 Girls 800 m Race Walk 10yrs (U11)          | Finals       |                |
| 5:30 PM          | #154 Boys 800 m Race Walk 10yrs (U11)           | Finals       |                |
| 5:30 PM          | #155 Girls 1500 m Race Walk 11yrs (U12)         | Finals       |                |
| 5:30 PM          | #156 Girls 1500 m Race Walk 12yrs (U13)         | Finals       |                |
| 5:30 PM          | #157 Boys 1500 m Race Walk 12yrs (U13)          | Finals       |                |
| 5:30 PM          | #158 Women 30-49 1500 m Race Walk 30-49yrs      | Finals       |                |
| 5:30 PM          | #159 Women 50+ 1500 m Race Walk 50-109yrs       | Finals       |                |
| 5:45 PM          | #160 Women 3000 m Race Walk 14yrs (U15)         | Finals       |                |
| 5:45 PM          | #161 Men 3000 m Race Walk 14yrs (U15)           | Finals       |                |
| 5:45 PM          | #162 Women 3000 m Race Walk 15yrs (U16)         | Finals       |                |
| 5:45 PM          | #163 Men 3000 m Race Walk 15yrs (U16)           | Finals       |                |
| 5:45 PM          | #164 Men 5000 m Race Walk Under 18              | Finals       |                |
| 5:45 PM          | #165 Women 5000 m Race Walk Open                | Finals       |                |
| 5:45 PM          | #166 Men Triple Jump 13yrs (U14)                | Finals       | PIT 1          |
| 5:45 PM          | #167 Men Triple Jump 14yrs (U15)                | Finals       | PIT 1          |
| 5:45 PM          | #168 Men Triple Jump 15yrs (U16)                | Finals       | PIT 3          |
| 5:45 PM          | #169 Decathlon: #4 Men High Jump Under 18       | Finals       |                |
| 5:45 PM          | #170 Decathlon: #4 Men High Jump Open           | Finals       |                |
| 5:45 PM          | #171 Decathlon: #4 Men 30-49 High Jump 30-49yrs | Finals       |                |
| 5:45 PM          | #172 Decathlon: #4 Men 50+ High Jump 50-109yrs  | Finals       |                |
| 6:00 PM          | #173 Women 10000 m Open                         | Finals       |                |
| 6:00 PM          | #174 Men 10000 m Open                           | Finals       |                |
| 7:15 PM          | #175 Decathlon: #5 Men 400 m Under 18           | Finals       |                |
| 7:15 PM          | #176 Decathlon: #5 Men 400 m Open               | Finals       |                |
| 7:15 PM          | #177 Decathlon: #5 Men 30-49 400 m 30-49yrs     | Finals       |                |
| 7:15 PM          | #178 Decathlon: #5 Men 50+ 400 m 50-109yrs      | Finals       |                |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 3 DAY 2

Day 2 - Saturday 23/09/2023 - Starts at 07:00 AM

| <b>Starts at</b> | <b>Event</b>                                  | <b>Round</b> | <b>Comment</b> |
|------------------|---|--------------|----------------|
| 7:00 AM          | #179 Women 5000 m Open                        | Finals       |                |
| 7:00 AM          | #180 Men 5000 m Under 20                      | Finals       |                |
| 7:00 AM          | #181 Men 5000 m Open                          | Finals       |                |
| 7:00 AM          | #182 Men 30-49 5000 m 30-49yrs                | Finals       |                |
| 7:00 AM          | #183 Men 50+ 5000 m 50-109yrs                 | Finals       |                |
| 8:00 AM          | #184 Women Long Jump 13yrs (U14)              | Finals       | PIT 1          |
| 8:00 AM          | #185 Women Shot Put 3.0kg 14yrs (U15)         | Finals       | SP 2           |
| 8:00 AM          | #186 Women Shot Put 3.0kg 15yrs (U16)         | Finals       | SP 2           |
| 8:00 AM          | #187 Throws Pentathlon: #2 Women Shot Put U16 | Finals       |                |
| 8:00 AM          | #188 Girls 100 m 4yrs (U5)                    | Finals       |                |
| 8:00 AM          | #189 Girls 100 m 5yrs (U6)                    | Finals       |                |
| 8:02 AM          | #190 Girls 100 m 6yrs (U7)                    | Finals       |                |
| 8:03 AM          | #191 Girls 100 m 7yrs (U8)                    | Finals       |                |
| 8:04 AM          | #192 Girls 100 m 8yrs (U9)                    | Finals       |                |
| 8:06 AM          | #193 Girls 100 m 9yrs (U10)                   | Finals       |                |
| 8:08 AM          | #194 Boys 100 m 4yrs (U5)                     | Finals       |                |
| 8:08 AM          | #195 Boys 100 m 5yrs (U6)                     | Finals       |                |
| 8:09 AM          | #196 Boys 100 m 6yrs (U7)                     | Finals       |                |
| 8:10 AM          | #197 Boys 100 m 7yrs (U8)                     | Finals       |                |
| 8:12 AM          | #198 Boys 100 m 8yrs (U9)                     | Finals       |                |
| 8:14 AM          | #199 Boys 100 m 9yrs (U10)                    | Finals       |                |
| 8:20 AM          | #200 Men 60 m PA Frame Running                | Finals       |                |
| 8:20 AM          | #201 Women 60 m PA Frame Running              | Finals       |                |
| 9:00 AM          | #202 Girls Long Jump 4yrs (U5)                | Finals       | PIT 2          |
| 9:00 AM          | #203 Girls Long Jump 5yrs (U6)                | Finals       | PIT 2          |
| 9:00 AM          | #204 Girls Long Jump 6yrs (U7)                | Finals       | PIT 2          |
| 9:00 AM          | #205 Boys Long Jump 5yrs (U6)                 | Finals       | PIT 3          |
| 9:00 AM          | #206 Boys Long Jump 6yrs (U7)                 | Finals       | PIT 3          |
| 9:00 AM          | #207 Girls High Jump 8yrs (U9)                | Finals       | HJ 3           |
| 9:00 AM          | #208 Boys High Jump 8yrs (U9)                 | Finals       | HJ 3           |
| 9:00 AM          | #209 Girls Discus 500g 9yrs (U10)             | Finals       | CAGE 1         |
| 9:00 AM          | #210 Boys Discus 500g 9yrs (U10)              | Finals       | CAGE 2         |
| 9:00 AM          | #211 Girls High Jump 11yrs (U12)              | Finals       | HJ1            |
| 9:00 AM          | #212 Boys High Jump 11yrs (U12)               | Finals       | HJ 2           |
| 9:00 AM          | #213 Women 400 m Hurdles 10 x 76.2cm Under 18 | Finals       |                |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 3 DAY 2

