

Distance	Sex	Heat	Start time	Pilot	Target	Target	Target	Target
1500 m	Women		18:45	x	3.35	3.38	3.40	3.45
1500 m	Men		18:55	x	4.08	4.15	4.20	
800 m	Men	D	19:35	x	1.57			
800 m	Men	C	19:42		1.54			
800 m	Men	B	19:49		1.50			
800 m	Men	A	19:56		1.45			
800 m	Women	C	20:03		2.12			
800 m	Women	B	20:10		2.05			
800 m	Women	A	20:17		2.00			
5000 m	Women	B	20:25		16.45	17.05		
5000 m	Women	A	20:50		15.20	15.35	15.50	
5000 m	Men	A	21:15		13:01	13.25	13.45	
5000 m	Men	B	21:35		14.00	14.26	14.45	
5000 m	Men	C	21:55		14.45	15.00		

YOU HAVE TO BEAT THE FRONT LIGHT OF YOUR COLOUR TO BEAT THE TIME.

THE BLUE LIGHT IS PILOT FOR THE GREEN.