



**5<sup>th</sup> NACAC Area Championships**  
Freeport, Grand Bahama, The Bahamas

**Schedule of Events**

**Friday, August 15, 2025**

| SESSION 1 – AUGUST 15, 2025 |                    |        |                           |
|-----------------------------|--------------------|--------|---------------------------|
| Time                        | Event              | Gender | Serie                     |
| 09:00                       | 100 meters         | Male   | Prelims                   |
| 09:05                       | Discus Throw       | Male   | Final                     |
| 09:30                       | 100 meters         | Male   | 1st Decathlon             |
| 09:55                       | 400 meters Hurdles | Female | Semifinals                |
| 10:05                       | Long Jump          | Male   | 2 <sup>nd</sup> Decathlon |
| 10:10                       | 400 meters Hurdles | Male   | Semifinals                |
| 10:35                       | 100 meters Hurdles | Female | Semifinals                |
| 10:50                       | 110 meters Hurdles | Male   | Semifinals                |
| 11:00                       | Shot Put           | Male   | 3 <sup>rd</sup> Decathlon |
| 11:10                       | 400 meters         | Female | Semifinals                |
| 11:30                       | 400 meters         | Male   | Semifinal                 |
| 11:45                       | 100 meters         | Female | Semifinals                |
| 12:00                       | 100 meters         | Male   | Semifinals                |



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**Friday, August 15, 2025**

| SESSION 2 – AUGUST 15, 2025 |                                                  |        |                           |
|-----------------------------|--------------------------------------------------|--------|---------------------------|
| Time                        | Event                                            | Gender | Serie                     |
| 17:15                       | Discus Throw(M)                                  |        | Awards                    |
| 17:25                       | High Jump                                        | Male   | 4 <sup>th</sup> Decathlon |
| 17:30                       | Long Jump                                        | Female | Final                     |
| 17:35                       | Hammer Throw                                     | Male   | Final                     |
| 17:50                       | Shot Put                                         | Male   | Final                     |
| 18:15                       | 800 meters                                       | Male   | Semifinals                |
| 18:30                       | 100 meters Hurdles                               | Female | Final                     |
| 18:45                       | 110 meters Hurdles                               | Male   | Final                     |
| 19:00                       | 400 meters                                       | Male   | 5 <sup>th</sup> Decathlon |
| 19:05                       | Long Jump(F)-Hammer(M)-Shot(M)-100mh(F)-110mh(M) |        | Awards                    |
| 19:25                       | 5,000 meters                                     | Male   | Final                     |
| 19:45                       | 10,000 meters                                    | Female | Final                     |
| 20:30                       | 100 meters                                       | Female | Final                     |
| 20:40                       | 100 meters                                       | Male   | Final                     |
| 20:45                       | 100m(F)-100m(M)- 5,000m(M)-10,000m(F)            |        | Awards                    |



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**Schedule of Events**

**Saturday, August 16, 2025**

| SESSION 3 – AUGUST 16, 2025 |                         |               |                           |
|-----------------------------|-------------------------|---------------|---------------------------|
| Time                        | Event                   | Gender        | Serie                     |
| 06:30                       | 20,000 meters Race Walk | Female – Male | Final                     |
| 09:00                       | 200 meters              | Male          | Prelims                   |
| 09:15                       | 110 meters Hurdles      | Male          | 6 <sup>th</sup> Decathlon |
| 09:15                       | Long Jump               | Male          | Final                     |
| 09:50                       | Discus Throw            | Male          | 7 <sup>th</sup> Decathlon |
| 10:55                       | Pole Vault              | Male          | 8 <sup>th</sup> Decathlon |
| 11:00                       | Discus Throw            | Female        | Final                     |
| 11:15                       | 200 meters              | Female        | Semifinals                |
| 11:30                       | 200 meters              | Male          | Semifinals                |