Day 2 - Saturday 23/09/2023 - Starts at 07:00 AM

| <b>Starts at</b> | <b>Event</b>                                  | <b>Round</b> | <b>Comment</b> |
|------------------|---|--------------|----------------|
| 9:00 AM          | #214 Women 400 m Hurdles 10 x 76.2cm Under 20 | Finals       |                |
| 9:00 AM          | #215 Men 400 m Hurdles 10 x 84.0cm Under 18   | Finals       |                |
| 9:00 AM          | #216 Men 400 m Hurdles 10 x 91.4cm Open       | Finals       |                |
| 10:00 AM         | #217 Girls Shot Put 1.5kg 7yrs (U8)           | Finals       | SP 1           |
| 10:00 AM         | #218 Boys Shot Put 1.5kg 7yrs (U8)            | Finals       | SP 2           |
| 10:00 AM         | #219 Girls Discus 500g 8yrs (U9)              | Finals       | CAGE 1         |
| 10:00 AM         | #220 Boys Discus 500g 8yrs (U9)               | Finals       | CAGE 2         |
| 10:00 AM         | #221 Girls Shot Put 3.0kg 12yrs (U13)         | Finals       | SP 3           |
| 10:00 AM         | #222 Women Shot Put 3.0kg 13yrs (U14)         | Finals       | SP 3           |
| 10:45 AM         | #223 Decathlon: #6 Men 110 m Hurdles Under 18 | Finals       |                |
| 10:45 AM         | #224 Decathlon: #6 Men 110 m Hurdles Open     | Finals       |                |
| 10:45 AM         | #225 Decathlon: #6 Men 30-49 110 m Hurdles    | Finals       |                |
| 10:45 AM         | #226 Decathlon: #6 Men 50+ 100 m Hurdles      | Finals       |                |
| 11:00 AM         | #227 Heptathlon: #5 Men Long Jump U16         | Finals       |                |
| 11:00 AM         | #228 Heptathlon: #5 Women Long Jump U16       | Finals       |                |
| 11:00 AM         | #229 Heptathlon: #5 Women Long Jump Under 18  | Finals       |                |
| 11:00 AM         | #230 Heptathlon: #5 Women Long Jump Under 20  | Finals       |                |
| 11:00 AM         | #231 Heptathlon: #5 Women Long Jump Open      | Finals       |                |
| 11:00 AM         | #232 Heptathlon: #5 Women 50+ Long Jump       | Finals       |                |
| 11:00 AM         | #233 Men Long Jump Open                       | Finals       | PIT 1          |
| 11:00 AM         | #234 Women Long Jump Open                     | Finals       | PIT 1          |
| 11:00 AM         | #235 Women Long Jump Under 20                 | Finals       | PIT 2          |
| 11:00 AM         | #236 Women Long Jump PA Ambulant              | Finals       |                |
| 11:00 AM         | #237 Men Long Jump PA Ambulant                | Finals       | PIT 2          |
| 11:00 AM         | #238 Girls Shot Put 1.0kg 4yrs (U5)           | Finals       | SP 3           |
| 11:00 AM         | #239 Girls Shot Put 1.0kg 5yrs (U6)           | Finals       | SP 3           |
| 11:00 AM         | #240 Girls Shot Put 1.0kg 6yrs (U7)           | Finals       | SP 3           |
| 11:00 AM         | #241 Boys Shot Put 1.0kg 5yrs (U6)            | Finals       | S2             |
| 11:00 AM         | #242 Boys Shot Put 1.0kg 6yrs (U7)            | Finals       | S2             |
| 11:00 AM         | #243 Men High Jump 15yrs (U16)                | Finals       | HJ 1           |
| 11:00 AM         | #244 Men High Jump Under 18                   | Finals       | HJ1            |
| 11:00 AM         | #245 Men High Jump Under 20                   | Finals       | HJ1            |
| 11:00 AM         | #246 Women Javelin 600g Open                  | Finals       | JAV 2          |
| 11:00 AM         | #247 Throws Pentathlon: #4 Women Javelin Open | Finals       |                |
| 11:00 AM         | #248 Boys 60 m Hurdles 6 x 45cm 7yrs (U8)     | Finals       |                |



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Session: 3 DAY 2

Day 2 - Saturday 23/09/2023 - Starts at 07:00 AM

| <b>Starts at</b> | <b>Event</b>                                     | <b>Round</b> | <b>Comment</b> |
|------------------|--|--------------|----------------|
| 11:02 AM         | #249 Girls 60 m Hurdles 6 x 45cm 7yrs (U8)       | Finals       |                |
| 11:04 AM         | #250 Boys 60 m Hurdles 6 x 45cm 8yrs (U9)        | Finals       |                |
| 11:06 AM         | #251 Girls 60 m Hurdles 6 x 45cm 8yrs (U9)       | Finals       |                |
| 11:08 AM         | #252 Boys 60 m Hurdles 6 x 60cm 9yrs (U10)       | Finals       |                |
| 11:10 AM         | #253 Girls 60 m Hurdles 6 x 60cm 9yrs (U10)      | Finals       |                |
| 11:12 AM         | #254 Boys 60 m Hurdles 6 x 60cm 10yrs (U11)      | Finals       |                |
| 11:15 AM         | #255 Girls 60 m Hurdles 6 x 60cm 10yrs (U11)     | Finals       |                |
| 11:19 AM         | #256 Boys 60 m Hurdles 6 x 68cm 11yrs (U12)      | Finals       |                |
| 11:20 AM         | #257 Girls 60 m Hurdles 6 x 68cm 11yrs (U12)     | Finals       |                |
| 11:30 AM         | #258 Girls Discus 500g 7yrs (U8)                 | Finals       | CAGE 1         |
| 11:30 AM         | #259 Boys Discus 500g 7yrs (U8)                  | Finals       | CAGE 1         |
| 11:45 AM         | #260 Men Shot Put 5.0kg Under 18                 | Finals       | SP 3           |
| 11:45 AM         | #261 Throws Pentathlon: #2 Men Shot Put Under 18 | Finals       |                |
| 11:45 AM         | #262 Men Shot Put 6.0kg Under 20                 | Finals       | SP 3           |
| 11:45 AM         | #263 Throws Pentathlon: #2 Men Shot Put Under 20 | Finals       |                |
| 11:45 AM         | #264 Women Javelin 400g 13yrs (U14)              | Finals       | JAV 2          |
| 11:45 AM         | #265 Women Javelin 500g 14yrs (U15)              | Finals       | JAV 2          |
| 11:45 AM         | #266 Women Javelin 500g 15yrs (U16)              | Finals       | JAV 2          |
| 11:45 AM         | #267 Throws Pentathlon: #4 Women Javelin U16     | Finals       |                |
| 11:45 AM         | #268 Women 100 m PA Frame Running                | Finals       |                |
| 11:45 AM         | #269 Men 100 m PA Frame Running                  | Finals       |                |
| 11:47 AM         | #270 Men 100 m PA Ambulant                       | Finals       |                |
| 11:50 AM         | #271 Girls 100 m 12yrs (U13)                     | Prelims      |                |
| 11:53 AM         | #272 Boys 100 m 12yrs (U13)                      | Prelims      |                |
| 11:55 AM         | #273 Women 100 m 13yrs (U14)                     | Prelims      |                |
| 11:58 AM         | #274 Men 100 m 13yrs (U14)                       | Prelims      |                |
| 12:00 AM         | #275 Women 100 m 14yrs (U15)                     | Prelims      |                |
| 12:02 AM         | #276 Men 100 m 14yrs (U15)                       | Prelims      |                |
| 12:04 AM         | #277 Women 100 m 15yrs (U16)                     | Prelims      |                |
| 12:07 AM         | #278 Women 100 m Under 18                        | Prelims      |                |
| 12:08 AM         | #279 Men 100 m Under 18                          | Prelims      |                |
| 12:09 AM         | #280 Men 100 m Open                              | Prelims      |                |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 4 DAY 2

