

PROGRAMMA ORARIO (ORARI SONO INDICATIVI E A SEGUIRE)

| orario | Corse. | | disco | vortex | lungo | alto | peso |
|--------|-------------------------|-------------------------------|------------------|---|--|---------------------|-----------------|
| 14:30 | RITROVO GIURIE E ATLETI | | | | | | |
| 15:00 | 60hs | RM RF | CF | PED 2 EM DIR INT M PED 1 EF DIR INT F | PED 1 CUMA CUMB PED 2 AM JM SM DIR FIS | RF | CM AM JM |
| 15:05 | 80hs | CF | | | | | |
| 15:10 | 100 hs | CM | | | | | |
| 15:20 | 100 | AF VMB | CM VMA VMB AF | | | | |
| 15:30 | 100 | SF AmAM AmBM | | | | | |
| 15:40 | 100 | JF | | | | | |
| 16:00 | 50 | CUM A DIR INT M e F | | PED 1 RM RF | | | SF AmAF |
| 16:10 | 50 | CUM B | | | PED 2 AmAM AmBM VMB | | |
| 16:20 | 200 | CUF A CUF B | AF | | | CF AF JF SF AmAM | |
| 16:30 | 200 | AM | | | | | |
| 16:35 | 200 | JM SM Dir Fis AmBM VMA | | | | | AmAF VFA VFB |
| 16:50 | 600 | EM | | PED 2 CUF A CUF B | | | JM AmBM |
| 17:00 | 600 | EF | | | | | |
| 17:20 | 1000 | RM | JF | | | | |
| 17:30 | 1000 | RF | | | | | |
| 17:45 | 300 | CF | SM AmAM | PED 1 RM | PED 1 RM CM | | |
| 17:55 | 300 | CM | | | | | |
| 18:10 | 1500 | AF JF SF AmAF AmBF VFB | | | | | |
| 18:20 | 400 | AF JF SF | | | | | |
| 18:30 | 800 | AM | AM JM | | | | |
| 18:35 | 800 | JM SM AmAM VMA AmBM VMB | | | | | |
| 18:50 | 2000 | CF | | | | | |
| 19:00 | 2000 | CM | AM AmBM | | | | |