

PROGRAMA NACIONAL DE MARCHA E CORRIDA (PNMC) USE OF THE FACILITIES OF THE CENTRO DESPORTIVO NACIONAL DO JAMOR (CDNJ) BY THE SPORTS PRACTICERS ENROLLED IN THE PNMC

1. Access and free use * of the **dressing rooms** of the **National Stadium** and the dressing rooms next to the **Athletics Training Center** during the hours of operation of these facilities (National Stadium: from **7:00 a.m. to 10:00 p.m.** **dressing rooms No. 2** from **7:00 a.m. to 11:00 p.m.**).
2. Access and individual use of the **athletics track** of the **National Stadium** from **Monday to Friday**, from **7:00 a.m. to 10:00 a.m.** and from **1:00 p.m. to 5:00 p.m.**
In the afternoon, from **Monday to Friday**, from **7:00 p.m. to 9:00 p.m.**, and on **Saturdays** from **10:00 a.m. to 1:00 p.m.**, the timetable for carrying out the technically framed activities of the **Centro de Marcha e Corrida do Jamor (see attached schedule)**.
3. The use of the **athletics track** of the **National Stadium** outside the aforementioned hours shall be carried out in accordance with the access rules established for the athletes in general and shall be subject to the payment of the fee provided for such use.

* The access and individual use, both of the dressing rooms and of the track of athletics of the National Stadium, on the part of the athletes enrolled in the **Programa Nacional de Marcha e Corrida (PNMC)**, outside the scope of the activities framed and promoted by the team of technicians of the **Centro de Marcha e Corrida do Jamor**, requires that these athletes are properly referenced and have a minimum attendance of 2 monthly attendances in the activities of the **Centro de Marcha e Corrida do Jamor**. It is the duty of the technicians of the **Centro de Marcha e Corrida do Jamor** to schedule the interviews and the registration of participations, and its subsequent communication to the services of the **CNDJ**.

The **availability of the athletics track and of the dressing rooms** is always conditioned to other events that take place in the **Centro Desportivo Nacional do Jamor (CDNJ)**.

Athletics Track 1 - National Stadium

Athletics Track 1	Week Days	Hours															
		07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
High Performance and National Teams	Monday to Friday				10:00 - 13:00							17:00 - 19:00					
	Saturday				10:00 - 13:00												
National March and Race Program (PNMC) (framed activities)	Tuesday and Thursday												18:00 - 21:00				
	Monday, Wednesday and Friday												19:00 - 21:00				
	Saturday				10:00 - 13:00												
Clubs	Monday to Friday													19:00 - 22:00			
	Saturday and Sunday	07:00 - 10:00						13:00 - 20:00									
General users (includes PNMC users when in non-framed activities)	Monday to Friday	07:00 - 10:00						13:00 - 17:00					19:00 - 22:00				
	Saturday							13:00 - 22:00									
	Sunday	07:00 - 20:00															

Notes:

1. The availability of the athletics track is always conditioned to the games and other events that take place at the National Stadium.
2. High performance and national teams athletes can use the lane at all times, but without benefiting from the exclusivity that the periods for them specifically set gives them.