

Hamilton Ten Toe'n Last Chance Twilight & Athletics Ontario Distance Medley Relay Championships

August 5th, 2024 from 6:00pm to 11:00pm at McMaster University's Mona Campbell Track

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

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

Live Stream: <https://youtube.com/live/gfi2uOfkLxM?feature=share>

*All sections run slow to fast

*All 100m runners qualify for a second round

Event Time	Event
100m – Round 1	
6:00pm	100m Women Heat 1 – Round 1
6:03pm	100m Women Heat 2 – Round 1
6:06pm	100m Women Heat 3 – Round 1
6:09pm	100m Men Heat 1 – Round 1
6:12pm	100m Men Heat 2 – Round 1
6:15pm	100m Men Heat 3 – Round 1
6:18pm	100m Men Heat 4 – Round 1
6:21pm	100m Men Heat 5 – Round 1
6:24pm	100m Men Heat 6 – Round 1
400m	
6:35pm	400m Women Heat 1
6:38pm	400m Men Heat 1
6:41pm	400m Men Heat 2
800m	
6:50pm	800m Women Heat 1
6:54pm	800m Men Heat 1
6:58pm	800m Men Heat 2
7:02pm	800m Men Heat 3
7:06pm	800m Men Heat 4
100m – Round 2	
7:20pm	100m Women Heat 1 – Round 2
7:23pm	100m Women Heat 2 – Round 2
7:26pm	100m Women Heat 3 – Round 2
7:29pm	100m Men Heat 1 – Round 2
7:32pm	100m Men Heat 2 – Round 2
7:35pm	100m Men Heat 3 – Round 2
7:38pm	100m Men Heat 4 – Round 2
7:41pm	100m Men Heat 5 – Round 2
7:44pm	100m Men Heat 6 – Round 2
1500m	
8:00pm	1500m Women Heat 1
8:07pm	1500m Men Heat 1
8:14pm	1500m Men Heat 2
200m	
8:25pm	200m Women Heat 1
8:28pm	200m Women Heat 2

Event Time	Event
8:31pm	200m Women Heat 3
8:34pm	200m Men Heat 1
8:37pm	200m Men Heat 2
8:40pm	200m Men Heat 3
8:43pm	200m Men Heat 4
8:46pm	200m Men Heat 5
Distance Medley Relay (DMR) – Athletics Ontario Championships	
9:00pm	Women Distance Medley Relay
9:15pm	Men Distance Medley Relay
3000m	
9:30pm	3000m Women Heat 1
9:45pm	3000m Men Heat 1
5000m	
9:55pm	5000m Mixed Heat 1