

Hamilton Last Chance Twilight & Athletics Ontario Distance Medley Relay Championships

August 2nd from 4:00pm to 9:30pm at McMaster University's Mona Campbell Track

Heat Sheets & Results: <https://sportmadesimple.com/results/Marauder/2026/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
3:20pm–3:50pm	Wheelchair Athlete Warmups – Lane 1 + 2
100m – Round 1	
4:00pm	100m Men Wheelchair Heat 1 – Round 1
4:02pm	100m Women Heat 1 – Round 1
4:04pm	100m Women Heat 2 – Round 1
4:06pm	100m Women Heat 3 – Round 1
4:08pm	100m Women Heat 4 – Round 1
4:10pm	100m Men Heat 1 – Round 1
4:12pm	100m Men Heat 2 – Round 1
4:14pm	100m Men Heat 3 – Round 1
4:16pm	100m Men Heat 4 – Round 1
4:18pm	100m Men Heat 5 – Round 1
4:20pm	100m Men Heat 6 – Round 1
4:22pm	100m Men Heat 7 – Round 1
4:24pm	100m Men Heat 8 – Round 1
4:26pm	100m Men Heat 9 – Round 1
400m	
4:38pm	400m Men Wheelchair Heat 1
4:41pm	400m Women Heat 1
4:44pm	400m Women Heat 2
4:47pm	400m Women Heat 3
4:50pm	400m Men Heat 1
4:53pm	400m Men Heat 2
4:56pm	400m Men Heat 3
4:59pm	400m Men Heat 4
100m – Round 2	
5:12pm	100m Men Wheelchair Heat 1 – Round 1
5:14pm	100m Women Heat 1 – Round 1
5:16pm	100m Women Heat 2 – Round 1
5:18pm	100m Women Heat 3 – Round 1
5:20pm	100m Women Heat 4 – Round 1
5:22pm	100m Men Heat 1 – Round 1
5:24pm	100m Men Heat 2 – Round 1
5:26pm	100m Men Heat 3 – Round 1
5:28pm	100m Men Heat 4 – Round 1
5:30pm	100m Men Heat 5 – Round 1
5:32pm	100m Men Heat 6 – Round 1
5:34pm	100m Men Heat 7 – Round 1

5:36pm	100m Men Heat 8 – Round 1
5:38pm	100m Men Heat 9 – Round 1
800m	
5:50pm	800m Men Wheelchair Heat 1
5:54pm	800m Women Heat 1
5:58pm	800m Women Heat 2
6:02pm	800m Men Heat 1
6:06pm	800m Men Heat 2
6:10pm	800m Men Heat 3
6:14pm	800m Men Heat 4
6:18pm	800m Men Heat 5
200m	
6:30pm	200m Men Wheelchair Heat 1
6:32pm	200m Women Heat 1
6:34pm	200m Women Heat 2
6:36pm	200m Women Heat 3
6:38pm	200m Women Heat 4
6:40pm	200m Men Heat 1
6:42pm	200m Men Heat 2
6:44pm	200m Men Heat 3
6:46pm	200m Men Heat 4
6:48pm	200m Men Heat 5
6:50pm	200m Men Heat 6
6:52pm	200m Men Heat 7
1500m	
7:05pm	1500m Women Heat 1
7:12pm	1500m Men Heat 1
7:19pm	1500m Men Heat 2
7:26pm	1500m Men Heat 3
5000m	
7:40pm	5000m Men Heat 1
8:00pm	5000m Women Heat 1
Distance Medley Relay (DMR)	
8:35pm	Men Distance Medley Relay
8:55pm	Women Distance Medley Relay