



OMA2025

FINAL SCHEDULE

August 8, 2025

Any enquiries email:
programoma2025@gmail.com

[illegible]

MONDAY 8 SEP

TIME	TRACK EVENT	AGE GROUPS
9.00am	1500m Walk	W60+
9.15am	1500m Walk	M60+
9.30am	1500m Walk	W30-59
9.45am	1500m Walk	M30-59
10.00am	400m HEATS	W40, M55
10.15am	400m HEATS	M50, M45, M40
10.40am	1500m	W60+
10.50am	1500m	W45-59
11.00am	1500m	W30-44
11.10am	1500m	M70+
11.20am	1500m	M60-69
11.30am	1500m	M45, M55
11.40am	1500m	M50
11.50am	1500m	M30-44
12.20pm	110m Hurdles	M30-49
	100m Hurdles	M50, M55, W35, M60-69
12.50pm	80m Hurdles	W40, W45
1.10pm	80m Hurdles	M70-79, W50-59, W60+, m80+
2.00pm	400m FINALS	W70+, W65, W60, W55, W50, W45, W40, W35, W30
2.50pm	400m FINALS	M80+, M75, M70, M65, M60, M55, M50, M45, M40, M30-39
6.30PM	ATHLETE DINNER	Track & Field Room QSAC (by ticket only)

[illegible]

TUESDAY 9 SEP		
TIME	TRACK EVENT	AGE GROUPS
8.10am	PENT 100m	W40
8.20am	5000m	W65+, M70+
9.00am	PENT 100m	W30-39
9.10am	5000m	W30-64
9.45am	PENT 100m	W60+
9.55am	5000m	M50-69
10.30am	PENT 100m	W45-54
10.40am	5000m	M30-49
11.15am	PENT 100m	W55
11.30am	PENT 800m	W40
11.40am	PENT 800m	W30-39
11.45am	60m	M70+
12.00pm	60m	M50-69
12.20pm	60m	M30-49
12.45pm	PENT 800m	W60+
1.10pm	PENT 800m	W45-54
1.50pm	PENT 800m	W55
2,00pm	Relay	Men 4 x 100m
2.00pm	Relay	Men 4 x Medley (800/400/200/200)

TIME	FIELD EVENT									
	Shot #1 N SAF	Long Jump SAF	Javelin #1 N SAF	Hammer SAF	Shot #2 S SAF	Discus#1 SAF	Javelin #2 S SAF	Weight SAF	Pole Vault	
8.15am									PVault M60-69	
8.25am	PENT W40									
8.30am				T-PENT M70+						
9.15am	PENT W30-39	PENT W40		T-PENT M60-69	T-PENT M70+					
10.00am	PENT W60+	PENT W30-39	PENT W40	T-PENT M50-59	T-PENT M60-69	T-PENT M70+			PVault M70	
10.45am	PENT W45-54	PENT W60+	PENT W30-39	T-PENT M30-49	T-PENT M50-59	T-PENT M60-69	T-PENT M70+			
11.30am	PENT W55	PENT W45-54	PENT W60+		T-PENT M30-49	T-PENT M50-59	T-PENT M60-69	T-PENT M70+		
11.45am									PVault M30-49	
12.15pm		PENT W55	PENT W45-54			T-PENT M30-49	T-PENT M50-59	T-PENT M60-69		
12.30pm										
1.00pm			PENT W55				T-PENT M30-49	T-PENT M50-59		
1.45pm								T-PENT M30-49	PVault M50-59	
	Order of events:									
	Pentathlon:	Women: 100m, Shot Put, Long Jump, Javelin, 800m								
	Throws Pentathlon:	Hammer, Shot Put, Discus, Javelin, Weight Throw								

WEDNESDAY 10 SEP

TIME	TRACK EVENT	AGE GROUPS
8.00am	5000m Walk	W30+
8.45am	5000m Walk	M30+
9.30am	60m	W55+
10.15am	PENT 200m	M45-54
10.30am	60m	W30-54
11.00am	PENT 200m	M30-44
11.30am	PENT 1500m	M45-54
11.45am	PENT 200m	M70+
12.15pm	PENT 1500m	M30-44
12.30pm	PENT 200m	M65
1.00pm	PENT 1500m	M70+
1.15pm	PENT 200m	M55-64
1.45pm	PENT 1500m	M65
2.30pm	PENT 1500m	M55-64
2.40pm	Relay	Women 4 x 100m
3.15pm	Relay	4 x 800m (age group)
3.45pm	Relay	Women 4 x Medley (800/400/200/200)

TIME	FIELD EVENT
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	Long Jump	Javelin #1	Discus #2	Hammer SAF	Shot #2 S SAF	Discus#1 SAF	Javelin #2 S SAF	Weight SAF	Pole Vault
8.20am	PENT M45-54								
8.30am				T-PENT W70+					PVault W50+
9.15am	PENT M30-44	PENT M45-54		T-PENT W60-69	T-PENT W70+				
10.00am	PENT M70+	PENT M30-44		T-PENT W55	T-PENT W60-69	T-PENT W70+			
10.30am			PENT M45-54						PVault W30-49
10.45am	PENT M65	PENT M70+		T-PENT W45-54	T-PENT W55	T-PENT W60-69	T-PENT W70+		
11.15am	PENT M55-64		PENT M30-44						
11.30am		PENT M65		T-PENT W30-39	T-PENT W45-54	T-PENT W55	T-PENT W60-69	T-PENT W70+	
12.00pm			PENT M70+						
12.15pm		PENT M55-64		T-PENT W40	T-PENT W30-39	T-PENT W45-54	T-PENT W55	T-PENT W60-69	
12.45pm			PENT M65						
1.30pm		T-PENT W45-54	PENT M55-64		T-PENT W40	T-PENT W30-39		T-PENT W55	
2.45pm		T-PENT W30-39				T-PENT W40		T-PENT W45-54	
3.30pm		T-PENT W40						T-PENT W30-39	
4.15pm								T-PENT W40	

	Order of events:				
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Pentathlon:	Men: Long Jump, Javelin, 200m, Discus, 1500m					
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Throws Pentathlon: Hammer, Shot Put, Discus, Javelin, Weight Throw					
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