

Hamilton Canada Day Twilight

July 1st, 2025 from 4:00pm to 9:00pm at McMaster University's Mona Campbell Track

Heat Sheets & Results: <https://sportmadesimple.com/results/Marauder/2025/CanadaDay/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
100m – Round 1	
4:00 pm	100m Women Heat 1 – Round 1
4:02 pm	100m Women Heat 2 – Round 1
4:04 pm	100m Women Heat 3 – Round 1
4:06 pm	100m Women Heat 4 – Round 1
4:08 pm	100m Men Heat 1 – Round 1
4:10 pm	100m Men Heat 2 – Round 1
4:12 pm	100m Men Heat 3 – Round 1
4:14 pm	100m Men Heat 4 – Round 1
4:16 pm	100m Men Heat 5 – Round 1
4:18 pm	100m Men Heat 6 – Round 1
400m	
4:30 pm	400m Women Heat 1
4:33 pm	400m Women Heat 2
4:36 pm	400m Women Heat 3
4:39 pm	400m Women Heat 4
4:42 pm	400m Men Heat 1
4:45 pm	400m Men Heat 2
4:48 pm	400m Men Heat 3
100m – Round 2	
5:00 pm	100m Women Heat 1 – Round 1
5:02 pm	100m Women Heat 2 – Round 1
5:04 pm	100m Women Heat 3 – Round 1
5:06 pm	100m Women Heat 4 – Round 1
5:08 pm	100m Men Heat 1 – Round 1
5:10 pm	100m Men Heat 2 – Round 1
5:12 pm	100m Men Heat 3 – Round 1
5:14 pm	100m Men Heat 4 – Round 1
5:16 pm	100m Men Heat 5 – Round 1
5:18 pm	100m Men Heat 6 – Round 1
800m	
5:30 pm	800m Women Heat 1
5:34 pm	800m Women Heat 2
5:38 pm	800m Women Heat 3
5:42 pm	800m Women Heat 4
5:46 pm	800m Women Heat 5
5:50 pm	800m Men Heat 1
5:54 pm	800m Men Heat 2

5:58 pm	800m Men Heat 3
6:02 pm	800m Men Heat 4
6:06 pm	800m Men Heat 5
200m	
6:15 pm	200m Women Heat 1
6:18 pm	200m Women Heat 2
6:21 pm	200m Women Heat 3
6:24 pm	200m Women Heat 4
6:27 pm	200m Women Heat 5
6:30 pm	200m Men Heat 1
6:33 pm	200m Men Heat 2
6:36 pm	200m Men Heat 3
6:39 pm	200m Men Heat 4
6:42 pm	200m Men Heat 5
3000m	
7:00 pm	3000m Men Heat 1
1500m	
7:15 pm	1500m Women Heat 1
7:22 pm	1500m Women Heat 2
7:29 pm	1500m Women Heat 3
7:36 pm	1500m Women Heat 4
7:44 pm	1500m Women Heat 5
7:51 pm	1500m Women Heat 6
7:58 pm	1500m Women Heat 7
8:05 pm	1500m Women Heat 8
8:12 pm	1500m Men Heat 1
8:19 pm	1500m Men Heat 2
8:26 pm	1500m Men Heat 3
8:33 pm	1500m Men Heat 4
8:40 pm	1500m Men Heat 5
8:47 pm	1500m Men Heat 6
8:54 pm	1500m Men Heat 7