

ATFUSA 2021 Junior Nationals Track Qualifying Standards "A"

ATFUSA 2021 Junior Nationals Track Qualifying Standards "A"													
U23 Male	U20 Male	U17 Male	U14 Male	U11 Male	Class/Event			U23 Female	U20 Female	U17 Female	U14 Female	U11 Female	
				00:45	T31	20 Meters	T31					01:00	
				00:30	T32	20 Meters	T32					00:35	
				00:20	T33	20 Meters	T33					00:30	
				00:09	T35	20 Meters	T35					00:11	
				00:09	T35a	20 Meters	T35a					00:11	
				00:07	T36	20 Meters	T36					00:10	
				00:10	T40	20 Meters	T40					00:11	
				00:10	T41	20 Meters	T41					00:11	
				00:21	T11	60 Meters	T11					00:24	
				00:19	T12	60 Meters	T12					00:21	
				00:18	T13	60 Meters	T13					00:21	
			00:16	00:18	T20	60 Meters	T20				00:19	00:21	
			00:50	00:55	T31	60 Meters	T31				00:55	01:00	
			01:13	01:20	T32	60 Meters	T32				01:22	01:30	
			00:35	00:39	T33	60 Meters	T33				00:41	00:45	
			00:27	00:30	T34	60 Meters	T34				00:30	00:33	
			00:20	00:22	T35	60 Meters	T35				00:27	00:30	
				00:26	T35a	60 Meters	T35a					00:30	
				00:18	00:20	T36	60 Meters	T36				00:26	00:29
				00:16	00:18	T37	60 Meters	T37				00:17	00:19
				00:16	00:17	T38	60 Meters	T38				00:16	00:18
00:13	00:14	00:17	00:18	00:20	T40	60 Meters	T40	00:15	00:16	00:18	00:20	00:22	
00:13	00:14	00:17	00:18	00:20	T41	60 Meters	T41	00:15	00:16	00:18	00:20	00:22	
				00:22	T42	60 Meters	T42					00:30	
				00:19	T43	60 Meters	T43					00:22	
				00:17	T44	60 Meters	T44					00:21	
				00:17	T45	60 Meters	T45					00:22	
				00:16	T46	60 Meters	T46					00:22	
				00:16	T47	60 Meters	T47					00:22	
			00:46	00:50	00:55	T51	60 Meters	T51		00:54	00:59	01:05	
				00:25	00:28	T52	60 Meters	T52			00:36	00:40	
				00:23	T53	60 Meters	T53					00:31	
				00:21	T54	60 Meters	T54					00:26	
				00:22	T61	60 Meters	T42					00:30	
				00:22	T62	60 Meters	T42					00:22	
				00:19	T63	60 Meters	T43					00:30	
				00:17	T64	60 Meters	T44					00:21	
01:00	01:00	01:15	01:30	01:40	Pwr. Chair	60Weave	Pwr. Chair	01:00	01:00	01:20	01:30	01:40	
00:18	00:20	00:24	00:26	00:28	T11	100 Meters	T11	00:22	00:24	00:29	00:31	00:33	
00:18	00:20	00:23	00:25	00:27	T12	100 Meters	T12	00:22	00:24	00:28	00:30	00:32	
00:18	00:20	00:23	00:25	00:27	T13	100 Meters	T13	00:22	00:24	00:28	00:30	00:32	
00:18	00:20	00:23	00:25	00:27	T20	100 Meters	T20	00:22	00:24	00:28	00:30	00:32	
01:01	01:07	01:19	01:25	01:31	T31	100 Meters	T31	01:25	01:34	01:51	01:59	02:08	
00:59	01:05	01:17	01:23	01:28	T32	100 Meters	T32	01:18	01:26	01:41	01:49	01:57	
00:34	00:37	00:44	00:48	00:51	T33	100 Meters	T33	00:44	00:48	00:57	01:02	01:06	
