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2010 NACAC U-23 CHAMPIONSHIPS: COMPETITION SCHEDULE

1st

Session

Morning

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
110	12:00	Shot Put	Men	Decathlon (3)

2nd

Session

Afternoon

Friday July 9, 2010

No.	Time	Event	Gender	Round
111	5:00	High Jump	Men	Decathlon (4)
112	5:00	100 Hurdles	Women	Semifinal
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
121	6:45	100 Hurdles	Women	Final
122	7:00	110 Hurdles	Men	Final
123	7:15	400m	Men	Decathlon (5)
124	7:45	100m	Women	Final
125	8:00	100m	Men	Final

Medal Presentations

Medal Presentations

Medal Presentations

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2010 NACAC U-23 CHAMPIONSHIPS

3rd Session

Morning

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

Saturday July 10, 2010

No.	Time	Event	Gender	Round
212	4:30	Javelin	Men	Decathlon (9)
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
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 Steeplechase	Men	Final
227	8:15	4x100	Women	Final
228	8:30	4x100	Men	Final

Medal Presentations

Medal Presentations

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2010 NACAC U-23 CHAMPIONSHIPS

5th Session Morning

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

6th Session

Sunday July 11, 2010

No.	Time	Event	Gender	Round	
306	4:00	Hammer Throw	Men	Final	
307	4:00	Long Jump	Women	Final	
308	5:00	400 Hurdles	Women	Final	Medal Presentations
309	5:20	400 Hurdles	Men	Final	
310	5:30	High Jump	Men	Final	Medal Presentations
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	Medal Presentations
315	6:30	Shot Put	Men	Final	
316	6:30	Triple Jump	Men	Final	
317	6:30	Javelin Throw	Women	Final	
318	6:35	800m	Men	Final	
319	6:50	5,000m	Women	Final	Medal Presentations
320	7:15	5,000m	Men	Final	
321	7:45	3,000m Steeplechase	Women	Final	
322	8:05	4x400m	Women	Final	
323	8:15	4x400m	Men	Final	Medal Presentations

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