



# U-18 & U-23 NACAC Championships

Querétaro, Qro., 2019

## Competition Timetable



Version  
June 28

FRIDAY 5TH JULY					SATURDAY 6TH JULY					SUNDAY 7TH JULY				
1ST SESSION					3RD SESSION					5TH SESSION				
08:00	5,000m	U - 23	Wom	FINAL	08:00	10,000 RW	U - 18	Men	FINAL	08:00	10,000m	U - 23	Men	FINAL
08:05	Long Jump	U23	Men	FINAL	08:00	10,000 RW	U - 23	Men	FINAL	08:00	10,000m	U - 23	Wom	FINAL
08:15	Discus Throw (1 Kg)	U - 18	Wom	FINAL	08:20	Javelin Throw (700 g)	U - 18	Men	FINAL	08:05	High Jump	U - 23	Men	FINAL
08:25	5,000m RW	U - 18	Wom	FINAL	08:25	Pole Vault	U - 18	Wom	FINAL	08:10	Triple Jump	U - 18	Men	FINAL
08:25	5,000m RW	U - 23	Wom	FINAL	09:00	Shot Put (5 kg)	U - 18	Men	FINAL	08:25	Javelin Throw (800g)	U - 23	Men	FINAL
08:35	High Jump	U - 18	Wom	FINAL	09:05	800m	U - 18	Wom	FINAL	08:55	200m	U - 18	Wom	FINAL
09:00	400m H (0.762)	U - 18	Wom	FINAL	09:15	800m	U - 18	Men	FINAL	09:05	200m	U - 23	Wom	FINAL
09:10	400m H (0.762)	U - 23	Wom	FINAL	09:25	800m	U - 23	Wom	FINAL	09:15	200m	U - 18	Men	FINAL
09:25	400m H (0.838)	U - 18	Men	FINAL	09:30	Javelin Throw (500g)	U - 18	Wom	FINAL	09:20	Triple Jump	U - 23	Wom	FINAL
09:35	400m H. (0.914)	U - 23	Men	Semifinal	09:35	800m	U - 23	Male	FINAL	09:25	200m	U - 23	Men	FINAL
09:40	Discus Throw (2 kg)	U - 23	Men	FINAL	09:45	Pole Vault	U - 23	Wom	FINAL	09:40	1,500m	U - 18	Wom	FINAL
09:50	3,000m	U - 18	Men	FINAL	09:50	100m H (0.762)	U - 18	Wom	Semifinal	09:50	1,500m	U - 23	Wom	FINAL
09:50	3,000m	U - 18	Wom	FINAL	10:05	100m H (0.838)	U - 23	Wom	Semifinal	10:00	1,500m	U - 18	Men	FINAL
10:05	100m	U - 18	Wom	Semifinal	10:10	Shot Put (4 kg)	U - 23	Wom	FINAL	10:10	1,500m	U - 23	Men	FINAL
10:15	Pole Vault	U - 18	Men	FINAL	10:20	110m H (0.914)	U - 18	Men	FINAL	10:25	4x400m Mixed Relay	18 Wom/Men		FINAL
10:25	100m	U - 23	Wom	Semifinal	10:30	110m H (1.067))	U - 23	Men	Semifinal	10:45	4x400m Mixed Relay	U - 23 Wom/Men		FINAL
10:35	Long Jump	U - 18	Wom	FINAL	10:50	2,000m SC (0.762)	U - 18	Wom	FINAL					
10:45	100m	U - 18	Men	Semifinal	11:00	2,000m SC (0.914)	U - 18	Men	FINAL					
11:05	100m	U - 23	Men	Semifinal	11:10	3,000m SC (0.762)	U - 23	Wom	FINAL					
11:25	Hammer Throw (3 Kg)	U - 18	Wom	FINAL	11:25	3,000m SC (0.914)	U - 23	Men	FINAL					
11:25	Hammer Throw (4 Kg)	U - 23	Wom	FINAL	11:35	Hammer Throw (5 Kg)	U - 18	Men	FINAL					
					11:35	Hammer Throw(7.26 Kg)	U - 23	Men	FINAL					
2ND SESSION					4TH SESSION									
17:30	400m	U - 18	Wom	semifinal	17:30	200m	U - 18	Wom	Semifinal					
17:35	Long Jump	U - 23	Wom	FINAL	17:45	200m	U - 23	Wom	Semifinal					
17:40	Discus Throw (1.5 Kg)	U - 18	Men	FINAL	17:50	Javelin Throw (600g)	U - 23	Wom	FINAL					
17:45	400m	U - 23	Wom	semifinal	17:55	Triple Jump	U - 18	Wom	FINAL					
18:00	400m	U - 18	Men	semifinal	18:00	200m	U - 18	Men	Semifinal					
18:15	400m	U - 23	Men	semifinal	18:10	High Jump	U - 23	Wom	FINAL					
18:30	Shot Put (3 Kg)	U - 18	Wom	FINAL	18:15	200m	U - 23	Men	Semifinal					
18:35	400m H. (0.914)	U - 23	Men	FINAL	18:35	100m H (0.762)	U - 18	Wom	FINAL					
18:40	High Jump	U - 18	Men	FINAL	18:45	100m H (0.838)	U - 23	Wom	FINAL					
18:50	100m	U - 18	Wom	FINAL	18:50	Shot Put (7.260 Kg)	U - 23	Men	FINAL					
19:00	100m	U - 23	Wom	FINAL	18:55	110m H (0.914)	U - 23	Men	FINAL					
19:05	Discus Throw (1 Kg)	U - 23	Wom	FINAL	19:00	Triple Jump	U - 23	Men	FINAL					
19:10	100m	U - 18	Men	FINAL	19:10	400m	U - 18	Wom	FINAL					
19:15	Long Jump	U - 18	Men	FINAL	19:15	Pole Vault	U - 23	Men	FINAL					
19:20	100m	U - 23	Men	FINAL	19:20	400m	U - 23	Wom	FINAL					
19:30	5,000m	U - 23	Men	FINAL	19:30	400m	U - 18	Men	FINAL					
					19:40	400m	U - 23	Men	FINAL					
					19:55	4x100m Relay	U - 18	Wom	FINAL					
					20:05	4x100m Relay	U - 23	Wom	FINAL					
					20:15	4x100m Relay	U - 18	Men	FINAL					
					20:30	4x100m Relay	U - 23	Men	FINAL					