00:34	00:37	00:44	00:47	00:50	T34	100 Meters	T34	00:43	00:48	00:56	01:00	01:05	
00:23	00:26	00:30	00:33	00:35	T35	100 Meters	T35	00:41	00:45	00:54	00:58	01:02	
				00:45	T35a	100 Meters	T35a					00:55	
00:22	00:24	00:29	00:31	00:33	T36	100 Meters	T36	00:28	00:31	00:36	00:39	00:42	
00:20	00:22	00:26	00:28	00:29	T37	100 Meters	T37	00:25	00:28	00:33	00:35	00:38	
00:20	00:21	00:25	00:27	00:29	T38	100 Meters	T38	00:25	00:27	00:32	00:35	00:37	
00:22	00:24	00:28	00:30	00:33	T40	100 Meters	T40	00:23	00:25	00:29	00:32	00:35	
00:22	00:24	00:28	00:30	00:33	T41	100 Meters	T41	00:23	00:25	00:29	00:32	00:35	
00:24	00:27	00:32	00:34	00:37	T42	100 Meters	T42	00:30	00:33	00:39	00:42	00:45	
00:20	00:22	00:26	00:28	00:30	T43	100 Meters	T43	00:26	00:28	00:33	00:36	00:38	
00:20	00:22	00:26	00:28	00:30	T44	100 Meters	T44	00:26	00:28	00:33	00:36	00:38	
00:18	00:20	00:23	00:25	00:27	T45	100 Meters	T45	00:23	00:26	00:30	00:33	00:35	
00:18	00:20	00:23	00:25	00:27	T46	100 Meters	T46	00:23	00:26	00:30	00:33	00:35	
00:18	00:20	00:23	00:25	00:27	T47	100 Meters	T47	00:23	00:26	00:30	00:33	00:35	
00:47	00:52	01:01	01:06	01:11	T51	100 Meters	T51	00:50	00:55	01:05	01:10	01:15	
00:31	00:34	00:40	00:43	00:46	T52	100 Meters	T52	00:43	00:48	00:56	01:00	01:05	
00:25	00:27	00:32	00:34	00:37	T53	100 Meters	T53	00:34	00:37	00:44	00:48	00:51	
00:23	00:25	00:29	00:32	00:34	T54	100 Meters	T54	00:28	00:31	00:37	00:40	00:43	
00:24	00:27	00:32	00:34	00:37	T61	100 Meters	T61	00:30	00:33	00:39	00:42	00:45	
00:20	00:22	00:26	00:28	00:30	T62	100 Meters	T62	00:26	00:28	00:33	00:36	00:38	
00:24	00:27	00:32	00:34	00:37	T63	100 Meters	T63	00:30	00:33	00:39	00:42	00:45	
00:15	00:17	00:21	00:23	00:25	T64	100 Meters	T64	00:21	00:23	00:28	00:31	00:33	

ATFUSA 2021 Junior Nationals Track Qualifying Standards "A"

U23 Male	U20 Male	U17 Male	U14 Male	U11 Male	Class/Event			U23 Female	U20 Female	U17 Female	U14 Female	U11 Female
00:38	00:42	00:49	00:53	00:57	T11	200 Meters	T11	00:45	00:50	00:59	01:04	01:08
00:36	00:40	00:47	00:51	00:54	T12	200 Meters	T12	00:45	00:49	00:59	01:03	01:07
00:36	00:40	00:47	00:51	00:54	T13	200 Meters	T13	00:44	00:49	00:57	01:02	01:06
00:36	00:40	00:47	00:51	00:54	T20	200 Meters	T20	00:44	00:49	00:57	01:02	01:06
03:15	03:35	04:14	04:33	04:53	T31	200 Meters	T31	03:30	03:51	04:33	04:54	05:15
03:00	03:18	03:54	04:12	04:30	T32	200 Meters	T32	03:15	03:35	04:14	04:33	04:53
01:03	01:09	01:22	01:28	01:34	T33	200 Meters	T33	01:15	01:23	01:37	01:45	01:52
00:53	00:58	01:09	01:14	01:19	T34	200 Meters	T34	00:59	01:05	01:16	01:22	01:28
00:52	00:58	01:08	01:13	01:19	T35	200 Meters	T35	01:07	01:14	01:28	01:34	01:41