Day 2 - Saturday 23/09/2023 - Starts at 12:00 PM

| <b>Starts at</b> | <b>Event</b>                                 | <b>Round</b> | <b>Comment</b> |
|------------------|--|--------------|----------------|
| 12:00 PM         | #281 Decathlon: #7 Men Discus Under 18       | Finals       | CAGE 2         |
| 12:00 PM         | #282 Decathlon: #7 Men Discus Open           | Finals       | CAGE 2         |
| 12:00 PM         | #283 Decathlon: #7 Men 30-49 Discus 30-49yrs | Finals       | CAGE 2         |
| 12:00 PM         | #284 Decathlon: #7 Men 50+ Discus 50-109yrs  | Finals       | CAGE 2         |
| 12:00 PM         | #285 Boys High Jump 12yrs (U13)              | Finals       | HJ 1           |
| 12:00 PM         | #286 Men High Jump 13yrs (U14)               | Finals       | HJ 1           |
| 12:00 PM         | #287 Men High Jump 14yrs (U15)               | Finals       | HJ 1           |
| 12:30 PM         | #288 Girls High Jump 9yrs (U10)              | Finals       | HJ 4           |
| 12:30 PM         | #289 Boys High Jump 9yrs (U10)               | Finals       | HJ 3           |
| 12:30 PM         | #290 Girls 1500 m 10yrs (U11)                | Finals       |                |
| 12:30 PM         | #291 Girls 1500 m 11yrs (U12)                | Finals       |                |
| 12:30 PM         | #292 Girls 1500 m 12yrs (U13)                | Finals       |                |
| 12:35 PM         | #293 Women 1500 m 13yrs (U14)                | Finals       |                |
| 12:35 PM         | #294 Women 1500 m 14yrs (U15)                | Finals       |                |
| 12:35 PM         | #295 Women 1500 m 15yrs (U16)                | Finals       |                |
| 12:40 PM         | #296 Women 1500 m Under 18                   | Finals       |                |
| 12:40 PM         | #297 Women 1500 m Open                       | Finals       |                |
| 12:40 PM         | #298 Women 30-49 1500 m 30-49yrs             | Finals       |                |
| 12:45 PM         | #299 Boys 1500 m 10yrs (U11)                 | Finals       |                |
| 12:45 PM         | #300 Boys 1500 m 11yrs (U12)                 | Finals       |                |
| 12:50 PM         | #301 Boys 1500 m 12yrs (U13)                 | Finals       |                |
| 12:50 PM         | #302 Men 1500 m 13yrs (U14)                  | Finals       |                |
| 12:55 PM         | #303 Men 1500 m 14yrs (U15)                  | Finals       |                |
| 12:55 PM         | #304 Men 1500 m 15yrs (U16)                  | Finals       |                |
| 1:00 PM          | #305 Men 1500 m Under 18                     | Finals       |                |
| 1:05 PM          | #306 Men 1500 m PA Ambulant                  | Finals       |                |
| 1:05 PM          | #307 Men 1500 m Under 20                     | Finals       |                |
| 1:05 PM          | #308 Men 1500 m Open                         | Finals       |                |
| 1:05 PM          | #309 Men 30-49 1500 m 30-49yrs               | Finals       |                |
| 1:05 PM          | #310 Men 50+ 1500 m 50-109yrs                | Finals       |                |
| 1:00 PM          | #311 Girls Long Jump 10yrs (U11)             | Finals       |                |
| 1:00 PM          | #312 Boys Discus 750g 10yrs (U11)            | Finals       | CAGE 1         |
| 1:00 PM          | #313 Boys Discus 750g 11yrs (U12)            | Finals       | CAGE 1         |
| 1:00 PM          | #314 Girls High Jump 12yrs (U13)             | Finals       | HJ 1           |
| 1:00 PM          | #315 Men Shot Put 4.0kg 14yrs (U15)          | Finals       | SP 1           |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 4 DAY 2

