



5th NACAC Area Championships
Freeport, Grand Bahama, The Bahamas

Schedule of Events

Friday, August 15, 2025

SESSION 1 – AUGUST 15, 2025			
Time	Event	Gender	Serie
09:00	100 meters	Male	Prelims
09:05	Discus Throw	Male	Final
09:30	100 meters	Male	1st Decathlon
09:55	400 meters Hurdles	Female	Semifinals
10:05	Long Jump	Male	2 nd Decathlon
10:10	400 meters Hurdles	Male	Semifinals
10:35	100 meters Hurdles	Female	Semifinals
10:50	110 meters Hurdles	Male	Semifinals
11:00	Shot Put	Male	3 rd Decathlon
11:10	400 meters	Female	Semifinals
11:30	400 meters	Male	Semifinal
11:45	100 meters	Female	Semifinals
12:00	100 meters	Male	Semifinals



5th NACAC Area Championships
Freeport, Grand Bahama, The Bahamas

Schedule of Events

Friday, August 15, 2025

SESSION 2 – AUGUST 15, 2025			
Time	Event	Gender	Serie
17:15	Discus Throw(M)		Awards
17:25	High Jump	Male	4 th Decathlon
17:30	Long Jump	Female	Final
17:35	Hammer Throw	Male	Final
17:50	Shot Put	Male	Final
18:15	800 meters	Male	Semifinals
18:30	100 meters Hurdles	Female	Final
18:45	110 meters Hurdles	Male	Final
19:00	400 meters	Male	5 th Decathlon
19:05	Long Jump(F)-Hammer(M)-Shot(M)-100mh(F)-110mh(M)		Awards
19:25	5,000 meters	Male	Final
19:45	10,000 meters	Female	Final
20:30	100 meters	Female	Final
20:40	100 meters	Male	Final
20:45	100m(F)-100m(M)- 5,000m(M)-10,000m(F)		Awards



5th NACAC Area Championships
Freeport, Grand Bahama, The Bahamas

Schedule of Events

Saturday, August 16, 2025

SESSION 3 – AUGUST 16, 2025			
Time	Event	Gender	Serie
06:30	20,000 meters Race Walk	Female – Male	Final
09:00	200 meters	Male	Prelims
09:15	110 meters Hurdles	Male	6 th Decathlon
09:15	Long Jump	Male	Final
09:50	Discus Throw	Male	7 th Decathlon
10:55	Pole Vault	Male	8 th Decathlon
11:00	Discus Throw	Female	Final
11:15	200 meters	Female	Semifinals
11:30	200 meters	Male	Semifinals



5th NACAC Area Championships
Freeport, Grand Bahama, The Bahamas

Schedule of Events

Saturday, August 16, 2025

SESSION 4 – AUGUST 16, 2025			
Time	Event	Gender	Serie
15:00	OPENING CEREMONY		
16:15	Relay 4x100 meters	Male	Semifinals
16:30	Hammer Throw	Female	Final
17:40	High Jump	Female	Final
17:45	20,000m RW-Discus(F)-Hammer (F)- Long Jump(M)		Awards
17:55	Triple Jump	Male	Final
18:00	Javelin Throw	Male	9 th Decathlon
18:00	400 meters Hurdles	Female	Final
18:10	400 meters Hurdles	Male	Final
18:28	800 meters	Female	Final
18:35	800 meters	Male	Final
18:38	400m Hurdles(F-M)-800m(F-M)		Awards
18:58	200 meters	Female	Final
19:05	200 meters	Male	Final
19:15	High Jump(F)-Triple Jump(M)-200m(F-M)		Awards
19:30	Javelin Throw	Female	Final
19:35	1500 meters	Male	10 th Decathlon
19:50	1500 meters	Female	Final
20:05	1500 meters	Male	Final
20:25	Mixed Relay 4x400 meters	Female-Male	Final
20:30	Javelin(F)-Mixed Relay 4x400 m-1500m(F-M)		Awards
20:45	Mixed Relay 4x100 meters	Female-Male	Final



5th NACAC Area Championships
Freeport, Grand Bahama, The Bahamas

Schedule of Events

Sunday, August 17, 2025

SESSION 5 – AUGUST 17, 2025			
Time	Event	Gender	Serie
16:10	4x100m Relay (Mixed) - Decathlon		Awards
16:30	Javelin Throw	Male	Final
17:10	High Jump	Male	Final
17:15	Shot Put	Female	Final
17:40	400 meters	Female	Final
17:50	400 meters	Male	Final
18:00	3,000 meters Steeplechase	Female	Final
18:15	3,000 meters Steeplechase	Male	Final
18:15	Triple Jump	Female	Final
18:30	Javelin (M) - 400m (F) (M) – 3,000m SC (F) (M)		Awards
18:50	5,000 meters	Female	Final
19:10	High Jump (M) – Shot (F) – 5,000m (F)		Awards
19:30	Relay 4x400 meters	Female	Final
19:40	Relay 4x400 meters	Male	Final
19:45	Triple Jump (F) - Relay 4x400m (F) (M)		Awards
20:00	Relay 4x100 meters	Female	Final
20:15	Relay 4x100 meters	Male	Final
20:30	Relay 4x100m (F) (M)		Awards

Updated: August 7, 2025 – 20:30hrs