					T35a	200 Meters	T35a					
00:42	00:47	00:55	00:59	01:04	T36	200 Meters	T36	00:58	01:04	01:15	01:21	01:27
00:40	00:44	00:51	00:55	00:59	T37	200 Meters	T37	00:51	00:56	01:06	01:12	01:17
00:39	00:42	00:50	00:54	00:58	T38	200 Meters	T38	00:49	00:54	01:04	01:09	01:13
00:46	00:50	01:00	01:06		T40	200 Meters	T40	00:58	01:02	01:15	01:23	
00:46	00:50	01:00	01:06		T41	200 Meters	T41	00:58	01:02	01:15	01:23	
00:51	00:56	01:06	01:11	01:16	T42	200 Meters	T42	01:11	01:18	01:32	01:39	01:46
00:43	00:47	00:55	01:00	01:04	T43	200 Meters	T43	00:49	00:54	01:03	01:08	01:13
00:36	00:40	00:47	00:50	00:54	T44	200 Meters	T44	00:44	00:49	00:58	01:02	01:07
00:36	00:40	00:47	00:51	00:54	T45	200 Meters	T45	00:46	00:50	00:59	01:04	01:08
00:36	00:39	00:46	00:50	00:54	T46	200 Meters	T46	00:41	00:46	00:54	00:58	01:02
00:35	00:39	00:46	00:49	00:53	T47	200 Meters	T47	00:41	00:45	00:53	00:57	01:01
01:30	01:39	01:57	02:06	02:15	T51	200 Meters	T51	01:55	02:07	02:30	02:41	02:53
00:54	00:59	01:10	01:16	01:21	T52	200 Meters	T52	01:05	01:11	01:24	01:31	01:37
00:43	00:47	00:56	01:00	01:05	T53	200 Meters	T53	00:53	00:58	01:09	01:14	01:19
00:40	00:44	00:52	00:56	01:00	T54	200 Meters	T54	00:44	00:49	00:58	01:02	01:07
00:51	00:56	01:06	01:11	01:16	T61	200 Meters	T61	01:11	01:18	01:32	01:39	01:46
00:43	00:47	00:55	01:00	01:04	T62	200 Meters	T62	00:49	00:54	01:03	01:08	01:13
00:51	00:56	01:06	01:11	01:16	T63	200 Meters	T63	01:11	01:18	01:32	01:39	01:46
00:36	00:40	00:47	00:50	00:54	T64	200 Meters	T64	00:44	00:49	00:58	01:02	01:07
01:29	01:37	01:55	02:04	02:13	T11	400 Meters	T11	01:46	01:56	02:17	02:28	02:38
01:22	01:30	01:46	01:55	02:03	T12	400 Meters	T12	01:41	01:51	02:11	02:21	02:31
01:22	01:30	01:46	01:55	02:03	T13	400 Meters	T13	01:41	01:51	02:11	02:21	02:31
01:22	01:30	01:46	01:55	02:03	T20	400 Meters	T20	01:38	01:48	02:08	02:18	02:28
06:15	06:53	08:08	08:45	09:22	T31	400 Meters	T31	07:00	07:42	09:06	09:48	10:30
06:00	06:36	07:48	08:24	09:00	T32	400 Meters	T32	06:30	07:09	08:27	09:06	09:45
01:45	01:56	02:16	02:27	02:38	T33	400 Meters	T33	02:36	02:52	03:23	03:38	03:54
01:36	01:46	02:05	02:14	02:24	T34	400 Meters	T34	02:15	02:29	02:56	03:09	03:23
02:00	02:12	02:36	02:48	03:00	T35	400 Meters	T35	02:30	02:45	03:15	03:30	03:45
					T35a	400 Meters	T35a					
01:40	01:50	02:10	02:20	02:30	T36	400 Meters	T36	02:10	02:23	02:49	03:02	03:15
01:36	01:46	02:05	02:14	02:24	T37	400 Meters	T37	01:52	02:03	02:25	02:36	02:47
01:36	01:46	02:05	02:14	02:24	T38	400 Meters	T38	01:52	02:03	02:25	02:36	02:47
01:45	01:56	02:16			T40	400 Meters	T40	02:05	02:18	02:43		
01:45	01:56	02:16			T41	400 Meters	T41	02:05	02:18	02:43		