Day 2 - Saturday 23/09/2023 - Starts at 12:00 PM

| Starts at      | Event  | Round    | Comment |
|----------------|--|----------|---------|
| 1:00 PM        | #316 Men Shot Put 4.0kg 15yrs (U16)              | Finals   | SP1     |
| 1:00 PM        | #317 Throws Pentathlon: #2 Men Shot Put U16      | Finals   |         |
| 1:00 PM        | #318 Heptathlon: #6 Men Javelin U16              | Finals   | JAV 2   |
| 1:00 PM        | #319 Heptathlon: #6 Women Javelin U16            | Finals   | JAV 2   |
| 1:00 PM        | #320 Heptathlon: #6 Women Javelin Under 18       | Finals   | JAV 2   |
| 1:00 PM        | #321 Heptathlon: #6 Women Javelin Under 20       | Finals   | JAV 2   |
| 1:00 PM        | #322 Heptathlon: #6 Women Javelin Open           | Finals   | JAV 2   |
| 1:00 PM        | #323 Heptathlon: #6 Women 50+ Javelin 50-109yrs  | Finals   |         |
| <b>1:30 PM</b> | <b>#324 4-9 Yr Ceremonial Presentation</b>       | On Track |         |
| 2:00 PM        | #325 Men Discus 1.0kg 13yrs (U14)                | Finals   | CAGE 2  |
| 2:00 PM        | #326 Men Javelin PA Ambulant                     | Finals   | JAV 2   |
| 2:00 PM        | #327 Women Javelin 500g Under 18                 | Finals   | JAV 2   |
| 2:00 PM        | #328 Throws Pentathlon: #4 Women Javelin Under   | Finals   |         |
| 2:00 PM        | #329 Women Javelin 600g Under 20                 | Finals   | JAV 2   |
| 2:00 PM        | #330 Throws Pentathlon: #4 Women Javelin Under   | Finals   |         |
| 2:15 PM        | #331 Women Long Jump 14yrs (U15)                 | Finals   | PIT 1   |
| 2:15 PM        | #332 Women Long Jump 15yrs (U16)                 | Finals   | PIT 1   |
| 2:15 PM        | #333 Women Long Jump Under 18                    | Finals   | PIT 2   |
| 2:20 PM        | #334 Boys Shot Put 3.0kg 12yrs (U13)             | Finals   | SP 2    |
| 2:20 PM        | #335 Men Discus 2.0kg Open                       | Finals   | CAGE 2  |
| 2:20 PM        | #336 Throws Pentathlon: #3 Men Discus Open       | Finals   | CAGE 2  |
| 2:20 PM        | #337 Men 30-49 Discus 2.0kg 30-49yrs             | Finals   | CAGE 2  |
| 2:20 PM        | #338 Throws Pentathlon: #3 Men 30-49 Discus      | Finals   | CAGE 2  |
| 2:20 PM        | #339 Men 50+ Discus 50-109yrs                    | Finals   | CAGE 2  |
| 2:20 PM        | #340 Throws Pentathlon: #3 Men 50+ Discus        | Finals   | CAGE 2  |
| 2:30 PM        | #341 Women Pole Vault Open                       | Finals   |         |
| 2:30 PM        | #342 Men Pole Vault Open                         | Finals   |         |
| 2:30 PM        | #343 Decathlon: #8 Men Pole Vault Under 18       | Finals   |         |
| 2:30 PM        | #344 Decathlon: #8 Men Pole Vault Open           | Finals   |         |
| 2:30 PM        | #345 Decathlon: #8 Men 30-49 Pole Vault 30-49yrs | Finals   |         |
| 2:30 PM        | #346 Decathlon: #8 Men 50+ Pole Vault 50-109yrs  | Finals   |         |
| 3:00 PM        | #347 Girls Shot Put 2.0kg 11yrs (U12)            | Finals   | SP 2    |
| 3:00 PM        | #348 Boys Shot Put 3.0kg 11yrs (U12)             | Finals   | SP 3    |
| 2:00 PM        | #349 Women 30-49 Javelin 600g 30-49yrs           | Finals   | JAV 2   |
| 3:00 PM        | #350 Throws Pentathlon: #4 Women 30-49 Javelin   | Finals   |         |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 4 DAY 2

Day 2 - Saturday 23/09/2023 - Starts at 12:00 PM

| <b>Starts at</b> | <b>Event</b>                                  | <b>Round</b>  | <b>Comment</b>               |
|------------------|---|---------------|------------------------------|
| 3:00 PM          | #351 Women 50+ Javelin 50-109yrs              | Finals        | JAV 2                        |
| 3:00 PM          | #352 Throws Pentathlon: #4 Women 50+ Javelin  | Finals        |                              |
| 3:00 PM          | #353 Heptathlon: #7 Men 1500 m U16            | Finals        |                              |
| 3:00 PM          | #354 Heptathlon: #7 Women 800 m U16           | Finals        |                              |
| 3:00 PM          | #355 Heptathlon: #7 Women 800 m Under 18      | Finals        |                              |
| 3:00 PM          | #356 Heptathlon: #7 Women 800 m Under 20      | Finals        |                              |
| 3:00 PM          | #357 Heptathlon: #7 Women 800 m Open          | Finals        |                              |
| 3:00 PM          | #358 Heptathlon: #7 Women 50+ 800 m 50-109yrs | Finals        |                              |
| 3:45 PM          | #359 Women 30-49 Long Jump 30-49yrs           | Finals        | PIT 1                        |
| 3:45 PM          | #360 Women 50+ Long Jump 50-109yrs            | Finals        | PIT 1                        |
| 4:00 PM          | #362 Men 30-49 Triple Jump 30-49yrs           | Finals        | PIT 4                        |
| 4:00 PM          | #363 Men 50+ Triple Jump 50-109yrs            | Finals        | PIT 4                        |
| 4:00 PM          | #364 Women Discus 1.0kg Open                  | Finals        |                              |
| 4:00 PM          | #365 Throws Pentathlon: #3 Women Discus Open  | Finals        |                              |
| <b>4:00 PM</b>   | <b>#367A Men Triple Jump Under 18</b>         | <b>Finals</b> | <b>PIT 1</b> Updated 19/9/23 |
| <b>4:00 PM</b>   | <b>#367B Men Triple Jump Under 20</b>         | <b>Finals</b> | <b>PIT 1</b> Updated 19/9/23 |
| 4:00 PM          | #368 Girls 100 m 10yrs (U11)                  | Finals        |                              |
| 4:02 PM          | #369 Boys 100 m 10yrs (U11)                   | Finals        |                              |
| 4:04 PM          | #370 Girls 100 m 11yrs (U12)                  | Finals        |                              |
| 4:06 PM          | #371 Boys 100 m 11yrs (U12)                   | Finals        |                              |
| 4:08 PM          | #372 Girls 100 m 12yrs (U13)                  | Finals        |                              |
| 4:10 PM          | #373 Boys 100 m 12yrs (U13)                   | Finals        |                              |
| 4:12 PM          | #374 Women 100 m 13yrs (U14)                  | Finals        |                              |
| 4:14 PM          | #375 Men 100 m 13yrs (U14)                    | Finals        |                              |
| 4:16 PM          | #376 Women 100 m 14yrs (U15)                  | Finals        |                              |
| 4:18 PM          | #377 Men 100 m 14yrs (U15)                    | Finals        |                              |
| 4:20 PM          | #378 Women 100 m 15yrs (U16)                  | Finals        |                              |
| 4:22 PM          | #379 Men 100 m 15yrs (U16)                    | Finals        |                              |
| 4:24 PM          | #380 Women 100 m Under 18                     | Finals        |                              |
| 4:26 PM          | #381 Men 100 m Under 18                       | Finals        |                              |
| 4:28 PM          | #382 Women 30-49 100 m 30-49yrs               | Finals        |                              |
| 4:30 PM          | #383 Women 50+ 100 m 50-109yrs                | Finals        |                              |
| 4:32 PM          | #384 Men 30-49 100 m 30-49yrs                 | Finals        |                              |
| 4:34 PM          | #385 Men 50+ 100 m 50-109yrs                  | Finals        |                              |
| 4:36 PM          | #386 Men 100 m Under 20                       | Finals        |                              |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 4 DAY 2

