



**2018 NACAC Championships Schedule  
Friday, August 10, 2018**

**SESSION 1 – Free Admission**

<b>Time</b>	<b>Event</b>
<b>TRACK EVENTS</b>	
10:20am	Women’s 100m Qualification
10:34am	Men’s 100m Qualification
10:50am	Women’s 400m Semi-Finals
11:00am	Men’s and Women’s 20k Racewalk FINAL (Off-site)
11:17am	Men’s 400m Semi-Finals
11:50am	Women’s 100mH Qualification
12:07pm	Men’s 110mH Qualification
12:30pm	Women’s 200m Qualification
12:46pm	Men’s 200m Qualification
<b>FIELD EVENTS</b>	
10:05am	Women’s Long Jump Qualification
11:40am	Men’s Long Jump Qualification

**SESSION 2 – Ticketed session**

<b>Time</b>	<b>Event</b>
<b>TRACK EVENTS</b>	
6:30pm	Women’s 400mH Semi-Finals
6:55pm	Men’s 400mH Semi-Finals
7:20pm	Women’s 800m Semi-Finals
7:35pm	Men’s 800m Semi-Finals
7:50pm	Women’s 3000 Steeplechase FINAL
8:10pm	Women’s 100mH Semi-Finals
8:30pm	Men’s 110mH Semi-Finals
8:50pm	Women’s 200m Semi-Finals
9:10pm	Men’s 200m Semi-Finals
9:30pm	Women’s 5000m FINAL
<b>FIELD EVENTS</b>	
6:00pm	Women’s Hammer FINAL
7:00pm	Men’s Triple Jump FINAL
7:30pm	Men’s Shot Put FINAL
7:45pm	Women’s Discus FINAL
8:00pm	Women’s High Jump FINAL



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**SESSION 3 – Ticketed session**

<b>Time</b>	<b>Event</b>
<b>TRACK EVENTS</b>	
3:15pm	Women's 800m Masters FINAL
3:25pm	Men's 800m Masters FINAL
3:35pm	Women's 100m Masters FINAL
3:45pm	Men's 800m Masters FINAL
3:55pm	Women's 100m Semi-Finals
4:13pm	Men's 100m Semi-Finals
4:35pm	Women's 800m FINAL
4:45pm	Men's 800m FINAL
5:00pm	Women's 100mH FINAL
5:10pm	Men's 110mH FINAL
5:20pm	Women's 400m FINAL
5:30pm	Men's 400m FINAL
5:40pm	Women's 100m FINAL
5:50pm	Men's 100m FINAL
6:00pm	Men's 5000m FINAL
<b>FIELD EVENTS</b>	
4:00pm	Men's Hammer FINAL
4:30pm	Women's Long Jump FINAL
5:00pm	Men's High Jump FINAL
5:30pm	Men's Javelin FINAL
5:45pm	Women's Pole Vault FINAL



**2018 NACAC Championships**  
**Sunday, August 12, 2018**

**SESSION 4 – Ticketed session**

<b>Time</b>	<b>Event</b>
<b>TRACK EVENTS</b>	
2:00pm	Women's 400mH FINAL
2:10pm	Men's 400mH FINAL
2:20pm	Women's 200m FINAL
2:30pm	Men's 200m FINAL
2:40pm	Men's 3000mSteeplechae FINAL
3:10pm	Women's 1500m FINAL
3:25pm	Men's 1500m FINAL
3:40pm	Women's 4x400m FINAL
3:55pm	Men's 4x400m FINAL
4:10pm	Women's 4x100m FINAL
4:30pm	Men's 4x100m FINAL
<b>FIELD EVENTS</b>	
1:30pm	Men's Discus FINAL
1:45pm	Men's Long Jump FINAL
2:00pm	Men's Pole Vault FINAL
2:00pm	Women's Shot Put FINAL
2:45pm	Women's Javelin FINAL
3:00pm	Women's Triple Jump FINAL