

OAC Twilight Meet #3 – July 21st, 2025 - Events Offered.

MALE											FEMALE										
Mast	Senior	U20	U18	U16	U14		U12		U10	Group	U10	U12			U14		U16	U18	U20	Senior	Mast
35+	20-34	18/19	16/17	14/15	13	12	11	10	9	Age	9	10	11	12	13	14/15	16/17	18/19	20-34	35+	
							X	X	X	60m Hurdles	X	X	X								
					X	X				80m Hurdles				X	X	X					
				X						100m Hurdles							X	X	X		
	X	X	X							110m Hurdles											
X	X	X	X	X	X	X	X	X	X	100m	X	X	X	X	X	X	X	X	X	X	
X	X	X	X	X	X	X	X			200m				X	X	X	X	X	X	X	
X	X	X	X							400m							X	X	X	X	
							X	X	X	600m	X	X	X								
X	X	X	X	X	X	X				800m				X	X	X	X	X	X	X	
		X	X							3000m							X	X			
X	X	X	X	X	X	X	X	X	X	Long Jump	X	X	X	X	X	X	X	X	X	X	
X	X	X	X	X	X	X	X	X	X	High Jump	X	X	X	X	X	X	X	X	X	X	
X	X	X	X	X	X	X				Hammer				X	X	X	X	X	X	X	
X	X	X	X	X	X	X	X	X	X	Shot Put	X	X	X	X	X	X	X	X	X	X	

2025 Category	Age at Dec 31 st , 2025	Year of Birth
U10	9 yrs	2016
U12	10-11 yrs	2015-2014
U14	12-13 yrs	2013-2012
U16	14-15 yrs	2011-2010
U18	16-17 yrs	2009-2008
U20	18-19 yrs	2007-2006
Senior	20-34 yrs	2005-1991
Master	35+	1990-