Day 2 - Saturday 23/09/2023 - Starts at 12:00 PM

| <b>Starts at</b> | <b>Event</b>                                    | <b>Round</b> | <b>Comment</b> |
|------------------|---|--------------|----------------|
| 4:38 PM          | #387 Women 100 m Under 20                       | Finals       |                |
| 4:40 PM          | #388 Women 100 m Open                           | Finals       |                |
| 4:42 PM          | #389 Men 100 m Open                             | Finals       |                |
| 5:00 PM          | #390 Decathlon: #9 Men Javelin Under 18         | Finals       | JAV 2          |
| 5:00 PM          | #391 Decathlon: #9 Men Javelin Open             | Finals       | JAV 2          |
| 5:00 PM          | #392 Decathlon: #9 Men 30-49 Javelin 30-49yrs   | Finals       | JAV 2          |
| 5:00 PM          | #393 Decathlon: #9 Men 50+ Javelin 50-109yrs    | Finals       | JAV 2          |
| 5:15 PM          | #394 Women Shot Put 3.0kg Under 18              | Finals       | SP 2           |
| 5:15 PM          | #395 Throws Pentathlon: #2 Women Shot Put Under | Finals       |                |
| 5:15 PM          | #396 Women Shot Put 4.0kg Under 20              | Finals       | SP 2           |
| 5:15 PM          | #397 Throws Pentathlon: #2 Women Shot Put Under | Finals       |                |
| 5:15 PM          | #398 Men 30-49 Shot Put 7.26kg 30-49yrs         | Finals       | SP 3           |
| 5:15 PM          | #399 Men Shot Put PA Ambulant                   | Finals       | SP 3           |
| 5:15 PM          | #400 Women Shot Put PA Ambulant                 | Finals       |                |
| 5:15 PM          | #401 Throws Pentathlon: #2 Men 30-49 Shot Put   | Finals       |                |
| 5:15 PM          | #402 Men 50+ Shot Put 50-109yrs                 | Finals       | SP 3           |
| 5:15 PM          | #403 Throws Pentathlon: #2 Men 50+ Shot Put     | Finals       |                |
| 5:10 PM          | #404 Mixed 4x60 m Relay Jnr Shuttle relays      | Finals       |                |
| 5:15 PM          | #405 Mixed 4x100 m Relay Open (12-15) relays    | Finals       |                |
| 5:40 PM          | #406 Mixed 4x100 m Relay Open relays            | Finals       |                |
| 6:00 PM          | #407 Decathlon: #10 Men 1500 m Under 18         | Finals       |                |
| 6:00 PM          | #408 Decathlon: #10 Men 1500 m Under 20         | Finals       |                |
| 6:00 PM          | #409 Decathlon: #10 Men 1500 m Open             | Finals       |                |
| 6:00 PM          | #410 Decathlon: #10 Men 30-49 1500 m 30-49yrs   | Finals       |                |
| 6:00 PM          | #411 Decathlon: #10 Men 50+ 1500 m 50-109yrs    | Finals       |                |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 5 DAY 3

Day 3 - Sunday 24/09/2023 - Starts at 07:00 AM

| <b>Starts at</b> | <b>Event</b>                                  | <b>Round</b> | <b>Comment</b> |
|------------------|---|--------------|----------------|
| 7:00 AM          | #412 Men Long Jump 13yrs (U14)                | Finals       |                |
| 7:00 AM          | #413 Men Long Jump 14yrs (U15)                | Finals       |                |
| 7:00 AM          | #414 Men Long Jump Under 18                   | Finals       | PIT 1          |
| 7:00 AM          | #415 Men Long Jump Under 20                   | Finals       | PIT 1          |
| 7:00 AM          | #416 Girls 3000 m 12yrs (U13)                 | Finals       |                |
| 7:00 AM          | #417 Women 3000 m 13yrs (U14)                 | Finals       |                |
| 7:00 AM          | #418 Women 3000 m 14yrs (U15)                 | Finals       |                |
| 7:00 AM          | #419 Women 3000 m 15yrs (U16)                 | Finals       |                |
| 7:00 AM          | #420 Women 3000 m Under 18                    | Finals       |                |
| 7:00 AM          | #421 Women 3000 m Open                        | Finals       |                |
| 7:20 AM          | #422 Boys 3000 m 12yrs (U13)                  | Finals       |                |
| 7:20 AM          | #423 Men 3000 m 13yrs (U14)                   | Finals       |                |
| 7:20 AM          | #424 Men 3000 m 14yrs (U15)                   | Finals       |                |
| 7:20 AM          | #425 Men 3000 m 15yrs (U16)                   | Finals       |                |
| 7:40 AM          | #426 Men 3000 m Under 18                      | Finals       |                |
| 7:40 AM          | #427 Men 3000 m Under 20                      | Finals       |                |
| 7:40 AM          | #428 Men 30-49 3000 m 30-49yrs                | Finals       |                |
| 7:40 AM          | #429 Men 50+ 3000 m 50-109yrs                 | Finals       |                |
| 8:00 AM          | #430 Girls Discus 350g 4yrs (U5)              | Finals       | SP 2           |
| 8:00 AM          | #431 Girls Discus 350g 5yrs (U6)              | Finals       | SP 2           |
| 8:00 AM          | #432 Girls Discus 350g 6yrs (U7)              | Finals       | SP 2           |
| 8:00 AM          | #433 Boys Discus 350g 5yrs (U6)               | Finals       | SP 3           |
| 8:00 AM          | #434 Boys Discus 350g 6yrs (U7)               | Finals       | SP 3           |
| 8:00 AM          | #435 Girls Long Jump 7yrs (U8)                | Finals       | PIT 1          |
| 8:00 AM          | #436 Boys Long Jump 7yrs (U8)                 | Finals       | PIT 2          |
| 8:00 AM          | #437 Girls Triple Jump 12yrs (U13)            | Finals       | PIT 3          |
| 8:00 AM          | #438 Boys Triple Jump 12yrs (U13)             | Finals       | PIT 4          |
| 8:00 AM          | #439 Women Discus 1.0kg Under 18              | Finals       | CAGE 1         |
| 8:00 AM          | #440 Throws Pentathlon: #3 Women Discus Under | Finals       |                |
| 8:00 AM          | #441 Women Discus 1.0kg Under 20              | Finals       | CAGE 2         |
| 8:00 AM          | #442 Throws Pentathlon: #3 Women Discus Under | Finals       | CAGE 1         |
| 8:00 AM          | #443 Women 50+ Discus 50-109yrs               | Finals       | CAGE 2         |
| 8:00 AM          | #444 Throws Pentathlon: #3 Women 50+ Discus   | Finals       |                |
| 8:00 AM          | #445 Men Discus PA Ambulant                   | Finals       | CAGE 2         |
| 8:30 AM          | #446 Girls High Jump 10yrs (U11)              | Finals       | HJ 1           |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 5 DAY 3

