



OMA2025 FINAL SCHEDULE _V3

Updated August 27

Items to note:

ATHLETE PACK COLLECTION:

Your **Athlete pack** includes your competition bibs and must be collected before your first event.

The OMA2025 **Registration Area** will be located on the ground floor of the main QSAC building. All packs are to be collected from there (*they will not be at the Cross Country event*).

Collection times:

Fri 5 – 12:00pm to 5:00pm

Sat 6 – 7:30am to 2:30pm

Sun 7 – 7:30am to 2:30pm

Mon 8 – 7:30am to 12:00pm

Tue 9 – 7:30am to 12:00pm

BIBS: must be worn when competing, 2 for track events and 2 for field events (may be attached to either the front or the back)

CLASH OF EVENTS: Track events take precedence over Field events if on at overlapping times. Report to the Field event first and let them know you are going to a track event. Return to the Field event immediately on completion of the track event.

SATURDAY TRACK

8.00am 10km road walk	1.01pm 300m hurdles M60-69
9.00am 800m W70+	1.07pm 300m hurdles W50-59
9.05am 800m W65	1.14pm 300m hurdles M70-79
9.10am 800m W55-64	1.20pm 300m hurdles W65
9.15am 800m W45-54	1.28pm 200m hurdles M80
9.20am 800m W40	2.00pm 100m finals W80+
9.25am 800m W30-39	2.03pm 100m finals W75
9.36am 800m M75+	2.06pm 100m finals W70
9.41am 800m M70	2.09pm 100m finals W65
9.46am 800m M60-69	2.12pm 100m finals W60
9.51am 800m M55	2.15pm 100m finals W55
9.56am 800m M50	2.18pm 100m finals W50
10.01am 800m M45	2.21pm 100m finals W45
10.06am 800m M40	2.24pm 100m finals W40
10.11am 800m M30-39	2.27pm 100m finals W35
10.30am 100m heats W65	2.30pm 100m finals W30
10.36am 100m heats W55	2.40pm 100m finals M85+
10.41am 100m heats W45	2.43pm 100m finals M80
10.46am 100m heats W40	2.46pm 100m finals M75
10.51am 100m heats W35	2.49pm 100m finals M70
10.56am 100m heats W30	2.51pm 100m finals M65
11.15am 100m heats M55	2.54pm 100m finals M60
11.21am 100m heats M50	2.57pm 100m finals M55
11.30am 100m heats M45	3.00pm 100m finals M50
11.39am 100m heats M40	3.03pm 100m finals M45
12.00pm Opening Ceremony	3.06pm 100m finals M40
12.30pm 400m hurdles M30-49	3.09pm 100m finals M35
12.37pm 400m hurdles M50	3.12pm 100m finals M30
12.42pm 400m hurdles M55	3.30pm 3000m steeplechase M30-59
12.49pm 400m hurdles W40	3.50pm 2000m steeplechase W30+
12.54pm 400m hurdles W30,35,45	4.10pm 2000m steeplechase M60+

SATURDAY FIELD

	<u>Jump 1</u>	<u>Jump 2</u>	Javelin 1	Javelin 2	Hammer	Shot 1	Shot 2	Weight 1	Weight 2	<u>HJump</u>
Location	SAF West	SAF West	SAF Nth	SAF <u>Sth</u>	SAF	SAF Nth	SAF <u>Sth</u>	Main Track	<u>MainTrack</u>	SAF <u>Sth</u>
8.30	M40		M50		M60-69	W50	W45	W55		W60+
10.00	M75		M70	M55	M80+	W65	W35	W40		W50-59
10.45			M75							
11.30	M30-39	M55	M60		M40-49	W70, W80		W45	W60	W30-39
1.00	M45	M50	M80+		M55	W75	W30	W65, W70		W40-49
2.30			M65	M40	M30-39	W55	W40	W30-39		
3.00		M70, M80+								
3.15				M45	M50			W50	W75+	
4.00	M60-69		M30-39		M70-79	W60				

SUNDAY TRACK

9.00am 200m heats W55	11.21am 200m finals W45
9.06am 200m heats W45	11.24am 200m finals W40
9.12am 200m heats W40	11.27am 200m finals W35
9.18am 200m heats W35	11.30am 200m finals W30
9.30am 200m heats M75	11.45am 200m finals M85+
9.36am 200m heats M70	11.48am 200m finals M80
9.42am 200m heats M55	11.51am 200m finals M75
9.48am 200m heats M50	11.54am 200m finals M70
9.52am 200m heats M45	11.57am 200m finals M65
9.58am 200m heats M40	12.00pm 200m finals M60
11.00am 200m finals W80	12.03pm 200m finals M55
11.03am 200m finals W75	12.06pm 200m finals M50
11.06am 200m finals W70	12.09pm 200m finals M45
11.09am 200m finals W65	12.12pm 200m finals M40
11.12am 200m finals W60	12.15pm 200m finals M35
11.15am 200m finals W55	12.18pm 200m finals M30
11.18am 200m finals W50	3.00pm @ Sherwood Arboretum:
	3km Cross Country M30-69, W30-69
	2km Cross Country M70+, W70+

