

Friday pm

Warm-up 17:35 - 17:55

Start 18:00 Finish 21:00 (approx.)

There will be 4 x 1500m & 8 x 800m heats

Saturday am

Warm-up 08:30 - 09:25

Start 09:30 Finish 11:30 (approx.)

Break 15 minutes

Finals 15 minutes (approx.)

Saturday pm

Warm-up 13:00 - 13:55

Start 14:00 Finish 15:45 (approx.)

Break 15 minutes

Finals 15 minutes (approx.)

Sunday am

Warm-up 08:30 - 09:25

Start 09:30 Finish 11:45 (approx.)

Break 15 minutes

Finals 15 minutes (approx.)

Sunday pm

Warm-up 13:00 - 13:55

Start 14:00 Finish 15:45 (approx.)

Break 15 minutes

Finals 15 minutes (approx.)