Day 3 - Sunday 24/09/2023 - Starts at 07:00 AM

| <b>Starts at</b> | <b>Event</b>                                  | <b>Round</b>   | <b>Comment</b> |
|------------------|---|----------------|----------------|
| 8:30 AM          | #447 Boys High Jump 10yrs (U11)               | Finals         | HJ 1           |
| 8:30 AM          | #448 Girls 60 m 4yrs (U5)                     | Finals         |                |
| 8:30 AM          | #449 Girls 60 m 5yrs (U6)                     | Finals         |                |
| 8:30 AM          | #450 Boys 60 m 5yrs (U6)                      | Finals         |                |
| 8:32 AM          | #451 Girls 60 m 6yrs (U7)                     | Finals         |                |
| 8:33 AM          | #452 Boys 60 m 6yrs (U7)                      | Finals         |                |
| 8:34 AM          | #453 Girls 60 m 7yrs (U8)                     | Finals         |                |
| 8:35 AM          | #454 Boys 60 m 7yrs (U8)                      | Finals         |                |
| 8:37 AM          | #455 Women 30-49 60 m 30-49yrs                | Finals         |                |
| 8:37 AM          | #456 Women 50+ 60 m 50-109yrs                 | Finals         |                |
| 8:38 AM          | #457 Men 30-49 60 m 30-49yrs                  | Finals         |                |
| 8:38 AM          | #458 Men 50+ 60 m 50-109yrs                   | Finals         |                |
| 8:40 AM          | #459 Women 60 m Open                          | Finals         |                |
| 8:40 AM          | #460 Men 60 m Open                            | Finals         |                |
| 8:45 AM          | #461 Girls Shot Put 2.0kg 9yrs (U10)          | Finals         | SP 2           |
| 8:45 AM          | #462 Boys Shot Put 2.0kg 9yrs (U10)           | Finals         | SP 1           |
| 8:45 AM          | #463 Boys Long Jump 8yrs (U9)                 | Finals         | PIT 1          |
| 8:45 AM          | #464 Girls Long Jump 8yrs (U9)                | Finals         | PIT 2          |
| <b>9:00 AM</b>   | <b>#465 Girls 200 m 12yrs (U13)</b>           | <b>Prelims</b> |                |
| <b>9:04 AM</b>   | <b>#466 Boys 200 m 12yrs (U13)</b>            | <b>Prelims</b> |                |
| <b>9:06 AM</b>   | <b>#467 Women 200 m 13yrs (U14)</b>           | <b>Prelims</b> |                |
| <b>9:10 AM</b>   | <b>#468 Men 200 m 13yrs (U14)</b>             | <b>Prelims</b> |                |
| <b>9:12 AM</b>   | <b>#469 Women 200 m 14yrs (U15)</b>           | <b>Prelims</b> |                |
| <b>9:16 AM</b>   | <b>#470 Women 200 m 15yrs (U16)</b>           | <b>Prelims</b> |                |
| <b>9:20 AM</b>   | <b>#471 Women 200 m Under 18</b>              | <b>Prelims</b> |                |
| <b>9:24 AM</b>   | <b>#472 Men 200 m Open</b>                    | <b>Prelims</b> |                |
| 9:40 AM          | #473 Girls 200 m 7yrs (U8)                    | Finals         |                |
| 9:42 AM          | #474 Boys 200 m 7yrs (U8)                     | Finals         |                |
| 9:46 AM          | #475 Girls 200 m 8yrs (U9)                    | Finals         |                |
| 9:48 AM          | #476 Boys 200 m 8yrs (U9)                     | Finals         |                |
| 9:52 AM          | #477 Girls 200 m 9yrs (U10)                   | Finals         |                |
| 9:56 AM          | #478 Boys 200 m 9yrs (U10)                    | Finals         |                |
| 9:30 AM          | #479 Girls Long Jump 11yrs (U12)              | Finals         | PIT 1&2        |
| 9:30 AM          | #480 Women 30-49 Discus 1.0kg 30-49yrs        | Finals         | CAGE 2         |
| 9:30 AM          | #481 Throws Pentathlon: #3 Women 30-49 Discus | Finals         |                |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 5 DAY 3

