

| NACAC AA COMPETITION CALENDAR 2019 | | | |
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| # | Competitions | Date | Host Country |
| 1 | New Balance Indoor Grand Prix – IAAF WIT | Saturday, 26 JAN | Boston, MA, USA |
| 2 | CADICA Cross Country Championships | Sunday, 27 JAN | San José, Costa Rica |
| 3 | 57 th San Blas International Half Marathon | Sunday, 3 FEB | Coamo, Puerto Rico |
| 4 | Millrose Games | Saturday, 9 FEB | New York, NY, USA |
| 5 | NACAC XC Championships | Saturday, 16 FEB | Trinidad & Tobago |
| 6 | Gibson - McCook Relays | Friday-Saturday, 22-23 FEB | Kingston, Jamaica |
| 7 | CADICA Race Walking Championships | Saturday-Sunday, 23-24 FEB | Guatemala City, Guatemala |
| 8 | 14 th Spring Break Classic | Saturday, 16 MAR | Gurabo, Puerto Rico |
| 9 | IAAF World XC Championships | Saturday, 30 MAR | Aarhus, Denmark |
| 10 | Varadero Half Marathon | Sunday, 31 MAR | Varadero, Cuba |
| 11 | Pan American Mountain & Trail | Friday, 5 APR | Caracas, Venezuela |
| 12 | 3 rd Barbados and Trinidad & Tobago Youth Dual | Saturday, 6 APR | Trinidad & Tobago |
| 13 | Grenada Invitational | Saturday, 13 APR | St. George's, Grenada |
| 14 | Blas Beato Memoriam Track Meet | Saturday, 13 APR | Habana, Cuba |
| 15 | IAAF Race Walking Challenge (Pan Am Cup) | Saturday, 20 APR | Lázaro Cárdenas Michuacan, MEX |
| 16 | 47 th CARIFTA Games | Saturday-Monday, 20-22 APR | Cayman Islands |
| 17 | USA – Drake Relays – APM | Friday-Saturday, 26-27 APR | Des Moines, Iowa |
| 18 | USA – Penn Relays (USA vs The World) – APM | Saturday, 27 APR | Philadelphia, Pennsylvania |
| 19 | 59 th Edition Aruba International Half Marathon | Saturday, 27 APR | Oranjestad, Aruba |
| 20 | Jamaica International Invitational – IAAF WC | Saturday, 4 MAY | Kingston, Jamaica |
| 21 | IAAF World Relays | Saturday-Sunday, 11-12 MAY | Yokohama, Japan |
| 22 | Half Marathon/10K – City of Abymes | Sunday, 12 MAY | Guadeloupe |
| 23 | CADICA U20 – U18 Championships | Friday-Sunday, 17-19 MAY | El Salvador |
| 24 | Baie Mahault Meeting | Saturday, 18 MAY | Guadeloupe |
| 25 | 2 nd KLM Aruba Marathon | Sunday, 2 JUN | Oranjestad, Aruba |
| 26 | Memorial Barrientos Track Meet | *Thursday-Monday, 6-10 JUN | Habana, Cuba |
| 27 | CANADA – Speed River Inferno Guelph – APM | Friday, 7 JUN | Ontario, Canada |
| 28 | 1 st Quadrangular Meet (HAI-DOM-TKS-MTQ) | Saturday, 8 JUN | Santo Domingo, Dominican Republic |
| 29 | JAMAICA – Racers Grand Prix – APM | Saturday, 8 JUN | Kingston, Jamaica |
| 30 | Whitsuntide Games | Saturday-Sunday, 8-9 JUN | St. George's, Grenada |
| 31 | Adidas Boston Boost (street) | Sunday, 16 JUN | Boston, MA, USA |
| 32 | CADICA Senior Championships | Friday-Sunday, 21-23 JUN | Managua, Nicaragua |
| 33 | Prefontaine Classic – IAAF Diamond League | Sunday, 30 JUN | Stanford University, CA, USA |
| 34 | CANADA – Harry Jerome Classic – APM | Monday, 1 JUL | Vancouver, British Columbia |
| 35 | NACAC U23 & U18 Championships | Friday-Sunday, 5-7 JUL | Queretaro, Mexico |
| 36 | NACAC Mountain Running Championships | Sunday, 14 JUL | Tepatitlan, Jalisco, MEX |
| 37 | Pan American U20 Championships | Friday-Sunday, 19-21 JUL | San Jose, Costa Rica |
| 38 | NACAC Age Group Championships (11-12,13-14) | Friday-Saturday, 26-27 JUL | San Salvador, El Salvador |
| 39 | Pan American Games | Saturday, 27JUL Friday, 11AUG | Lima, Peru |
| 40 | USA vs Europe | Monday-Tuesday, 9-10 SEP | Minsk, Belarus |
| 41 | IAAF World Championships | Saturday-Sunday, 28SEP-6OCT | Doha, Qatar |
| 42 | Guadeloupe 10K de Petit Bourg | Saturday, 19 OCT | Guadeloupe |
| 43 | BAAA Masquerade Half Marathon | Sunday, 10 NOV | Nassau, Bahamas |
| 44 | 4 th OECS Chayoter NACAC 10K | Sunday, 24 NOV | St. Vincent |
| 45 | CADICA (U16 - U14) Championships | Friday-Sunday, 22-24 NOV | Panamá City, Panamá |
| 46 | Jamaica International Invitational – IAAF WC | Saturday, 4 MAY | Kingston, Jamaica |