

# 2019 NCCWMA CHAMPIONSHIPS - 7/18-21, 2019 Toronto, Canada

## Schedule - Horario

### INSTRUCTIONS BEFORE COMPETING

- 1 Pick up your credentials and bib
- 2 Confirm your participation in track events at least one hour before the time of the event
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W= Women (Mujeres) M= Men(Hombres)

Jueves(Thursday) Non Stadia Tommy Thompson Park			Jueves(Thursday) Campo (Field) TTFC		
8:30 AM	M30-99 10k Road Race - en Ruta	Finals	8:30 AM	M70-99 Shot-Impulsión de la Bala	Finals
8:30 AM	W30-99 10k Road Race - en Ruta	Finals	8:30 AM	W60-69 Hammer - Martillo	Finals
10:30 AM	W30-99 10k Road Race Walk-Marcha en Ruta	Finals	10:00 AM	M60-69 Shot-Impulsión de la Bala	Finals
10:30 AM	M30-99 10k Road Race Walk-Marcha en Ruta	Finals	10:15 AM	W70-84 Hammer - Martillo	Finals
			1:15 PM	M50-59 Shot-Impulsión de la Bala	Finals
			2:45 PM	M30-49 Shot-Impulsión de la Bala	Finals
			3:30 PM	W40-59 Hammer - Martillo	Finals
Jueves(Thursday) Pentathlon TTFC			Jueves(Thursday) Pista(Track) TTFC		
8:30 AM	W35-84	Finals	10:00 AM	W55 400 m	Prelims
8:30 AM	M70-89	Finals	10:06 AM	M65 400 m	Prelims
9:30 AM	M60-69	Finals	10:12 AM	M60 400 m	Prelims
10:45 AM	M50-59	Finals	10:18 AM	M55 400 m	Prelims
12:00 PM	M35-49	Finals	10:24 AM	M50 400 m	Prelims
			10:30 AM	M45 400 m	Prelims
Viernes(Friday) Throws Pentathlon de Lanzamiento TTFC			10:36 AM	M35 400 m	Prelims
8:00 AM	W60-84	Finals	12:15 PM	M60 800 m	Prelims
9:20 AM	M60-99	Finals			
10:30 AM	W35-59	Finals			
2:30 PM	M35-59	Finals			
Viernes Campo - Friday Field TTFC					
8:30 AM	M50-59 Long Jump-Salto Largo	Finals	12:00 PM	M30-64 Pole Vault - Pértiga	Finals
8:30 AM	M60-69 Long Jump-Salto Largo	Finals	12:15 PM	W70-89 Long Jump-Salto Largo	Finals
9:00 AM	W35-84 Pole Vault - Pértiga	Finals	12:45 PM	W55-69 Long Jump-Salto Largo	Finals
10:15 AM	M30-49 Long Jump-Salto Largo	Finals	1:45 PM	W30-44 Long Jump-Salto Largo	Finals
10:15 AM	M70-94 Long Jump-Salto Largo	Finals	2:30 PM	W45-54 Long Jump-Salto Largo	Finals
			3:00 PM	M65-89 Pole Vault - Pértiga	Finals

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**Viernes(Friday) Pista (Track) TTFC**