01:55	02:07	02:30	02:41	02:53	T42	400 Meters	T42	02:28	02:43	03:12	03:27	03:42
01:31	01:40	01:59	02:08	02:17	T43	400 Meters	T43	01:58	02:09	02:33	02:45	02:56
01:26	01:35	01:52	02:01	02:10	T44	400 Meters	T44	01:53	02:04	02:27	02:38	02:49
01:20	01:28	01:44	01:52	02:00	T45	400 Meters	T45	01:48	01:59	02:20	02:31	02:42
01:18	01:26	01:41	01:49	01:57	T46	400 Meters	T46	01:45	01:56	02:16	02:27	02:38
01:18	01:26	01:41	01:49	01:57	T47	400 Meters	T47	01:45	01:56	02:16	02:27	02:38
02:42	02:58	03:31	03:47		T51	400 Meters	T51	04:00	04:24	05:12	05:36	
01:49	02:00	02:22	02:33	02:44	T52	400 Meters	T52	01:53	02:04	02:27	02:38	02:49
01:24	01:32	01:49	01:58	02:06	T53	400 Meters	T53	01:48	01:59	02:20	02:31	02:42
01:16	01:24	01:39	01:47	01:55	T54	400 Meters	T54	01:36	01:46	02:05	02:14	02:24
01:55	02:07	02:30	02:41	02:53	T61	400 Meters	T61	02:28	02:43	03:12	03:27	03:42
01:31	01:40	01:59	02:08	02:17	T62	400 Meters	T62	01:58	02:09	02:33	02:45	02:56
01:55	02:07	02:30	02:41	02:53	T63	400 Meters	T63	02:28	02:43	03:12	03:27	03:42
01:26	01:35	01:52	02:01	02:10	T64	400 Meters	T64	01:53	02:04	02:27	02:38	02:49
03:45	04:08	04:53	05:15	05:37	T11	800 Meters	T11	04:38	05:06	06:02	06:30	06:58
03:15	03:35	04:14	04:33	04:53	T12	800 Meters	T12	04:38	05:06	06:02	06:30	06:58
03:15	03:35	04:14	04:33	04:53	T13	800 Meters	T13	04:38	05:06	06:02	06:30	06:58
03:15	03:35	04:14	04:33	04:53	T20	800 Meters	T20	04:38	05:06	06:02	06:30	06:58
08:45	09:37	11:22			T31	800 Meters	T31	08:45	09:37	11:22		
08:30	09:21	11:03			T32	800 Meters	T32	08:30	09:21	11:03		
04:00	04:24	05:12	05:36	06:00	T33	800 Meters	T33	04:46	05:14	06:11	06:40	07:08
03:39	04:01	04:45	05:07	05:28	T34	800 Meters	T34	04:29	04:56	05:50	06:17	06:43
05:44	06:18	07:27	08:02		T35	800 Meters	T35	06:00	06:36	07:48	08:24	
					T35a	800 Meters	T35a					

ATFUSA 2021 Junior Nationals Track Qualifying Standards "A"

U23 Male					Class/Event			U23 Female				
U20 Male	U17 Male	U14 Male	U11 Male					U20 Female	U17 Female	U14 Female	U11 Female	
03:42	04:04	04:49	05:11		T36	800 Meters	T36	04:50	05:19	06:17	06:46	
03:34	03:56	04:38	05:00	05:21	T37	800 Meters	T37	04:10	04:35	05:25	05:50	06:15
03:34	03:56	04:38	05:00	05:21	T38	800 Meters	T38	04:10	04:35	05:25	05:50	06:15
					T40	800 Meters	T40					
					T41	800 Meters	T41					
03:25	03:46	04:27	04:47	05:07	T42	800 Meters	T42	03:50	04:13	04:59	05:22	05:45
03:25	03:46	04:27	04:47	05:07	T43	800 Meters	T43	03:50	04:13	04:59	05:22	05:45
03:25	03:46	04:27	04:47	05:07	T44	800 Meters	T44	03:50	04:13	04:59	05:22	05:45
03:09	03:28	04:06	04:25	04:44	T45	800 Meters	T45	03:40	04:02	04:46	05:08	05:30
