

7th

LADIES FIRST

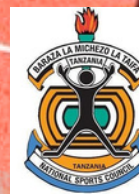
DATE & VENUE

29th (Sat) November, 2025:
7am-4pm

30th (Sun) November 2025:
8:30am-2pm

@Benjamin Mkapa Stadium

Organized by



What is “Ladies First”?

“Ladies First” is a women’s athletics event, which was initiated and inspired by the vision of Mr. Juma Ikangaa, a former Tanzanian athlete. The primary objective was to close the gap in women’s participation in sports by providing young women with opportunities to compete at a high level. Over the years, the event has evolved in scope and significance, becoming a key platform for promoting gender equality, women’s empowerment and promoting sports and dissemination of physical education in Tanzania. Each edition of the event has been instrumental in addressing the underrepresentation of women in sports, particularly in leadership positions and competitive athletics.

Concept of “Ladies First”



Leadership

Achievement

Development

Your Turn

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To Provide opportunities for women athletes to become role models and demonstrate **leadership** in sports.

To create a place where women athletes can showcase their **achievements** through competitions and be recognized for their efforts and talents.

To promote the physical, mental, and social **development** of Tanzanian women and girls through sports.

To promote gender equality and women's empowerment in society and provide opportunities for women to take an action with the meaning of “now, it is **your turn!**”.

MAIN EVENT IN Dar es Salaam

Competition Program

100m • 200m • 400m • 800m • 1,500m • 5,000m •
10,000m • 4×100m relay • Javelin

Side Events on 28th Nov.

• Money Literacy Education

NBC will do the workshop related to basic knowledge of money importance (money usage, keeping records etc) to girl athletes in accordance with the curriculum, to empower girls to be aware of the economic issue.

Side Events on 29th-30th Nov.

• Jogging

Early Morning Jogging event as the promotion Ladies First event as well as the joy of physical

• Health Checkup Booth

Everyone is welcome to take height and weight measurements, calculate BMI, measure blood pressure to improve health and get your checkup results here.

• Entertainment for School Kids

There will be fun time for school kids during the games.

• Photo Exhibition

At this booth, you can learn about the history of this event through lively photographs of past events.

• Dream Tree Art

Let's draw your dream to make it come true!

• Fun Relay

BMT and JICA teams will run for the fun relay! Let's cheer them up!



GET MORE Information!!

Movies of Ladies First



(1min ver)



(5min ver)

Scan me!!



JICA Tanzania
Website



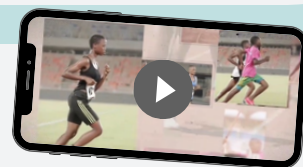
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