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**Schedule of Events**

**Saturday, August 16, 2025**

| SESSION 4 – AUGUST 16, 2025 |                                               |             |                            |
|-----------------------------|-----------------------------------------------|-------------|----------------------------|
| Time                        | Event                                         | Gender      | Serie                      |
| <b>15:00</b>                | <b>OPENING CEREMONY</b>                       |             |                            |
| <b>16:30</b>                | Hammer Throw                                  | Female      | Final                      |
| <b>17:40</b>                | High Jump                                     | Female      | Final                      |
| <b>17:45</b>                | 20,000m RW-Discus(F)-Hammer (F)- Long Jump(M) |             | <b>Awards</b>              |
| <b>17:55</b>                | Triple Jump                                   | Male        | Final                      |
| <b>18:00</b>                | Javelin Throw                                 | Male        | 9 <sup>th</sup> Decathlon  |
| <b>18:00</b>                | 400 meters Hurdles                            | Female      | Final                      |
| <b>18:10</b>                | 400 meters Hurdles                            | Male        | Final                      |
| <b>18:28</b>                | 800 meters                                    | Female      | Final                      |
| <b>18:35</b>                | 800 meters                                    | Male        | Final                      |
| <b>18:38</b>                | 400m Hurdles(F-M)-800m(F-M)                   |             | <b>Awards</b>              |
| <b>18:58</b>                | 200 meters                                    | Female      | Final                      |
| <b>19:05</b>                | 200 meters                                    | Male        | Final                      |
| <b>19:15</b>                | High Jump(F)-Triple Jump(M)-200m(F-M)         |             | <b>Awards</b>              |
| <b>19:30</b>                | Javelin Throw                                 | Female      | Final                      |
| <b>19:35</b>                | 1500 meters                                   | Male        | 10 <sup>th</sup> Decathlon |
| <b>19:50</b>                | 1500 meters                                   | Female      | Final                      |
| <b>20:05</b>                | 1500 meters                                   | Male        | Final                      |
| <b>20:25</b>                | Mixed Relay 4x400 meters                      | Female-Male | Final                      |
| <b>20:30</b>                | Javelin(F)-Mixed Relay 4x400 m-1500m(F-M)     |             | <b>Awards</b>              |
| <b>20:45</b>                | Mixed Relay 4x100 meters*                     | Female-Male | Final                      |



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**Schedule of Events**

**Sunday, August 17, 2025**

| SESSION 5 – AUGUST 17, 2025 |                                                |        |        |
|-----------------------------|------------------------------------------------|--------|--------|
| Time                        | Event                                          | Gender | Serie  |
| 16:10                       | 4x100m Relay (Mixed) - Decathlon               |        | Awards |
| 16:30                       | Javelin Throw                                  | Male   | Final  |
| 17:10                       | High Jump                                      | Male   | Final  |
| 17:15                       | Shot Put                                       | Female | Final  |
| 17:40                       | 400 meters                                     | Female | Final  |
| 17:50                       | 400 meters                                     | Male   | Final  |
| 18:00                       | 3,000 meters Steeplechase                      | Female | Final  |
| 18:15                       | 3,000 meters Steeplechase                      | Male   | Final  |
| 18:15                       | Triple Jump                                    | Female | Final  |
| 18:30                       | Javelin (M) - 400m (F) (M) – 3,000m SC (F) (M) |        | Awards |
| 18:50                       | 5,000 meters                                   | Female | Final  |
| 19:10                       | High Jump (M) – Shot (F) – 5,000m (F)          |        | Awards |
| 19:30                       | Relay 4x400 meters *                           | Female | Final  |
| 19:40                       | Relay 4x400 meters                             | Male   | Final  |
| 19:45                       | Triple Jump (F) - Relay 4x400m (F) (M)         |        | Awards |
| 20:00                       | Relay 4x100 meters                             | Female | Final  |
| 20:15                       | Relay 4x100 meters                             | Male   | Final  |
| 20:30                       | Relay 4x100m (F) (M)                           |        | Awards |

**Updated: August 8, 2025 – 18:45hrs**