03:09	03:28	04:06	04:25	04:44	T46	800 Meters	T46	03:40	04:02	04:46	05:08	05:30
					T47	800 Meters	T47					
05:10	05:41	06:43			T51	800 Meters	T51	08:00	08:48	10:24		
03:12	03:32	04:10	04:29		T52	800 Meters	T52	03:50	04:13	04:59	05:22	
02:46	03:03	03:36	03:52	04:09	T53	800 Meters	T53	03:36	03:58	04:41	05:02	05:24
02:33	02:48	03:19	03:34	03:49	T54	800 Meters	T54	03:12	03:31	04:10	04:29	04:48
					T61	800 Meters	T61					
03:25	03:46	04:27	04:47	05:07	T62	800 Meters	T62	03:50	04:13	04:59	05:22	05:45
					T63	800 Meters	T63					
03:25	03:46	04:27	04:47	05:07	T64	800 Meters	T64	03:50	04:13	04:59	05:22	05:45
06:38	07:18	08:38	09:18		T11	1500 Meters	T11	08:00	08:48	10:24	11:13	
06:18	06:56	08:11	08:49		T12	1500 Meters	T12	07:36	08:22	09:53	10:38	
06:18	06:56	08:11	08:49		T13	1500 Meters	T13	07:36	08:22	09:53	10:38	
06:18	06:56	08:11	08:49		T20	1500 Meters	T20	07:36	08:22	09:53	10:38	
					T31	1500 Meters	T31					
					T32	1500 Meters	T32					
08:28	09:19	11:00	11:51		T33	1500 Meters	T33	09:45	10:44	12:41	13:39	
07:10	07:53	09:19	10:02		T34	1500 Meters	T34	09:01	09:55	11:43	12:37	
10:00	11:00	13:00	14:00		T35	1500 Meters	T35	12:00	13:12	15:36	16:48	
					T35a	1500 Meters	T35a					
08:38	09:30	11:13	12:05		T36	1500 Meters	T36	10:20	11:22	13:26	14:28	
06:36	07:16	08:35	09:15		T37	1500 Meters	T37	09:00	09:54	11:42	12:36	
06:36	07:16	08:35	09:15		T38	1500 Meters	T38	09:00	09:54	11:42	12:36	
					T40	1500 Meters	T40					
					T41	1500 Meters	T41					
					T42	1500 Meters	T42					
08:40	09:32	11:16	12:08		T43	1500 Meters	T43	09:40	10:38	12:34	13:32	
08:40	09:32	11:16	12:08		T44	1500 Meters	T44	09:40	10:38	12:34	13:32	
06:24	07:02	08:19	08:58		T45	1500 Meters	T45	07:00	07:42	09:06	09:48	
06:24	07:02	08:19	08:58		T46	1500 Meters	T46	07:00	07:42	09:06	09:48	
					T47	1500 Meters	T47					
10:30	11:33	13:39			T51	1500 Meters	T51	14:00	15:24	18:12		
06:48	07:29	08:50	09:31		T52	1500 Meters	T52	08:20	09:10	10:50	11:40	
03:59	04:23	05:11	05:35		T53	1500 Meters	T53	05:00	05:30	06:30	07:00	
03:59	04:23	05:11	05:35		T54	1500 Meters	T54	05:00	05:30	06:30	07:00	
					T61	1500 Meters	T61					
08:40	09:32	11:16	13:00		T62	1500 Meters	T62	09:40	10:38	12:34	13:32	
					T63	1500 Meters	T63					
08:40	09:32	11:16	13:00		T64	1500 Meters	T64	09:40	10:38	12:34	13:32	
13:17	14:36	17:16	18:36		T11	3000 Meters	T11	16:01	17:37	20:49	22:25	
12:36	13:52	16:23	17:38		T12	3000 Meters	T12	15:12	16:43	19:46	21:17	
12:36	13:52	16:23	17:38		T13	3000 Meters	T13	15:12	16:43	19:46	21:17	
12:36	13:52	16:23	17:38		T20	3000 Meters	T20	15:12	16:43	19:46	21:17	
					T31	3000 Meters	T31					
