

Hamilton Puma Canada Day Twilight

July 1st, 2023 from 6:00 pm to 11:00pm at McMaster University's Mona Campbell Track

Heat sheets and results: <https://sportmadesimple.com/results/PumaCanadaDay/index.html>

Live Stream: <https://www.youtube.com/live/zOlpYHBnrys?feature=share>

*All sections run faster last

*All 100m runners qualify for a second round that will be reseeded

Event Time	Event	Seed Times
100m Round 1		
6:00pm	100m Men Heat 1 – Round 1	N/A
6:03pm	100m Men Heat 2 – Round 1	N/A
6:06pm	100m Men Heat 3 – Round 1	N/A
6:09pm	100m Men Heat 4 – Round 1	N/A
6:12pm	100m Men Heat 5 – Round 1	N/A
6:15pm	100m Men Heat 6 – Round 1	N/A
6:18pm	100m Men Heat 7 – Round 1	N/A
6:21pm	100m Men Heat 8 – Round 1	N/A
6:24pm	100m Women Heat 1 – Round 1	N/A
6:27pm	100m Women Heat 2 – Round 1	N/A
6:30pm	100m Women Heat 3 – Round 1	N/A
6:33pm	100m Women Heat 4 – Round 1	N/A
1200m		
6:40pm	1200m Men Heat 1	3:39 – 3:18
6:45pm	1200m Women Heat 1	4:05 – 3:36
100m Round 2		
6:55pm	100m Men Heat 1 – Round 2	N/A
6:58pm	100m Men Heat 2 – Round 2	N/A
7:01pm	100m Men Heat 3 – Round 2	N/A
7:04pm	100m Men Heat 4 – Round 2	N/A
7:07pm	100m Men Heat 5 – Round 2	N/A
7:10pm	100m Men Heat 6 – Round 2	N/A
7:13pm	100m Men Heat 7 – Round 2	N/A
7:16pm	100m Men Heat 8 – Round 2	N/A
7:19pm	100m Women Heat 1 – Round 2	N/A
7:22pm	100m Women Heat 2 – Round 2	N/A
7:25pm	100m Women Heat 3 – Round 2	N/A
7:28pm	100m Women Heat 4 – Round 2	N/A
300m		
7:40pm	300m Women Heat 1	50.00 – 41.78
400m		
7:45pm	400m Men Heat 1	NT – 60.95
7:48pm	400m Men Heat 2	59.99 – 53.97
7:51pm	400m Men Heat 3	53.80 – 52.45
7:54pm	400m Men Heat 4	52.40 – 51.18
7:57pm	400m Men Heat 5	50.00 – 48.50
8:00pm	400m Women Heat 1	67.00 – 62.00
8:03pm	400m Women Heat 2	62.00 – 57.60

800m		
8:06pm	800m Men Heat 1	NT – 2:10.00
8:10pm	800m Men Heat 2	2:09 – 2:03
8:14pm	800m Men Heat 3	2:00 – 1:56
8:18pm	800m Men Heat 4	1:55 – 1:51
8:22pm	800m Women Heat 1	3:14 – 2:29
8:26pm	800m Women Heat 2	2:22 – 2:16
8:30pm	800m Women Heat 3	6:16 – 2:06
200m		
8:40pm	200m Men Heat 1	N/A
8:43pm	200m Men Heat 2	N/A
8:46pm	200m Men Heat 3	N/A
8:49pm	200m Men Heat 4	N/A
8:52pm	200m Men Heat 5	N/A
8:55pm	200m Men Heat 6	N/A
8:58pm	200m Men Heat 7	N/A
9:01pm	200m Men Heat 8	N/A
9:04pm	200m Women Heat 1	N/A
9:07pm	200m Women Heat 2	N/A
9:10pm	200m Women Heat 3	N/A
9:13pm	200m Women Heat 4	N/A
1500m		
9:20pm	1500m Men Heat 1	5:00 – 4:21
9:27pm	1500m Men Heat 2	4:19 – 4:05
9:34pm	1500m Men Heat 3	4:04 – 3:57
9:41pm	1500m Men Heat 4	3:56 – 3:50
9:48pm	1500m Women Heat 1	5:20 – 4:54
9:55pm	1500m Women Heat 2	4:52 – 4:36
10:02pm	1500m Women Heat 3	4:36 – 4:27
3000m		
10:10pm	3000m Men Heat 1	10:00 – 8:01
10:22pm	3000m Women Heat 1	NT – 9:15