



**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                     |
| 09:15                       | 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                           |
| <b>17:15</b>                | <b>Discus Throw(M)</b>                                  |               | <b>Awards</b>                   |
| <b>17:25</b>                | <b>High Jump</b>                                        | <b>Male</b>   | <b>4<sup>th</sup> Decathlon</b> |
| <b>17:30</b>                | <b>Long Jump</b>                                        | <b>Female</b> | <b>Final</b>                    |
| <b>17:35</b>                | <b>Hammer Throw</b>                                     | <b>Male</b>   | <b>Final</b>                    |
| <b>17:50</b>                | <b>Shot Put</b>                                         | <b>Male</b>   | <b>Final</b>                    |
| <b>18:15</b>                | <b>800 meters</b>                                       | <b>Male</b>   | <b>Semifinals</b>               |
| <b>18:30</b>                | <b>100 meters Hurdles</b>                               | <b>Female</b> | <b>Final</b>                    |
| <b>18:45</b>                | <b>110 meters Hurdles</b>                               | <b>Male</b>   | <b>Final</b>                    |
| <b>19:00</b>                | <b>400 meters</b>                                       | <b>Male</b>   | <b>5<sup>th</sup> Decathlon</b> |
| <b>19:05</b>                | <b>Long Jump(F)-Hammer(M)-Shot(M)-100mh(F)-110mh(M)</b> |               | <b>Awards</b>                   |
| <b>19:25</b>                | <b>5,000 meters</b>                                     | <b>Male</b>   | <b>Final</b>                    |
| <b>19:45</b>                | <b>10,000 meters</b>                                    | <b>Female</b> | <b>Final</b>                    |
| <b>20:30</b>                | <b>100 meters</b>                                       | <b>Female</b> | <b>Final</b>                    |
| <b>20:40</b>                | <b>100 meters</b>                                       | <b>Male</b>   | <b>Final</b>                    |
| <b>20:45</b>                | <b>100m(F)-100m(M)- 5,000m(M)-10,000m(F)</b>            |               | <b>Awards</b>                   |



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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                     |
| 09:15                       | 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**

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

Updated: August 12, 2025 – 21:30hrs, a few events might go to a straight final after the Technical Meeting.