

The following events will be held on Tuesday July 14 at Swangard Stadium in Burnaby

Last updated:

June 2, 2026

Event	Gun Time	Call Room Opens	Call Room Closes	Type	Gender E	Gender F
The following events will be held on Tuesday July 14 at Swangard Stadium in Burnaby						
Last updated: June 2, 2026						
Event	Gun Time	Call Room Opens	Call Room Closes	Type	Gender E	Gender F
Implement weigh-ins	3:00 PM			Other	-	-
Meet Start	3:30 PM			Other	-	-
M 800m National D	3:31 PM	3:09 PM	3:19 PM	Track	Men	Hommes
M 800m National C	3:36 PM	3:14 PM	3:24 PM	Track	Men	Hommes
W 800m National C	3:42 PM	3:20 PM	3:30 PM	Track	Women	Femmes
C 3000m RW International	3:50 PM	3:28 PM	3:38 PM	Track	Men	Hommes
M 400mH Premium	4:22 PM	3:57 PM	4:07 PM	Track	Men	Hommes
W Seated Shot Put International	4:27 PM	3:33 PM	3:43 PM	Field	Women	Femmes
M 800m National B	4:33 PM	4:11 PM	4:21 PM	Track	Men	Hommes
W 800m National B	4:39 PM	4:17 PM	4:27 PM	Track	Women	Femmes
M 100m Heat 1	4:47 PM	4:24 PM	4:34 PM	Track	Men	Hommes
M 100m Heat 2	4:53 PM	4:30 PM	4:40 PM	Track	Men	Hommes
M 100m Heat 3	4:59 PM	4:36 PM	4:46 PM	Track	Men	Hommes
W 100m Heat 1	5:05 PM	4:42 PM	4:52 PM	Track	Women	Femmes
W 100m Heat 2	5:11 PM	4:48 PM	4:58 PM	Track	Women	Femmes
M 1500m National C	5:19 PM	4:56 PM	5:06 PM	Track	Men	Hommes
W 1500m National C	5:27 PM	5:04 PM	5:14 PM	Track	Women	Femmes
M Shot Put International	5:34 PM	4:41 PM	4:51 PM	Field	Men	Hommes
M Long Jump International	5:39 PM	4:47 PM	4:57 PM	Field	Men	Hommes
W 100mH Premium	5:49 PM	5:26 PM	5:36 PM	Track	Women	Femmes
Host City Welcome	5:53 PM			Other	-	-
M 110mH Premium	6:05 PM	5:42 PM	5:52 PM	Track	Men	Hommes
W 1500m National B	6:15 PM	5:52 PM	6:02 PM	Track	Women	Femmes
M 1500m National B	6:23 PM	6:00 PM	6:10 PM	Track	Men	Hommes
M 100m Final Premium	6:36 PM	6:13 PM	6:23 PM	Track	Men	Hommes
W 100m Final Premium	6:44 PM	6:19 PM	6:29 PM			
Mascot 100m	6:47 PM	6:21 PM	6:31 PM	Track	Men	Hommes
G U14 4x100m	6:52 PM					
B U14 4x100m	6:58 PM					
G U12 4x100m	7:04 PM					
B U12 4x100m	7:10 PM					
M 800m Premium	7:19 PM	6:57 PM	7:07 PM	Track	Men	Hommes
W Shot Put Premium	7:20 PM	6:27 PM	6:35 PM	Field	Women	Femmes
W 800m Premium	7:25 PM	7:03 PM	7:13 PM	Track	Women	Femmes
M 400m Premium	7:33 PM	7:11 PM	7:21 PM	Track	Men	Hommes
W 400m National	7:41 PM	7:19 PM	7:29 PM	Track	Women	Femmes
W 400m Premium	7:47 PM	7:25 PM	7:35 PM	Track	Women	Femmes
W 3000m SC Premium	8:01 PM	7:38 PM	7:48 PM	Track	Women	Femmes
M 1500m Premium	8:17 PM	7:54 PM	8:04 PM	Track	Men	Hommes
W 1500m Premium	8:27 PM	8:04 PM	8:14 PM	Track	Women	Femmes
W 3000m International	8:38 PM	8:15 PM	8:25 AM	Track	Women	Femmes
M 5000m International	8:51 PM	8:28 PM	8:38 PM	Track	Men	Hommes
Meet Close	9:06 PM			Other	-	-