8:30 AM	W35-84 2000 m Steeplechase	Finals	2:25 PM	W70-84 80 Short Hurdles - Vallas 27"	Finals
8:50 AM	M65-94 2000 m Steeplechase	Finals	2:30 PM	W65 80 Short Hurdles - Vallas 27"	Finals
9:10 AM	M60 2000 m Steeplechase	Finals	2:35 PM	W60 80 Short Hurdles - Vallas 27"	Finals
9:40 AM	M30-59 3000 m Steeplechase	Finals	2:40 PM	M80-89 80 Short Hurdles - Vallas 27"	Finals
10:15 AM	W65-79 800 m	Finals	2:48 PM	M75 80 Short Hurdles - Vallas 30"	Finals
10:25 AM	W60 800 m	Finals	2:53 PM	M70 80 Short Hurdles - Vallas 30"	Finals
10:33 AM	W55 800 m	Finals	2:58 PM	W55 80 Short Hurdles - Vallas 30"	Finals
10:41 AM	W50 800 m	Finals	3:03 PM	W50 80 Short Hurdles - Vallas 30"	Finals
10:49 AM	W40-49 800 m	Finals	3:10 PM	W45 80 Short Hurdles - Vallas 30"	Finals
10:57 AM	W30-39 800 m	Finals	3:15 PM	W40 80 Short Hurdles - Vallas 30"	Finals
11:05 AM	M75-94 800 m	Finals	3:25 PM	M65 100 Short Hurdles - Vallas 33"	Finals
11:15 AM	M70 800 m	Finals	3:30 PM	M60 100 Short Hurdles - Vallas 33"	Finals
11:23 AM	M65 800 m	Finals	3:38 PM	W30-39 100 Short Hurdles - Vallas 33"	Finals
11:31 AM	M60 800 m	Finals	3:45 PM	M55 100 Short Hurdles - Vallas 36"	Finals
11:38 AM	M55 800 m	Finals	3:50 PM	M50 100 Short Hurdles - Vallas 36"	Finals
11:45 AM	M50 800 m	Finals	4:00 PM	M40-49 110 Short Hurdles - Vallas 39"	Finals
11:52 AM	M45 800 m	Finals	4:05 PM	M30-39 110 Short Hurdles - Vallas 39"	Finals
11:59 AM	M40 800 m	Finals	4:15 PM	W80-89 400 m	Finals
12:05 PM	M30-39 800 m	Finals	4:18 PM	W75 400 m	Finals
12:15 PM	W40 80 Short Hurdles - Vallas 30"	Prelims	4:21 PM	W70 400 m	Finals
12:25 PM	M65 100 Short Hurdles - Vallas 33"	Prelims	4:24 PM	W65 400 m	Finals
12:30 PM	M60 100 Short Hurdles - Vallas 33"	Prelims	4:27 PM	W60 400 m	Finals
12:40 PM	M50 100 Short Hurdles - Vallas 36"	Prelims	4:30 PM	W55 400 m	Finals
12:50 PM	W60 100 m	Prelims	4:33 PM	W50 400 m	Finals
12:55 PM	W55 100 m	Prelims	4:36 PM	W45 400 m	Finals
1:00 PM	W50 100 m	Prelims	4:39 PM	W40 400 m	Finals
1:10 PM	W45 100 m	Prelims	4:42 PM	W35 400 m	Finals
1:15 PM	W40 100 m	Prelims	4:45 PM	W30 400 m	Finals
1:20 PM	W35 100 m	Prelims	4:48 PM	M80-94 400 m	Finals
1:25 PM	M75 100 m	Prelims	4:51 PM	M75 400 m	Finals
1:27 PM	M70 100 m	Prelims	4:54 PM	M70 400 m	Finals
1:32 PM	M65 100 m	Prelims	4:57 PM	M65 400 m	Finals
1:37 PM	M60 100 m	Prelims	5:00 PM	M60 400 m	Finals
1:42 PM	M55 100 m	Prelims	5:03 PM	M55 400 m	Finals
1:50 PM	M50 100 m	Prelims	5:06 PM	M50 400 m	Finals
1:55 PM	M45 100 m	Prelims	5:09 PM	M45 400 m	Finals
2:05 PM	M40 100 m	Prelims	5:12 PM	M40 400 m	Finals
2:10 PM	M35 100 m	Prelims	5:15 PM	M35 400 m	Finals
2:15 PM	M30 100 m	Prelims	5:18 PM	M30 400 m	Finals

<b>Sabado Campo - Saturday Field VARSITY Estadio</b>			<b>Sabado Campo Saturday Field TTFC</b>		
8:00 AM	W30-49 Discus-Disco	Finals	8:00 AM	M30-49 Javelin - Jabalina	Finals
8:30 AM	M60-69 High Jump-Salto de Altura	Finals	8:00 AM	W70-84 Weight Throw - Peso	Finals
8:30 AM	M70-94 High Jump-Salto de Altura	Finals	9:30 AM	M50-59 Javelin - Jabalina	Finals
9:30 AM	W50-59 Discus-Disco	Finals	9:30 AM	W60-69 Weight Throw - Peso	Finals
11:00 AM	W40-59 High Jump-Salto de Altura	Finals	10:45 AM	M60-69 Javelin - Jabalina	Finals
11:00 AM	W70-94 Discus-Disco	Finals	11:30 AM	W35-49 Weight Throw - Peso	Finals
1:00 PM	M30-59 High Jump-Salto de Altura	Finals	12:30 PM	M70-99 Javelin - Jabalina	Finals
1:00 PM	W60-69 Discus-Disco	Finals	12:45 PM	W50-59 Weight Throw - Peso	Finals
2:15 PM	W60-89 High Jump-Salto de Altura	Finals	2:30 PM	M60-69 Hammer - Martillo	Finals
2:30 PM	M30-59 Hammer - Martillo	Finals	3:45 PM	M70-99 Hammer - Martillo	Finals

