

10:00am - Grassroots Activities

including Run, Jump, Throw, Wheel activation featuring Andre De Grasse

11:00am - Press Conference

Victor Lopez, NACAC President
Mathieu Gentès, Athletics Canada COO
Andre De Grasse, Olympic medallist
Alysha Newman, Commonwealth Games gold medallist

11:30am - Men's High Jump

Michael Mason CAN 2.32m | 3x time Olympian
Ricky Robertson USA 2.32m | 2016 Olympian
Jamal Wilson BAH 2.30m
Deante Kemper USA 2.27m
Sean Cate CAN 2.20m | 2x Canadian University Champion

12:15pm - Men's 60m

Gavin Smellie CAN 10.01 | Sam Effah CAN 10.06 | 3x World Championships Andre Ford-Azonwanna CAN | 10.27

12:20pm - Women's 60m

12:30pm - Women's Pole Vault

Alysha Newman CAN 4.75m | 2016 Olympian, 2017 World Championship finalist
Anicka Newell CAN 4.65m | 2016 Olympian
Kourtney Ross USA 4.60m
Carolina Carmichael-Moll USA 4.50m
Marissa Kalsey USA 4.30m

2:00pm - All Comers Speed Challenge