



2022 NACAC Track & Field Championships - How to follow Team Canada

Below is a schedule of all 2022 NACAC Track & Field events in which one or more Canadian athletes are competing. [Click here](#) to find the full timetable of events.

******This document will be updated throughout the Championships as startlists are released, to reflect which Canadians make the semifinals and finals.***

—

Championnats d'Athlétisme de la NACAC 2022 - Comment suivre l'équipe canadienne

Vous trouverez ci-dessous le calendrier de toutes les épreuves des Championnats d'athlétisme 2022 de la NACAC auxquelles participent un ou plusieurs athlètes canadiens. [Cliquez ici](#) pour trouver le calendrier complet des épreuves.

*****Ce document sera mis à jour tout au long des Championnats pour refléter les Canadiens qui atteignent les demi-finales et les finales.***

Aug 19 - Morning Session				
Time (EST)	Sex	Event	Round	Athlete
9:30 a.m.	Women	400m	Semi-final	Kyra Constantine + Natassha McDonald

Aug 19 - Afternoon Session				
Time (EST)	Sex	Event	Round	Athlete
3:00 p.m.	Women	Hammer throw	Final	Jillian Weir + Kaila Butler
5:00 p.m.	Men	400m Hurdles	Semi-Final	Malik Metivier
5:00 p.m.	Women	High Jump	Final	Barbara Bitchoka
5:30 p.m.	Women	3000m Steeplechase	Final	Grace Fetherstonhaugh + Regan Yee + Jessica Furlan
7:20 p.m.	Women	100m hurdles	Semi-final	Michelle Harrison
8:20 p.m.	Women	5000m	Final	Gracelyn Larkin + Rebecca Bassett
8:45 p.m.	Men	10000m	Final	Andrew Alexander + Thomas Fafard

Aug 20 - Morning Session				
Time (EST)	Sex	Event	Round	Athlete
6:30 a.m.	Men	20000m RW	Final	Evan Dunfee

Aug 20 - Afternoon Session				
Time (EST)	Sex	Event	Round	Athlete
3:00 p.m.	Men	Hammer Throw	Final	Rowan Hamilton + Adam Keenan
3:00 p.m.	Women	Pole Vault	Final	Robin Bone + Rachel Hyink
4:30 p.m.	Men	High Jump	Final	Django Lovett
4:30 p.m.	Women	100m	Prelims	Crystal Emmanuel + Khamica Bingham
5:10 p.m.	Women	800m	Final	Jazz Shukla + Julianne Labach
5:20 p.m.	Men	800m	Final	Robert Heppenstall
5:40 p.m.	Women	100m Hurdles	Final	Michelle Harrison
5:55 p.m.	Men	110m Hurdles	Final	Joey Daniels
6:15 p.m.	Women	400m	Final	Kyra Constantine + Natassha McDonald
6:45 p.m.	Men	5000m	Final	Thomas Fafard + Andrew Alexander + Kieran Lumb + Ehab El-Sandali
7:00 p.m.	Women	Long Jump	Final	Christobel Nettey
8:00 p.m.	Women	100m	Final	TBD
8:20 p.m.	Mixed	4x400m relay	Final	Canada

Aug 21 - Afternoon Session				
Time (EST)	Sex	Event	Round	Athlete
3:20 p.m.	Women	400m Hurdles	Final	Noelle Montcalm
3:35 p.m.	Men	400m Hurdles	Final	Malik Metivier
4:25 p.m.	Women	1500m	Final	Addy Townsend + Erin Teschuk + Regan Yee
4:35 p.m.	Men	1500m	Final	Cameron Proceviat + Kieran Lumb + Robert Heppenstall + Charles Philibert-Thiboutot
4:45 p.m.	Men	3000m SC	Final	Jean-Simon Desgagnés + Ryan Smeeton
5:00 p.m.	Women	Shot put	Final	Sarah Mitton
5:20 p.m.	Women	Javelin	Final	Liz Gleadle