



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

SESSION 1 – Free Admission

Time	Event
TRACK EVENTS	
10:25am	PUMA Men's 100m Qualification
10:50am	LASIK MD Women's 400m Semi-Finals
11:00am	TORONTO TOURISM Men's and Women's 20k Racewalk FINAL (Off-site)
11:10am	LASIK MD Men's 400m Semi-Finals

SESSION 2 – Ticketed session

Time	Event
TRACK EVENTS	
6:30pm	Anthem
6:45pm	Medal Ceremonies – TORONTO TOURISM Men's and Women's 20k Racewalk
6:55pm	MONDO Women's 400mH Semi-Finals
7:10pm	MONDO Men's 400mH Semi-Finals
7:25pm	PIZZA PIZZA Women's 3000m Steeplechase FINAL
7:45pm	Medal Ceremony – AMJ CAMPBELL Women's Hammer
8:00pm	LASIK MD Women's 100mH Semi-Finals
8:15pm	LASIK MD Men's 110mH Semi-Finals
8:30pm	ATHLETICS CANADA Women's 200m Semi-Finals
8:45pm	ATHLETICS CANADA Men's 200m Semi-Finals
9:00pm	PERFORMANCE AUTO GROUP Women's 5000m FINAL
9:25pm	Medal Ceremonies – PIZZA PIZZA Women's 3000m Steeplechase & CITY OF TORONTO Men's Triple Jump
9:40pm	TORONTO TOURISM Men's 10000m FINAL

FIELD EVENTS

6:00pm	AMJ CAMPBELL Women's Hammer FINAL
6:50pm	PROVINCE OF ONTARIO Men's Shot Put FINAL
7:05pm	CITY OF TORONTO Men's Triple Jump FINAL
7:15pm	UCS Women's Discus FINAL
8:00pm	NACAC Women's High Jump FINAL



SESSION 3 – Ticketed session

Time	Event
TRACK EVENTS	
2:30pm	CMA Women's 100m Masters FINAL
2:35pm	CMA Men's 100m Masters FINAL
2:40pm	CMA Women's 800m Masters FINAL
2:50pm	CMA Men's 800m Masters FINAL
3:00pm	Opening Ceremonies
3:20pm	Medal Ceremonies – PROVINCE OF ONTARIO Men's Shot Put, UCS Women's Discus, NACAC Women's High Jump, PERFORMANCE AUTO GROUP Women's 5000m, TORONTO TOURISM Men's 10000m
3:45pm	PUMA Women's 100m Semi-Finals
4:05pm	PUMA Men's 100m Semi-Finals
4:30pm	GATORADE Women's 800m FINAL
4:40pm	GATORADE Men's 800m FINAL
4:45pm	Medal Ceremony – PUMA Women's Pole Vault
4:55pm	LASIK MD Women's 100mH FINAL
5:05pm	LASIK MD Men's 110mH FINAL
5:10pm	Medal Ceremonies – GATORADE Men's and Women's 800m
5:20pm	LASIK MD Women's 400m FINAL
5:30pm	LASIK MD Men's 400m FINAL
5:40pm	PUMA Women's 100m FINAL
5:50pm	PUMA Men's 100m FINAL
5:55pm	Medal Ceremony – Women's Long Jump, AMJ CAMPBELL Men's Hammer
6:05pm	PERFORMANCE AUTO GROUP Men's 5000m FINAL
6:20pm	Medal Ceremonies – LASIK MD Women's 100mH / Men's 110mH
6:30pm	UNIVERSITY OF TORONTO Women's 10000m FINAL
7:00pm	Medal Ceremonies – LASIK MD Women's / men's 400m, PUMA Women's / men's 100m
FIELD EVENTS	
3:30pm	PUMA Women's Pole Vault FINAL
3:45pm	AMJ CAMPBELL Men's Hammer FINAL
4:00pm	OWN THE PODIUM Women's Long Jump FINAL
5:10pm	ATHLETICS CANADA Men's High Jump FINAL
5:15pm	B210 Men's Javelin FINAL



SESSION 4 – Ticketed session

Time	Event
TRACK EVENTS	
1:15pm	Anthem
1:25pm	Medal Ceremonies – ATHLETICS CANADA Men’s High Jump, B210 Men’s Javelin, PERFORMANCE AUTO GROUP Men’s 5000m, UNIVERSITY OF TORONTO Women’s 10000m
2:10pm	MONDO Women’s 400mH FINAL
2:20pm	MONDO Men’s 400mH FINAL
2:30pm	ATHLETICS CANADA Women’s 200m FINAL
2:40pm	ATHLETICS CANADA Men’s 200m FINAL
2:50pm	LASIK MD Men’s 3000m Steeplechase FINAL
3:00pm	Medal Ceremony – MONDO Women’s 400mH
3:10pm	GOVERNMENT OF CANADA Women’s 1500m FINAL
3:15pm	Medal Ceremony – MONDO Men’s 400mH
3:25pm	GOVERNMENT OF CANADA Men’s 1500m FINAL
3:30pm	Medal Ceremony – LASIK MD Men’s 3000m Steeplechase
3:40pm	PUMA Women’s 4x100m FINAL
3:50pm	PUMA Men’s 4x100m FINAL (1 Section)
4:00pm	NACAC Women’s 4x400m FINAL
4:10pm	NACAC Men’s 4x400m FINAL – Section B
4:20pm	NACAC Men’s 4x400m FINAL – Section A
4:30pm	Medal Ceremonies – GOVERNMENT OF CANADA Women’s / men’s 1500m, CITY OF TORONTO Men’s Long Jump, NACAC Men’s Discus, ATHLETICS ONTARIO Men’s Pole Vault, CITY OF TORONTO Women’s Shot Put, PIZZA PIZZA Women’s Javelin, MONDO Women’s Triple Jump, ATHLETICS CANADA Women’s / Men’s 200m, PUMA Women’s / Men’s 4x100m, NACAC Women’s / Men’s 4x400m

FIELD EVENTS

1:20pm	CITY OF TORONTO Men’s Long Jump FINAL
1:45pm	NACAC Men’s Discus FINAL
2:00pm	ATHLETICS ONTARIO Men’s Pole Vault FINAL
2:15pm	CITY OF TORONTO Women’s Shot Put FINAL
3:05pm	PIZZA PIZZA Women’s Javelin FINAL
3:15pm	MONDO Women’s Triple Jump FINAL

Approved by Technical Delegate 10AUG18 20:00hrs.