

FRIDAY JULY 17 2026,  
4:00PM

**FREE ENTRY!**  
AO & NON-  
AO MEMBERS  
WELCOME

# HAMILTON GIRLS & WOMEN TWILIGHT TRACK MEET

**Order of Events:** 100m, 400m, 800m, 200m,  
1500m, 3000m

**Age Categories:** U14, U16, U18, U20, Open, Masters



Hosted by Harbour Track at

**MCMASTER  
UNIVERSITY**

Site of the 2024 Guinness World Record 100 x 1 Mile  
for Women, set by the 100 Women CAN Relay Team