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<b>Sabado Pista -Saturday Track VARSITY Estadio</b>					
8:00 AM	W55-84 5000 m	Finals	1:39 PM	W40 100 m	Finals
8:30 AM	M70-94 5000 m	Finals	1:42 PM	W35 100 m	Finals
9:05 AM	W30-54 5000 m	Finals	1:45 PM	W30 100 m	Finals
9:40 AM	M60-69 5000 m	Finals	1:48 PM	M80-99 100 m	Finals
10:10 AM	M55 5000 m	Finals	1:51 PM	M75 100 m	Finals
10:35 AM	M50 5000 m	Finals	1:54 PM	M70 100 m	Finals
11:00 AM	M30-49 5000 m	Finals	1:57 PM	M65 100 m	Finals
11:30 AM	W70-84 200 Long Hurdles - Vallas 27"	Finals	2:00 PM	M60 100 m	Finals
11:34 AM	M80-94 200 Long Hurdles - Vallas 27"	Finals	2:03 PM	M55 100 m	Finals
11:45 AM	M75 300 Long Hurdles - Vallas 27"	Finals	2:06 PM	M50 100 m	Finals
11:45 AM	M70 300 Long Hurdles - Vallas 27"	Finals	2:09 PM	M45 100 m	Finals
11:55 AM	W65 300 Long Hurdles - Vallas 27"	Finals	2:12 PM	M40 100 m	Finals
11:55 AM	W60 300 Long Hurdles - Vallas 27"	Finals	2:15 PM	M35 100 m	Finals
12:05 AM	M65 300 Long Hurdles - Vallas 30"	Finals	2:18 PM	M30 100 m	Finals
12:12 AM	M60 300 Long Hurdles - Vallas 30"	Finals	2:30 PM	W75 200 m	Prelims
12:16 PM	W55 300 Long Hurdles - Vallas 30"	Finals	2:32 PM	W60 200 m	Prelims
12:20 PM	W50 300 Long Hurdles - Vallas 30"	Finals	2:38 PM	W55 200 m	Prelims
12:24 PM	W30-49 400 Long Hurdles - Vallas 30"	Finals	2:46 PM	W50 200 m	Prelims
12:35 PM	M55 400 Long Hurdles - Vallas 33"	Finals	2:55 PM	W45 200 m	Prelims
12:40 PM	M50 400 Long Hurdles - Vallas 33"	Finals	3:01 PM	W40 200 m	Prelims
12:50 PM	M45 400 Long Hurdles - Vallas 36"	Finals	3:06 PM	W35 200 m	Prelims
12:55 PM	M40 400 Long Hurdles - Vallas 36"	Finals	3:12 PM	M75 200 m	Prelims
1:00 PM	M30-39 400 Long Hurdles - Vallas 36"	Finals	3:17 PM	M70 200 m	Prelims
1:15 PM	W80-94 100 m	Finals	3:23 PM	M65 200 m	Prelims
1:18 PM	W75 100 m	Finals	3:30 PM	M60 200 m	Prelims
1:21 PM	W70 100 m	Finals	3:40 PM	M55 200 m	Prelims
1:24 PM	W65 100 m	Finals	3:50 PM	M50 200 m	Prelims
1:27 PM	W60 100 m	Finals	4:00 PM	M45 200 m	Prelims
1:30 PM	W55 100 m	Finals	4:10 PM	M40 200 m	Prelims
1:33 PM	W50 100 m	Finals	4:15 PM	M35 200 m	Prelims
1:36 PM	W45 100 m	Finals	4:25 PM	M30 200 m	Prelims

