

Athletics Track # 1 National Stadium	Week Days	Schedules															
		7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM
High Performance and National Teams*	Monday to Friday				10AM - 1PM							5PM - 7PM					
	Saturday				10AM - 1PM												
FMH	Monday, Wednesday and Friday		8AM - 11AM				Noon - 2PM										
Programa Nacional de Marcha e Corrida	Tuesday and Thursday													7PM - 9PM			
	Saturday				10AM - 1PM												
Academies	Monday to Friday													7PM - 9 PM			
	Saturday				10AM - 1PM												
Clubs	Monday to Friday														7PM - 10PM		
	Saturday and Sunday	7AM - 10AM						1PM - 8PM									
General Users	Monday to Friday	7AM - 10AM					Noon - 4PM							7PM - 10PM			
	Saturday						1PM -10PM										
	Sunday	7AM - 8PM															

* High Performance Athletes and National Teams can use the track at all times, but without benefiting from the exclusivity that the periods specifically defined for them allow.