

SCHEDULE



1:00 PM	Doors Open	6:00 PM	5000m Women* (17:00min)
2:20 PM	5000m mixed (21:00min)	6:20 PM	5000m Men* (15:00min)
2:50 PM	5000m mixed (20:00min)	6:40 PM	5000m Men* (14:25min)
3:20 PM	5000m Men (17:45min 18:45min)	7:00 PM	5000m Men* (13:58min)
3:45 PM	5000m Men (16:45min)	7:20 PM	5000m Women* (15:50min)
4:10 PM	5000m Men (15:45min)	7:40 PM	5000m Men* (13:35min)
4:36 PM	800m Women (2:08min)	8:03 PM	R2Birmingham 3000m SC Women*
4:42 PM	800m Women (2:03min)	8:22 PM	3000m SC Men* (8:40min)
4:48 PM	800m Men (1:57min)	8:37 PM	R2Birmingham 3000m SC Men*
4:54 PM	800m Men (1:56min)	8:58 PM	R2Birmingham 800m Men
5:00 PM	800m Men (1:54min)	9:05 PM	Wheel Chair Race
5:06 PM	800m Men (1:51min)	9:12 PM	R2Birmingham 800m Women
5:12 PM	800m Men (1:49min)	9:20 PM	R2Birmingham 5000m Women*
5:18 PM	800m Men (1:47,5min)	9:40 PM	R2Birmingham 5000m Men*
5:24 PM	4x400m Community Dash	10:00 PM	Victory Ceremony R2Birmingham & Austrian Nationals
5:35 PM	5000m Women* (18:00min)		

* Austrian Nationals