

Hamilton Girls & Women Twilight Track Meet

July 19, 2026 from 5:00pm to 9:30pm at McMaster University's Mona Campbell Track

Heat Sheets & Results: <https://sportmadesimple.com/results/Marauder/2026/GirlsandWomen/index.html>

*All sections run slow to fast

*All 100m runners qualify for a second round

Event Time	Event
100m – Round 1	
5:00pm	100m Heat 1 – Round 1
5:02pm	100m Heat 2 – Round 1
5:04pm	100m Heat 3 – Round 1
5:06pm	100m Heat 4 – Round 1
5:08pm	100m Heat 5 – Round 1
5:10pm	100m Heat 6 – Round 1
5:12pm	100m Heat 7 – Round 1
5:14pm	100m Heat 8 – Round 1
400m	
5:30pm	400m Heat 1
5:33pm	400m Heat 2
5:36pm	400m Heat 3
5:39pm	400m Heat 4
5:42pm	400m Heat 5
5:45pm	400m Heat 6
100m – Round 2	
6:00pm	100m Heat 1 – Round 2
6:02pm	100m Heat 2 – Round 2
6:04pm	100m Heat 3 – Round 2
6:06pm	100m Heat 4 – Round 2
6:08pm	100m Heat 5 – Round 2
6:10pm	100m Heat 6 – Round 2
6:12pm	100m Heat 7 – Round 2
6:14pm	100m Heat 8 – Round 2
800m	
6:30pm	800m Heat 1
6:35pm	800m Heat 2
6:40pm	800m Heat 3
6:45pm	800m Heat 4
6:50pm	800m Heat 5
200m	
7:10pm	200m Heat 1
7:12pm	200m Heat 2
7:14pm	200m Heat 3
7:16pm	200m Heat 4
7:18pm	200m Heat 5
7:20pm	200m Heat 6
7:22pm	200m Heat 7
7:24pm	200m Heat 8

7:26pm	200m Heat 9
1500m	
7:40pm	1500m Heat 1
7:47pm	1500m Heat 2
7:54pm	1500m Heat 3
8:01pm	1500m Heat 4
3000m	
8:20pm	3000m Heat 1
8:35pm	3000m Heat 2
5000m	
8:55pm	5000m Heat 1