



### National Stadium Athletics Track - Schedules 2021/2022

	DAYS	7AM	8AM	9AM	10AM	11AM	NOON	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	
High Performance and National Teams	Monday to Wednesday	10AM - 1PM					4PM - 7PM											
														6PM - 10PM				
PNMC	Monday to Wednesday																	
	Saturday				10AM - 1PM													
Clubs	Monday to Friday	7AM - 10AM						1PM - 4PM						7PM - 11PM				
	Saturday and Sunday	7AM - 8PM																
General users	Monday to Friday	7AM - 10AM						1PM - 4PM						7PM - 11PM				
	Saturday							1PM - 11PM										
	Sunday	7AM - 11AM																

Notes:

1. The availability of the athletics track is always subject to the holding of official matches and other events that take place at the National Stadium.
2. High performance and national teams athletes can use the track at all times available, but without benefiting from the exclusivity that the periods specifically defined for them.