



NACAC 2015 SENIOR CHAMPIONSHIP
San Jose, Costa Rica; August 7th to August 9th, 2015

TIMETABLE

Session: 1	Day 1 - Friday 8/7/2015 Morning / Día 1 - Viernes 08/07/2015 Mañana	
HRS	EVENT / EVENTO	ROUND / RONDA
10:00	Men 100 Meter Dash / 100mts Lisos Masculino	Prelims / Preliminar
10:05	Men Discus Throw / Lanzamiento de Disco Masculino	Finals / Final
10:10	Women Triple Jump / Salto Triple Femenino	Finals / Final
11:15	Men High Jump / Salto de Altura Masculino	Finals / Final
11:30	Men 4x100 Meter Relay / 4x100mts Relevos Masculino	Semifinals / Semifinal
12:00	Women 400 Meter Dash / 400mts Lisos Femenino	Semifinals / Semifinal
12:05	Women Javelin Throw / Lanzamiento de Jabalina Femenino	Finals / Final
12:25	Men 400 Meter Dash / 400mts Lisos Masculino	Semifinals / Semifinal
12:50	Women 100 Meter Dash / 100mts Lisos Femenino	Semifinals / Semifinal
13:10	Men 100 Meter Dash / 100mts Lisos Masculino	Semifinals / Semifinal
13:25	Women 100 Meter Hurdles / 110mts Vallas Femenino	Semifinals / Semifinal
13:45	Men 110 Meter Hurdles / 110mts Vallas Masculino	Semifinals / Semifinal

Session: 2	Day 1 - Viernes 8/7/2015 Afternoon / Día 1 - Viernes 08/07/2015 Tarde	
HRS	EVENT / EVENTO	ROUND / RONDA
16:00	Women 200 Meter Dash / 200mts Lisos Femenino	Prelims / Preliminar
16:20	Men 200 Meter Dash / 200mts Lisos Masculino	Prelims / Preliminar
16:25	Women Pole Vault / Salto con Pértiga Femenino	Finals / Final
16:30	Women Discus Throw / Lanzamiento de Disco Femenino	Finals / Final
16:35	Men Triple Jump / Salto Triple Masculino	Finals / Final
16:45	Women 400 Meter Hurdles / 400mts Vallas Femenino	Semifinals / Semifinal
17:10	Men 400 Meter Hurdles / 400mts Vallas Masculino	Semifinals / Semifinal
17:30	Women 800 Meter Run / 800mts Femenino	Semifinals / Semifinal
17:45	Men 800 Meter Run / 800mts Masculino	Semifinals / Semifinal
18:00	Women 200 Meter Dash / 200mts Lisos Femenino	Semifinals / Semifinal
18:15	Men 200 Meter Dash / 200mts Lisos Masculino	Semifinals / Semifinal





Session: 3	Day 2 - Saturday 8/8/2015 Afternoon / Día 2 - Sábado 08/08/2015 Tarde	
HRS	EVENT / EVENTO	ROUND / RONDA
15:05	Women Hammer Throw / Lanzamiento de Martillo Femenino	Finals / Final
15:10	Men Long Jump / Salto de Longitud Masculino	Finals / Final
15:15	Men Pole Vault / Salto con Pértiga Masculino	Finals / Final
15:20	Women 100 Meter Hurdles / 110mts Vallas Femenino	Finals / Final
15:30	Men 110 Meter Hurdles / 110mts Vallas Masculino	Finals / Final
15:50	Women 400 Meter Dash / 400mts Lisos Femenino	Finals / Final
16:00	Men 400 Meter Dash / 400mts Lisos Masculino	Finals / Final
16:10	Women Shot Put / Impulsión de Bala Femenino	Finals / Final
16:15	Women 100 Meter Dash / 100mts Lisos Femenino	Finals / Final
16:25	Men 100 Meter Dash / 100mts Lisos Masculino	Finals / Final
16:40	Women 1500 Meter Run / 1500mts Femenino	Finals / Final
16:55	Men 1500 Meter Run / 1500mts Masculino	Finals / Final
17:05	Men Javelin Throw / Lanzamiento de Jabalina Masculino	Finals / Final
17:25	Men 5000 Meter Run / 5000mts Masculino	Finals / Final
17:55	Women 4x100 Meter Relay / 4x100mts Relevos Femenino	Finals / Final
18:10	Men 4x100 Meter Relay / 4x100mts Relevos Masculino	Finals / Final





Session: 4 Day 3 - Sunday 8/9/2015 Afternoon / Día 3 - Domingo 09/08/2015 Tarde		
HRS	EVENT / EVENTO	ROUND / RONDA
15:00	Women 400 Meter Hurdles / 400mts Vallas Femenino	Finals / Final
15:10	Men Hammer Throw / Lanzamiento de Martillo Masculino	Finals / Final
15:15	Men 400 Meter Hurdles / 400mts Vallas Masculino	Finals / Final
15:30	Women 3000 Meter Steeplechase / 3000mts Obstáculos Femenino	Finals / Final
15:35	Women High Jump / Salto de Altura Femenino	Finals / Final
15:45	Men 3000 Meter Steeplechase / 3000mts Obstáculos Masculino	Finals / Final
15:55	Women Long Jump / Salto de Longitud Femenino	Finals / Final
16:10	Women 200 Meter Dash / 200mts Lisos Femenino	Finals / Final
16:15	Men Shot Put / Impulsión de Bala Masculino	Finals / Final
16:20	Men 200 Meter Dash / 200mts Lisos Masculino	Finals / Final
16:35	Women 800 Meter Run / 800mts Femenino	Finals / Final
16:45	Men 800 Meter Run / 800mts Masculino	Finals / Final
17:05	Women 5000 Meter Run / 5000mts Femenino	Finals / Final
18:00	Women 4x400 Meter Relay / 4x400mts Relevos Femenino	Finals / Final
18:25	Men 4x400 Meter Relay / 4x400mts Relevos Masculino	Finals / Final