Day 3 - Sunday 24/09/2023 - Starts at 07:00 AM

| <b>Starts at</b> | <b>Event</b>                                  | <b>Round</b> | <b>Comment</b> |
|------------------|---|--------------|----------------|
| 9:30 AM          | #482 Girls Javelin 400g 12yrs (U13)           | Finals       | JAV 2          |
| 9:30 AM          | #483 Boys Javelin 600g 12yrs (U13)            | Finals       | JAV 2          |
| 9:30 AM          | #484 Women Discus 1.0kg 13yrs (U14)           | Finals       | CAGE 1         |
| 9:30 AM          | #485 Women Discus 1.0kg 14yrs (U15)           | Finals       | CAGE 1         |
| 9:30 AM          | #486 Women Discus 1.0kg 15yrs (U16)           | Finals       | CAGE 1         |
| 9:30 AM          | #487 Throws Pentathlon: #3 Women Discus U16   | Finals       |                |
| 10:00 AM         | #488 Girls Shot Put 2.0kg 8yrs (U9)           | Finals       | SP 2           |
| 10:00 AM         | #489 Boys Shot Put 2.0kg 8yrs (U9)            | Finals       | SP 2           |
| 10:00 AM         | #490 Girls Long Jump 9yrs (U10)               | Finals       | PIT 1          |
| 10:00 AM         | #491 Boys Long Jump 9yrs (U10)                | Finals       | PIT 4          |
| 10:15 AM         | #492 Girls 800 m 10yrs (U11)                  | Finals       |                |
| 10:19 AM         | #493 Girls 800 m 11yrs (U12)                  | Finals       |                |
| 10:23 AM         | #494 Girls 800 m 12yrs (U13)                  | Finals       |                |
| 10:27 AM         | #495 Women 800 m 13yrs (U14)                  | Finals       |                |
| 10:27 AM         | #496 Women 800 m 14yrs (U15)                  | Finals       |                |
| 10:31 AM         | #497 Women 800 m 15yrs (U16)                  | Finals       |                |
| 10:31 AM         | #498 Women 800 m Under 18                     | Finals       |                |
| 10:35 AM         | #499 Women 800 m Open                         | Finals       |                |
| 10:35 AM         | #500 Women 30-49 800 m 30-49yrs               | Finals       |                |
| 10:30 AM         | #501 Throws Pentathlon: #5 Women Weight U16   | Finals       | CAGE 1         |
| 10:30 AM         | #502 Throws Pentathlon: #5 Women Weight Under | Finals       | CAGE 1         |
| 10:30 AM         | #503 Throws Pentathlon: #5 Women Weight Under | Finals       |                |
| 10:30 AM         | #504 Girls Discus 1.0kg 12yrs (U13)           | Finals       | CAGE 2         |
| 10:30 AM         | #505 Boys Discus 1.0kg 12yrs (U13)            | Finals       | CAGE 2         |
| 10:30 AM         | #506 Boys 800 m 10yrs (U11)                   | Finals       |                |
| 10:34 AM         | #507 Boys 800 m 11yrs (U12)                   | Finals       |                |
| 10:38 AM         | #508 Boys 800 m 12yrs (U13)                   | Finals       |                |
| 10:42 AM         | #509 Men 800 m 13yrs (U14)                    | Finals       |                |
| 10:42 AM         | #510 Men 800 m 14yrs (U15)                    | Finals       |                |
| 10:46 AM         | #511 Men 800 m 15yrs (U16)                    | Finals       |                |
| 10:46 AM         | #512 Men 800 m PA Ambulant                    | Finals       |                |
| 10:46 AM         | #513 Men 800 m Under 20                       | Finals       |                |
| 10:46 AM         | #514 Men 800 m Open                           | Finals       |                |
| 10:50 AM         | #515 Men 800 m Under 18                       | Finals       |                |
| 10:54 AM         | #516 Men 30-49 800 m 30-49yrs                 | Finals       |                |



**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 5 DAY 3

Day 3 - Sunday 24/09/2023 - Starts at 07:00 AM

| <b>Starts at</b> | <b>Event</b>                                    | <b>Round</b>  | <b>Comment</b>                 |
|------------------|---|---------------|--------------------------------|
| 10:54 AM         | #517 Men 50+ 800 m 50-109yrs                    | Finals        |                                |
| 11:00 AM         | #518 Girls 800 m 8yrs (U9)                      | Finals        |                                |
| 11:04 AM         | #519 Girls 800 m 9yrs (U10)                     | Finals        |                                |
| 11:08 AM         | #520 Boys 800 m 8yrs (U9)                       | Finals        |                                |
| 11:12 AM         | #521 Boys 800 m 9yrs (U10)                      | Finals        |                                |
| 11:00 AM         | #522 Women Triple Jump 13yrs (U14)              | Finals        | PIT 3                          |
| 11:00 AM         | #523 Women Triple Jump 14yrs (U15)              | Finals        | PIT 3                          |
| 11:00 AM         | #524 Women Triple Jump 15yrs (U16)              | Finals        | PIT 3                          |
| 11:00 AM         | #525 Women High Jump Open                       | Finals        |                                |
| 11:00 AM         | #526 Men High Jump Open                         | Finals        |                                |
| 11:00 AM         | #527 Men 30-49 High Jump 30-49yrs               | Finals        |                                |
| 11:00 AM         | #528 Women 30-49 High Jump 30-49yrs             | Finals        |                                |
| 11:00 AM         | #529 Women 50+ High Jump 50-109yrs              | Finals        |                                |
| 11:00 AM         | #530 Men 50+ High Jump 50-109yrs                | Finals        |                                |
| <b>11:30 AM</b>  | <b>#530A Men Javelin 800g Open</b>              | <b>Finals</b> | <b>JAV 2</b> - Updated 19/9/23 |
| 11:30 AM         | #807 Throws Pentathlon: #4 Men Javelin Open     | Finals        |                                |
| 11:30 AM         | #531 Throws Pentathlon: #5 Women Weight Open    | Finals        | CAGE 1                         |
| 11:30 AM         | #532 Throws Pentathlon: #5 Women 30-49 Weight   | Finals        | CAGE1                          |
| 11:30 AM         | #533 Throws Pentathlon: #5 Women 50+ Weight     | Finals        | CAGE 1                         |
| 11:30 AM         | #534 Men Javelin 600g 13yrs (U14)               | Finals        | JAV 2                          |
| 11:30 AM         | #535 Men Javelin 700g 14yrs (U15)               | Finals        | JAV 2                          |
| 11:30 AM         | #536 Men Javelin 700g 15yrs (U16)               | Finals        | JAV 2                          |
| 11:30 AM         | #537 Throws Pentathlon: #4 Men Javelin U16      | Finals        |                                |
| 11:30 AM         | #538 Men Javelin 700g Under 18                  | Finals        | JAV 2                          |
| 11:30 AM         | #539 Throws Pentathlon: #4 Men Javelin Under 18 | Finals        |                                |
| 11:30 AM         | #540 Men Javelin 800g Under 20                  | Finals        | JAV 2                          |
| 11:30 AM         | #541 Throws Pentathlon: #4 Men Javelin Under 20 | Finals        |                                |
| 11:30 AM         | #542 Men 30-49 Javelin 800g 30-49yrs            | Finals        | JAV 2                          |
| 11:30 AM         | #543 Throws Pentathlon: #4 Men 30-49 Javelin    | Finals        |                                |
| 11:30 AM         | #544 Men 50+ Javelin 50-109yrs                  | Finals        | JAV 2                          |
| 11:30 AM         | #545 Throws Pentathlon: #4 Men 50+ Javelin      | Finals        |                                |
| 11:50 AM         | #546 Girls Shot Put 2.0kg 10yrs (U11)           | Finals        | SP 1                           |
| <b>11:50 AM</b>  | <b>#546A Women Triple Jump Under 18</b>         | <b>Finals</b> | <b>PIT 2</b> Updated 19/9/23   |
| 11:50 AM         | #547 Girls 80 m Hurdles 9 x 76.2cm 12yrs (U13)  | Finals        |                                |
| 11:50 AM         | #548 Women 80 m Hurdles 9 x 76.2cm 13yrs (U14)  | Finals        |                                |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 5 DAY 3

