

Hamilton Puma Canada Day Twilight

July 1, 2024 from 5:30pm to 11:00pm at McMaster University's Mona Campbell Track

Heat Sheets & Results: <https://sportmadesimple.com/results/Marauder/2024/CanadaDay/index.html>

Live Race Scoreboard: <https://sms.timerhub.com/>

Live Stream: <https://youtube.com/live/T066l37XgHU?feature=share>

*All sections run slow to fast

*All 100m runners qualify for a second round

| Event Time | Event |
|-----------------------|-----------------------------|
| 100m – Round 1 | |
| 4:30pm | 100m Women Heat 1 – Round 1 |
| 4:33pm | 100m Women Heat 2 – Round 1 |
| 4:36pm | 100m Women Heat 3 – Round 1 |
| 4:39pm | 100m Women Heat 4 – Round 1 |
| 4:42pm | 100m Women Heat 5 – Round 1 |
| 4:45pm | 100m Women Heat 6 – Round 1 |
| 4:48pm | 100m Men Heat 1 – Round 1 |
| 4:51pm | 100m Men Heat 2 – Round 1 |
| 4:54pm | 100m Men Heat 3 – Round 1 |
| 4:57pm | 100m Men Heat 4 – Round 1 |
| 5:00pm | 100m Men Heat 5 – Round 1 |
| 5:03pm | 100m Men Heat 6 – Round 1 |
| 5:06pm | 100m Men Heat 7 – Round 1 |
| 400m | |
| 5:20pm | 400m Women Heat 1 |
| 5:23pm | 400m Women Heat 2 |
| 5:26pm | 400m Women Heat 3 |
| 5:29pm | 400m Men Heat 1 |
| 5:32pm | 400m Men Heat 2 |
| 5:35pm | 400m Men Heat 3 |
| 5:38pm | 400m Men Heat 4 |
| 100m – Round 2 | |
| 5:51pm | 100m Women Heat 1 – Round 2 |
| 5:54pm | 100m Women Heat 2 – Round 2 |
| 5:57pm | 100m Women Heat 3 – Round 2 |
| 6:00pm | 100m Women Heat 4 – Round 2 |
| 6:03pm | 100m Women Heat 5 – Round 2 |
| 6:06pm | 100m Women Heat 6 – Round 2 |
| 6:09pm | 100m Men Heat 1 – Round 2 |
| 6:12pm | 100m Men Heat 2 – Round 2 |
| 6:15pm | 100m Men Heat 3 – Round 2 |
| 6:18pm | 100m Men Heat 4 – Round 2 |
| 6:21pm | 100m Men Heat 5 – Round 2 |
| 6:24pm | 100m Men Heat 6 – Round 2 |
| 6:27pm | 100m Men Heat 7 – Round 2 |
| | |

| 800m | |
|--------------|--------------------|
| 6:40pm | 800m Women Heat 1 |
| 6:45pm | 800m Women Heat 2 |
| 6:50pm | 800m Women Heat 3 |
| 6:55pm | 800m Women Heat 4 |
| 7:00pm | 800m Women Heat 5 |
| 7:05pm | 800m Women Heat 6 |
| 7:10pm | 800m Men Heat 1 |
| 7:15pm | 800m Men Heat 2 |
| 7:20pm | 800m Men Heat 3 |
| 7:25pm | 800m Men Heat 4 |
| 7:30pm | 800m Men Heat 5 |
| 7:35pm | 800m Men Heat 6 |
| 7:40pm | 800m Men Heat 7 |
| 200m | |
| 8:00pm | 200m Women Heat 1 |
| 8:03pm | 200m Women Heat 2 |
| 8:06pm | 200m Women Heat 3 |
| 8:09pm | 200m Women Heat 4 |
| 8:11pm | 200m Women Heat 5 |
| 8:14pm | 200m Women Heat 6 |
| 8:17pm | 200m Men Heat 1 |
| 8:20pm | 200m Men Heat 2 |
| 8:23pm | 200m Men Heat 3 |
| 8:26pm | 200m Men Heat 4 |
| 8:29pm | 200m Men Heat 5 |
| 8:32pm | 200m Men Heat 6 |
| 1500m | |
| 8:45pm | 1500m Women Heat 1 |
| 8:51pm | 1500m Women Heat 2 |
| 8:57pm | 1500m Women Heat 3 |
| 9:03pm | 1500m Women Heat 4 |
| 9:09pm | 1500m Women Heat 5 |
| 9:15pm | 1500m Men Heat 1 |
| 9:21pm | 1500m Men Heat 2 |
| 9:27pm | 1500m Men Heat 3 |
| 9:33pm | 1500m Men Heat 4 |
| 9:36pm | 1500m Men Heat 5 |
| 3000m | |
| 9:45pm | 3000m Women Heat 1 |
| 10:00pm | 3000m Men Heat 1 |