

# Hamilton Puma Twilight Schedule

July 14<sup>th</sup>, 2024 from 4:30pm to 11:00pm at McMaster University's Mona Campbell Track

Heat Sheets & Results:

<https://sportmadesimple.com/results/Marauder/2024/Puma%20July14/index.html>

Live Race Timing: <https://sms.timerhub.com/>

Live Stream: [https://www.youtube.com/live/a5vUpVBxNdM?si=m4H\\_6qnHUMv5rHrD](https://www.youtube.com/live/a5vUpVBxNdM?si=m4H_6qnHUMv5rHrD)

\*All sections run slow to fast

\*All 100m runners qualify for a second round

Event Time	Event
<b>100m – Round 1</b>	
4:30pm	100m Women Wheelchair Heat 1 – Round 1
4:33pm	100m Men Wheelchair Heat 1 – Round 1
4:36pm	100m Women Heat 1 – Round 1
4:39pm	100m Women Heat 2 – Round 1
4:42pm	100m Women Heat 3 – Round 1
4:45pm	100m Women Heat 4 – Round 1
4:48pm	100m Women Heat 5 – Round 1
4:51pm	100m Men Heat 1 – Round 1
4:54pm	100m Men Heat 2 – Round 1
4:57pm	100m Men Heat 3 – Round 1
5:00pm	100m Men Heat 4 – Round 1
5:03pm	100m Men Heat 5 – Round 1
5:06pm	100m Men Heat 6 – Round 1
5:09pm	100m Men Heat 7 – Round 1
5:12pm	100m Men Heat 8 – Round 1
5:15pm	100m Men Heat 9 – Round 1
<b>400m</b>	
5:25pm	400m Women Wheelchair Heat 1
5:28pm	400m Men Wheelchair Heat 1
5:31pm	400m Women Heat 1
5:34pm	400m Women Heat 2
5:37pm	400m Men Heat 1
5:40pm	400m Men Heat 2
5:43pm	400m Men Heat 3
5:46pm	400m Men Heat 4
5:49pm	400m Men Heat 5
<b>100m – Round 2</b>	
6:00pm	100m Women Wheelchair Heat 1 – Round 1
6:03pm	100m Men Wheelchair Heat 1 – Round 1
6:06pm	100m Women Heat 1 – Round 1
6:09pm	100m Women Heat 2 – Round 1
6:12pm	100m Women Heat 3 – Round 1
6:15pm	100m Women Heat 4 – Round 1
6:18pm	100m Women Heat 5 – Round 1
6:21pm	100m Men Heat 1 – Round 1
6:24pm	100m Men Heat 2 – Round 1

6:27pm	100m Men Heat 3 – Round 1
6:30pm	100m Men Heat 4 – Round 1
6:33pm	100m Men Heat 5 – Round 1
6:36pm	100m Men Heat 6 – Round 1
6:39pm	100m Men Heat 7 – Round 1
6:42pm	100m Men Heat 8 – Round 1
6:45pm	100m Men Heat 9 – Round 1
<b>800m</b>	
6:55pm	800m Women Heat 1
6:59pm	800m Women Heat 2
7:03pm	800m Women Heat 3
7:07pm	800m Women Heat 4
7:11pm	800m Men Heat 1
7:15pm	800m Men Heat 2
7:19pm	800m Men Heat 3
7:23pm	800m Men Heat 4
<b>200m</b>	
7:35pm	200m Women Heat 1
7:38pm	200m Women Heat 2
7:41pm	200m Women Heat 3
7:44pm	200m Women Heat 4
7:47pm	200m Women Heat 5
7:50pm	200m Women Heat 6
7:53pm	200m Men Heat 1
7:56pm	200m Men Heat 2
7:59pm	200m Men Heat 3
8:02pm	200m Men Heat 4
8:05pm	200m Men Heat 5
8:08pm	200m Men Heat 6
8:11pm	200m Men Heat 7
8:14pm	200m Men Heat 8
8:17pm	200m Men Heat 9
<b>1500m</b>	
8:25pm	1500m Women Heat 1
8:32pm	1500m Women Heat 2
8:39pm	1500m Women Heat 3
8:46pm	1500m Women Heat 4
8:53pm	1500m Women Heat 5
8:00pm	1500m Men Heat 1
9:06pm	1500m Men Heat 2
9:12pm	1500m Men Heat 3
9:18pm	1500m Men Heat 4
9:24pm	1500m Men Heat 5
9:30pm	1500m Men Heat 6
<b>3000m</b>	
9:40pm	3000m Women Heat 1
9:55pm	3000m Men Heat 1
10:05pm	3000m Men Heat 2