SUNDAY FIELD

	Shot Put 1	Shot Put 2	Weight	T Jump	Discus 1	Discus 2	L ump
	SAF Nth	SAF S th	Main Track	SAF Pit 2	SAF Nth Cage	Main Track	SAF Pit 1
8.30	M50		M30 -M44		W40		W50-59
10.00	M80+	M60	M55	M30-44	W50	W55	W60-69
11.30	M40	M65	M45-54	M70	W30	W35	W45
1.00	M55	M70-79	M60	M45-54	Seated	W45	W30, W70+
2.30	M30-39		M80+	M55-69	W75+	W60	W35
4.00	M45		M65- M79		W65-74		W40

MONDAY TRACK

9.00am 1500m Walk W60+	1.45pm:
9.15am 1500m Walk M60+	80m hurdles M70-79
9.30am 1500m Walk W30-59	80m hurdles W50-59
9.45am 1500m Walk M30-59	80m hurdles W60+, M80+
10.00am 400m heats W40	2.00pm 400m finals W70+
10.08am 400m heats M55	2.05pm 400m finals W65
10.16am 400m heats M50	2.10pm 400m finals W60
10.22am 400m heats M45	2.15pm 400m finals W55
10.28am 400m heats M40	2.20pm 400m finals W50
10.40am 1500m W60+	2.25pm 400m finals W45
10.50am 1500m W45-59	2.30pm 400m finals W40
11.00am 1500m W30-44	2.35pm 400m finals W35
11.10am 1500m M70+	2.40pm 400m finals W30
11.20am 1500m M60-69	2.50pm 400m finals M80+
11.30am 1500m M50-59	2.55pm 400m finals M75
11.40am 1500m M45	3.00pm 400m finals M70
11.50am 1500m M30-44	3.05pm 400m finals M65
1.00pm:	3.10pm 400m finals M60
110m hurdles M30-49	3.15pm 400m finals M55
100m hurdles M50, W35	3.20pm 400m finals M50
100m hurdles M55	3.25pm 400m finals M45
100m hurdles M60	3.30pm 400m finals M40
100m hurdles M65	3.35pm 400m finals M30-39
1.30pm:	
80m hurdles W40 0.76	
80m hurdles W45	

MONDAY FIELD

	Discus 1	Discus 2	H <u>Jump</u>	Shot	Hammer 1	Hammer 2	Javelin 2	Javelin 1	T <u>Jump</u>
	SAF Nth	Main Track	SAF <u>Sth</u>	SAF Nth	SAF	Main Track	SAF <u>Sth</u>	SAF Nth	SAF West
8.30					W55			W50	W60+
10.00	M60	M80+	M30-44		W40	W65-74	W45	W60	W30-39
11.30	M40	M50	M65-74		W50	W75+	W35	W55	
1.00	M65	M70-79	M45-54	Seated	W30-39		W40	W65	W50-59
2.30	M30-39	M55	M75+		W60		W30	W70+	W40-49
4.00	M45		M55-64		W45				

TUESDAY TRACK

8.10am 100m Pent W40	12.00pm 60m M65
8.20am 5000m W65+, M70+	12.03pm 60m M60
9.00am 100m Pent W30-39	12.06pm 60m M55
9.10am 5000m W30-64	12.12pm 60m M50
9.45am 100m Pent W60+	12.18pm 60m M45
9.55am 5000m M50-69	12.24pm 60m M40
10.30am 100m Pent W45-54	12.30pm 60m M35
10.40am 5000m M30-49	12.33pm 60m M30
11.15am 100m Pent W55	12.45pm 800m Pent W60+
11.30am 800m Pent W40	1.10pm 800m Pent W45-54
11.40am 800m Pent W30-39	1.50pm 800m Pent W55
11.45am 60m M85+	2.00pm 4 x 100m Relay
11.48am 60m M80	M240+
11.51am 60m M75	M200-239
11.54am 60m M70	M150-199
	2.20pm Medley Relay - 800, 400, 200, 200
	M240+
	M200-239
	M150-199

TUESDAY FIELD

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WEDNESDAY TRACK

8.00am 5000m walk W30+	11.30am 1500m Pent M45-54
8.45am M30+	11.45am 200m Pent M70+
9.30am 60m W75+	12.15pm 1500m Pent M30-44
9.33am 60m W70	12.30pm 200m Pent M65
9.36am 60m W65	1.00pm 1500m Pent M70+
9.39am 60m W60	1.15pm 200m Pent M55-64
9.41am 60m W55	1.45pm 1500m Pent M65
10.15am 200m Pent M45-54	2.30pm 1500m Pent M55-64
10.30am 60m W50	2.40pm 4 x 100m Relay
10.33am 60m W45	W230+
10.36am 60m W40	W195-229
10.42am 60m W35	W150-194
10.45am 60m W30	3.15pm 4 x 800 Relay record attempt 5 yr age groups
11.00am 200m Pent M30-44	3.45pm Medley Relay - 800, 400, 200, 200
	W230+
	W195-229
	W150-194

WEDNESDAY FIELD

[illegible]