



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												18:30 - 20:30				
	Saturday			09:00 - 12:00													
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 track at all times, but without benefiting from the exclusivity that the periods for them specifically set gives them.