

11:30	M 4x1
11:45	M 1500
12:45	M 110h
1:05	M 100
1:20	M 400
1:35	M 800
1:55	M 400h
2:10	M 200
3:15	M 4x4
1:00	W HJ
1:30	W Disc
3:15	W TJ
3:30	W 4x1
3:45	W 1500
4:10	M Steeple
4:45	W Steeple
5:20	W 100 h
5:40	W 100
5:55	W 400
6:10	W 800
6:30	W 400h
6:45	W 200
7:05	M 5k
7:50	W 5k
8:35	W 4x4