<b>Domingo Sunday Cross Country-Campo Traviesta - Centennial Park</b>			<b>Domingo(Sunday) Campo(Field) VARSITY Estadio</b>		
10:00 AM	W70-99 6k CC	Finals	10:00 AM	W55-64 Triple Jump-Salto Triple	Finals
10:00 AM	M70-99 6k CC	Finals	10:00 AM	W30-49 Shot-Impulsión de la Bala	Finals
10:00 AM	W30-69 8k CC	Finals	10:00 AM	W70-94 Javelin - Jabalina	Finals
10:00 AM	M30-69 8k CC	Finals	11:00 AM	M30-49 Triple Jump-Salto Triple	Finals
			11:30 AM	W30-54 Triple Jump-Salto Triple	Finals
			11:30 AM	W75-94 Shot-Impulsión de la Bala	Finals
			11:30 AM	W60-69 Javelin - Jabalina	Finals
10:00 AM	M75-99 Discus-Disco	Finals	1:00 PM	M65-94 Triple Jump-Salto Triple	Finals
10:00 AM	M60-69 Weight Throw - Peso	Finals	1:00 PM	M50-64 Triple Jump-Salto Triple	Finals
11:15 AM	M70 Discus-Disco	Finals	1:00 PM	W65-74 Shot-Impulsión de la Bala	Finals
11:30 AM	M30-59 Weight Throw - Peso	Finals	1:00 PM	W50-59 Javelin - Jabalina	Finals
12:30 PM	M60-69 Discus-Disco	Finals	2:45 PM	W65-84 Triple Jump-Salto Triple	Finals
1:30 PM	M70-99 Weight Throw - Peso	Finals	2:45 PM	W60 Shot-Impulsión de la Bala	Finals
2:15 PM	M50-59 Discus-Disco	Finals	2:45 PM	W30-49 Javelin - Jabalina	Finals
3:45 PM	M30-49 Discus-Disco	Finals	3:45 PM	W50-59 Shot-Impulsión de la Bala	Finals

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**Domino(Sunday) Pista(Track) VARSITY**

10:00 AM	W60-89 5000 m Race Walk-Marcha	Finals	2:54 PM	W40 200 m	Finals
10:50 AM	M55-79 5000 m Race Walk-Marcha	Finals	2:57 PM	W35 200 m	Finals
11:35 AM	W30-59 5000 m Race Walk-Marcha	Finals	3:00 PM	W30 200 m	Finals
12:20 PM	M30-54 5000 m Race Walk-Marcha	Finals	3:03 PM	M85-99 200 m	Finals
1:00 PM	W65-79 1500 m	Finals	3:06 PM	M80 200 m	Finals
1:12 PM	W55-64 1500 m	Finals	3:09 PM	M75 200 m	Finals
1:22 PM	W30-54 1500 m	Finals	3:12 PM	M70 200 m	Finals
1:30 PM	M70-94 1500 m	Finals	3:15 PM	M65 200 m	Finals
1:40 PM	M60-69 1500 m	Finals	3:18 PM	M60 200 m	Finals
1:50 PM	M55 1500 m	Finals	3:21 PM	M55 200 m	Finals
1:59 PM	M50 1500 m	Finals	3:24 PM	M50 200 m	Finals
2:07 PM	M45 1500 m	Finals	3:27 PM	M45 200 m	Finals
2:14 PM	M30-44 1500 m	Finals	3:30 PM	M40 200 m	Finals
2:30 PM	W80-89 200 m	Finals	3:33 PM	M35 200 m	Finals
2:33 PM	W75 200 m	Finals	3:36 PM	M30 200 m	Finals
2:36 PM	W70 200 m	Finals			
2:39 PM	W65 200 m	Finals	3:50 PM	W30-89 4x100 m Relay - Relevos	Finals
2:42 PM	W60 200 m	Finals	4:00 PM	M30-94 4x100 m Relay - Relevos	Finals
2:45 PM	W55 200 m	Finals	4:15 PM	W30-89 4x400 m Relay - Relevos	Finals
2:48 PM	W50 200 m	Finals	4:30 PM	M30-94 4x400 m Relay - Relevos	Finals
2:51 PM	W45 200 m	Finals			