2010 NACAC U-23 CHAMPIONSHIPS: COMPETITION SCHEDULE (Revised July 1, 2010)

1st Session Morning Day 1 Friday July 9, 2010

No.	Time	Event	Gender	Round
101	9:00	Javelin	Men	Final
102	9:00	10,000m	Women	Final
103	10:00	100m	Men	Decathlon (1)
104	10:15	100m	Women	Semifinal
105	10:30	100m	Men	Semifinal
106	10:45	Long Jump	Men	Decathlon (2)
107	11:00	400m	Women	Semifinal
108	11:15	Discus Throw	Women	Final
109	11:20	400m	Men	Semifinal

2nd Session Afternoon Day 1 Friday July 9, 2010

No.	Time	Event	Gender	Round
111	5:00	High Jump	Men	Decathlon (4)
112	5:00	100 Hurdles	Women	Semifinal
112 A	**5:05**	**Medal Presentations**	**Javelin Men, 10,000m Women Discus Women**	
113	5:15	Pole Vault	Men	Final
114	5:20	110 Hurdles	Men	Semifinal
115	5:30	Discus Throw	Men	Final
116	5:30	Shot Put	Women	Final
117	5:40	400m	Women	Final
118	5:50	400m	Men	Final
119	6:00	Triple Jump	Women	Final
120	6:00	10,000m	Men	Final
120 A	**6:35**	**Medal Presentations**	**400m Women, 400m Men, 10,000m Men**	
121	6:45	100 Hurdles	Women	Final
122	7:00	110 Hurdles	Men	Final
123	7:15	400m	Men	Decathlon (5)
123 A	**7:25**	**Medal Presentations: Discus Men, Shot Put Women 100m Hurdles Women & 110m Hurdles Men**		
124	7:55	100m	Women	Final
125	8:05	100m	Men	Final

2010 NACAC U-23 CHAMPIONSHIPS: COMPETITION SCHEDULE (Revised July 1, 2010)

3rd Session Morning Day 2 Saturday, July 10, 2010

No.	Time	Event	Gender	Round
201	7:30	10 KM Race Walking	Women	Final
202	9:15	110 Hurdles	Men	Decathlon (6)
203	9:35	100m Hurdles	Women	Heptathlon (1)
204	10:00	Discus Throw	Men	Decathlon (7)
205	10:10	800m	Women	Semifinal
206	10:20	800m	Men	Semifinal
207	10:30	High Jump	Women	Heptathlon (2)
208	11:30	Hammer Throw	Women	Final
209	11:30	4x100	Women	Semifinal
210	11:45	Pole Vault	Men	Decathlon (8)
211	11:45	4x100	Men	Semifinal

4th Session Afternoon Day 2 Saturday, July 10, 2010

No.	Time	Event	Gender	Round
212	4:30	Javelin	Men	Decathlon (9)
212 A	**4:45**	**Medal Presentations: Pole Vault Men, Triple Jump Women, 100m Women & 100m Men**		
213	5:30	Shot Put	Women	Heptathlon (3)
214	5:30	200m	Women	Semifinal
215	5:45	200m	Men	Semifinal
216	6:00	High Jump	Women	Final
217	6:00	1,500m	Women	Final
218	6:15	Pole Vault	Women	Final
219	6:15	1,500m	Men	Final
219 A	**6:20**	**Medal Presentations: 10K Walk Women, Hammer Women & 1500m Women**		
220	6:30	Long Jump	Men	Final
221	6:40	400 Hurdles	Women	Semifinal
222	7:00	400 Hurdles	Men	Semifinal
223	7:00	Hammer	Women	Final
224	7:15	200m	Women	Heptathlon (4)
225	7:30	1,500m	Men	Decathlon (10)
226	7:50	3,000 Steeple/C	Men	Final
226 A	**8:15**	**Medal Presentations: 1500m Men, 3000m S/C Men**		
227	8:35	4x100	Women	Final
228	8:50	4x100	Men	Final

2010 NACAC U-23 CHAMPIONSHIPS: COMPETITION SCHEDULE (Revised July 1, 2010)

5th Session Morning Day 3 Sunday, July 11, 2010

No.	Time	Event	Gender	Round
301	7:30	20k Race Walk	Men	Final
302	9:00	Long Jump	Women	Heptathlon (5)
303	10:30	4x400m	Women	Semifinal
304	10:30	Javelin Throw	Women	Heptathlon (6)
305	10:45	4x400m	Men	Semifinal

2010 NACAC U-23 CHAMPIONSHIPS: COMPETITION SCHEDULE (Revised July 1, 2010)

6th Session Afternoon Day 3 Sunday, July 11, 2010

No.	Time	Event	Gender	Round
306	4:00	Hammer Throw	Men	Final
307	4:00	Long Jump	Women	Final
307 A	**4:10**	**Medal Presentations: 4 x100m Women & 4 x 100m Men**		
307 B	**4:35**	**Medal Presentations: Long Jump Men, Hammer Women & Pole Vault Women & High Jump Women**		
308	5:00	400 Hurdles	Women	Final
309	5:20	400 Hurdles	Men	Final
310	5:30	High Jump	Men	Final
311	5:35	800m	Women	Heptathlon (7)
312	5:50	200m	Women	Final
313	6:05	200m	Men	Final
314	6:20	800m	Women	Final
314 A	**6:25**	**Medal Presentations: 20K Walk Men, Hammer Men & Long Jump Women**		
315	6:30	Shot Put	Men	Final
316	6:30	Triple Jump	Men	Final
317	6:30	Javelin Throw	Women	Final
318	6:40	800m	Men	Final
319	6:50	5,000m	Women	Final
319 A	**7:10**	**Medal Presentations: 400m H Women, 400m H Men, Decathlon & Heptathlon**		
320	7:35	5,000m	Men	Final
320 A	**7:55**	**Medal Presentations: High Jump Men, 5000m Women**		
321	8:15	3,000m Steeplechase	Women	Final
321 A	**8:35**	**Medal Presentations: High Jump Men, Shot Put Men Triple Jump Men & Javelin Women**		
322	9:00	4x400m	Women	Final
322 A	**9:10**	**Medal Presentations: 5000m Women, 5000m Men**		
323	9:25	4x400m	Men	Final
323 A	**9:35**	**Medal Presentations: 200m Women, 200m Men, 800m Women, 800m Men**		

3000m S/C Women

4 x 400m Women, 4 x 400m Men