Day 3 - Sunday 24/09/2023 - Starts at 07:00 AM

| <b>Starts at</b> | <b>Event</b>                                   | <b>Round</b> | <b>Comment</b> |
|------------------|--|--------------|----------------|
| 11:50 AM         | #549 Women 40-49 80 m Hurdles 8 x 76.2cm       | Finals       |                |
| 12:00 AM         | #550 Boys 90 m Hurdles 9 x 76.2cm 12yrs (U13)  | Finals       |                |
| 12:00 AM         | #551 Men 90 m Hurdles 9 x 76.2cm 13yrs (U14)   | Finals       |                |
| 12:03 AM         | #552 Women 90 m Hurdles 9 x 76.2cm 14yrs (U15) | Finals       |                |
| 12:06 AM         | #553 Women 90 m Hurdles 9 x 76.2cm 15yrs (U16) | Finals       |                |
| 12:15 AM         | #554 Women 100 m Hurdles 10 x 76.2cm Under 18  | Finals       |                |
| 12:20 AM         | #555 Women 100 m Hurdles 10 x 84.0cm Open      | Finals       |                |
| 12:20 AM         | #556 Women 100 m Hurdles 10 x 84.0cm Under 20  | Finals       |                |
| 12:20 AM         | #557 Women 30-39 100 m Hurdles 10 x 84.0cm     | Finals       |                |
| 12:25 AM         | #558 Men 100 m Hurdles 10 x 84.0cm 14yrs (U15) | Finals       |                |
| 12:25 AM         | #559 Men 100 m Hurdles 10 x 84.0cm 15yrs (U16) | Finals       |                |
| 12:30 AM         | #560 Men 110 m Hurdles 10 x 91.4cm Under 18    | Finals       |                |
| 12:30 AM         | #561 Men 110 m Hurdles 10 x 99.1cm Under 20    | Finals       |                |
| 12:30 AM         | #562 Men 110 m Hurdles 10 x 106.7cm Open       | Finals       |                |
| 12:20 AM         | #565 Boys Shot Put 2.0kg 10yrs (U11)           | Finals       | SP 2           |

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Session Report**

Session: 6 DAY 3

Day 3 - Sunday 24/09/2023 - Starts at 01:00 PM

| <b>Starts at</b> | <b>Event</b>                                   | <b>Round</b> | <b>Comment</b> |
|------------------|--|--------------|----------------|
| 1:00 PM          | #566 Men Long Jump 15yrs (U16)                 | Finals       | PIT 2          |
| 1:15 PM          | #567 Throws Pentathlon: #5 Men Weight U16      | Finals       | CAGE 1         |
| 1:15 PM          | #568 Throws Pentathlon: #5 Men Weight Under 18 | Finals       | CAGE 1         |
| 1:15 PM          | #569 Throws Pentathlon: #5 Men Weight Under 20 | Finals       | CAGE 1         |
| 1:15 PM          | #570 Throws Pentathlon: #5 Men Weight Open     | Finals       | CAGE 1         |
| 1:15 PM          | #571 Throws Pentathlon: #5 Men 30-49 Weight    | Finals       | CAGE 1         |
| 1:15 PM          | #572 Throws Pentathlon: #5 Men 50+ Weight      | Finals       | CAGE 1         |
| 1:50 PM          | #573 Women 200 m Under 18                      | Finals       |                |
| 1:52 PM          | #574 Women 200 m Under 20                      | Finals       |                |
| 1:54 PM          | #575 Women 200 m Open                          | Finals       |                |
| 1:56 PM          | #576 Women 30-49 200 m 30-49yrs                | Finals       |                |
| 1:56 PM          | #577 Women 50+ 200 m 50-109yrs                 | Finals       |                |
| 2:00 PM          | #578 Men 200 m Under 18                        | Finals       |                |
| 2:02 PM          | #579 Men 200 m Under 20                        | Finals       |                |
| 2:04 PM          | #580 Men 200 m Open                            | Finals       |                |
| 2:06 PM          | #581 Men 30-49 200 m 30-49yrs                  | Finals       |                |
| 2:08 PM          | #582 Men 50+ 200 m 50-109yrs                   | Finals       |                |
| 2:10 PM          | #583 Men 200 m PA Ambulant                     | Finals       |                |
| 2:15 PM          | #584 Girls 200 m 10yrs (U11)                   | Finals       |                |
| 2:17 PM          | #585 Boys 200 m 10yrs (U11)                    | Finals       |                |
| 2:19 PM          | #586 Girls 200 m 11yrs (U12)                   | Finals       |                |
| 2:23 PM          | #587 Boys 200 m 11yrs (U12)                    | Finals       |                |
| 2:25 PM          | #588 Girls 200 m 12yrs (U13)                   | Finals       |                |
| 2:27 PM          | #589 Boys 200 m 12yrs (U13)                    | Finals       |                |
| 2:29 PM          | #590 Women 200 m 13yrs (U14)                   | Finals       |                |
| 2:31 PM          | #591 Men 200 m 13yrs (U14)                     | Finals       |                |
| 2:33 PM          | #592 Women 200 m 14yrs (U15)                   | Finals       |                |
| 2:35 PM          | #593 Men 200 m 14yrs (U15)                     | Finals       |                |
| 2:37 PM          | #594 Women 200 m 15yrs (U16)                   | Finals       |                |
| 2:39 PM          | #595 Men 200 m 15yrs (U16)                     | Finals       |                |