

Hamilton Last Chance Twilight & Athletics Ontario Distance Medley Relay Championships

Aug 4, 2025 from 4:30pm to 10:00pm at McMaster University's Mona Campbell Track

Heat Sheets & Results: <https://sportmadesimple.com/results/Marauder/2025/LastChance/index.html>

Live Stream: <https://www.youtube.com/@HarbourTrack/streams>

*All sections run slow to fast

*All 100m runners qualify for a second round

Event Time	Event
Distance Medley Relay	
4:15 pm	Men Heat 1
100m – Round 1	
4:30 pm	100m Women Wheelchair Heat 1 – Round 1
4:32 pm	100m Women Heat 1 – Round 1
4:34 pm	100m Women Heat 2 – Round 1
4:36 pm	100m Women Heat 3 – Round 1
4:38 pm	100m Women Heat 4 – Round 1
4:40 pm	100m Men Heat 1 – Round 1
4:42 pm	100m Men Heat 2 – Round 1
4:44 pm	100m Men Heat 3 – Round 1
4:46 pm	100m Men Heat 4 – Round 1
4:48 pm	100m Men Heat 5 – Round 1
4:50 pm	100m Men Heat 6 – Round 1
4:52 pm	100m Men Heat 7 – Round 1
4:54 pm	100m Men Heat 8 – Round 1
4:56 pm	100m Men Heat 9 – Round 1
4:58 pm	100m Men Heat 10 – Round 1
5:00 pm	100m Men Heat 11 – Round 1
5:02 pm	100m Men Heat 12 – Round 1
400m	
5:15 pm	400m Women Wheelchair Heat 1
5:18 pm	400m Women Heat 1
5:21 pm	400m Women Heat 2
5:24 pm	400m Women Heat 3
5:27 pm	400m Women Heat 3
5:30 pm	400m Men Heat 1
5:33 pm	400m Men Heat 2

5:36 pm	400m Men Heat 3
5:39 pm	400m Men Heat 4
100m – Round 2	
5:50 pm	100m Women Wheelchair Heat 1 – Round 2
5:52 pm	100m Women Heat 1 – Round 2
5:54 pm	100m Women Heat 2 – Round 2
5:56 pm	100m Women Heat 3 – Round 2
5:58 pm	100m Women Heat 4 – Round 2
6:00 pm	100m Men Heat 1 – Round 2
6:02 pm	100m Men Heat 2 – Round 2
6:04 pm	100m Men Heat 3 – Round 2
6:06 pm	100m Men Heat 4 – Round 2
6:08 pm	100m Men Heat 5 – Round 2
6:10 pm	100m Men Heat 6 – Round 2
6:12 pm	100m Men Heat 7 – Round 2
6:14 pm	100m Men Heat 8 – Round 2
6:16 pm	100m Men Heat 9 – Round 2
6:18 pm	100m Men Heat 10 – Round 2
6:20 pm	100m Men Heat 11 – Round 2
6:22 pm	100m Men Heat 12 – Round 2
800m	
6:30 pm	800m Women Heat 1
6:34 pm	800m Women Heat 2
6:38 pm	800m Men Heat 1
6:42 pm	800m Women Heat 2
6:46 pm	800m Men Heat 3
6:50 pm	800m Men Heat 4
200m	
7:00 pm	200m Women Wheelchair Heat 1
7:03 pm	200m Women Heat 1
7:06 pm	200m Women Heat 2
7:09 pm	200m Women Heat 3
7:12 pm	200m Women Heat 4
7:15 pm	200m Women Heat 5
7:18 pm	200m Men Heat 1
7:21 pm	200m Men Heat 2

7:24 pm	200m Men Heat 3
7:27 pm	200m Men Heat 4
7:30 pm	200m Men Heat 5
7:33 pm	200m Men Heat 6
7:36 pm	200m Men Heat 7
7:39 pm	200m Men Heat 8
1500m	
7:50 am	1500m Women Heat 1
7:56 am	1500m Women Heat 2
8:05 am	1500m Men Heat 1
8:11 am	1500m Men Heat 2
5000m	
8:30 pm	5000m Men & Women Combined Heat 1