					T32	3000 Meters	T32					
16:56	18:38	22:01	23:42		T33	3000 Meters	T33	19:30	21:27	25:21	27:18	
14:20	15:46	18:38	20:04		T34	3000 Meters	T34	18:02	19:50	23:27	25:15	
20:00	22:00	26:00	28:00		T35	3000 Meters	T35	24:00	26:24	31:12	33:36	
					T35a	3000 Meters	T35a					
17:16	19:00	22:27	24:10		T36	3000 Meters	T36	20:40	22:44	26:52	28:56	
13:12	14:32	17:10	18:29		T37	3000 Meters	T37	18:00	19:48	23:24	25:12	
13:12	14:32	17:10	18:29		T38	3000 Meters	T38	18:00	19:48	23:24	25:12	
					T40	3000 Meters	T40					
					T41	3000 Meters	T41					
					T42	3000 Meters	T42					
17:20	19:04	22:32	24:16		T43	3000 Meters	T43	19:20	21:16	25:08	27:04	
17:20	19:04	22:32	24:16		T44	3000 Meters	T44	19:20	21:16	25:08	27:04	
12:48	14:05	16:38	17:55		T45	3000 Meters	T45	14:00	15:24	18:12	19:36	

ATFUSA 2021 Junior Nationals Track Qualifying Standards "A"

U23 Male	U20 Male	U17 Male	U14 Male	U11 Male	Class/Event			U23 Female	U20 Female	U17 Female	U14 Female	U11 Female
12:48	14:05	16:38	17:55		T46	3000 Meters	T46	14:00	15:24	18:12	19:36	
					T47	3000 Meters	T47					
21:00	23:06	27:18			T51	3000 Meters	T51	28:00	30:48	36:24		
13:36	14:58	17:41	19:02		T52	3000 Meters	T52	16:40	18:20	21:40	23:20	
07:58	08:46	10:21	11:09		T53	3000 Meters	T53	10:00	11:00	13:00	14:00	
07:58	08:46	10:21	11:09		T54	3000 Meters	T54	10:00	11:00	13:00	14:00	
					T61	3000 Meters	T61					
17:20	19:04	22:32	26:00		T62	3000 Meters	T62	19:20	21:16	25:08	27:04	
					T63	3000 Meters	T63					
17:20	19:04	22:32	26:00		T64	3000 Meters	T64	19:20	21:16	25:08	27:04	
25:00	25:00	25:00	25:00	25:00	T11	5000 Meters	T11	27:00	27:00	27:00	27:00	27:00
25:00	25:00	25:00	25:00	25:00	T12	5000 Meters	T12	27:00	27:00	27:00	27:00	27:00
25:00	25:00	25:00	25:00	25:00	T13	5000 Meters	T13	27:00	27:00	27:00	27:00	27:00
25:00	25:00	25:00	25:00	25:00	T20	5000 Meters	T20	27:00	27:00	27:00	27:00	27:00
					T31	5000 Meters	T31					
					T32	5000 Meters	T32					
15:50	15:50	15:50	15:50	15:50	T33	5000 Meters	T33	20:00	20:00	20:00	20:00	20:00
15:50	15:50	15:50	15:50	15:50	T34	5000 Meters	T34	20:00	20:00	20:00	20:00	20:00
25:00	25:00	25:00	25:00	25:00	T35	5000 Meters	T35	27:00	27:00	27:00	27:00	27:00
25:00	25:00	25:00	25:00	25:00	T36	5000 Meters	T36	27:00	27:00	27:00	27:00	27:00
25:00	25:00	25:00	25:00	25:00	T37	5000 Meters	T37	27:00	27:00	27:00	27:00	27:00
25:00	25:00	25:00	25:00	25:00	T38	5000 Meters	T38	27:00	27:00	27:00	27:00	27:00
					T40	5000 Meters	T40					
					T41	5000 Meters	T41					
					T42	5000 Meters	T42					
25:00	25:00	25:00	25:00	25:00	T43	5000 Meters	T43	27:00	27:00	27:00	27:00	27:00
25:00	25:00	25:00	25:00	25:00	T44	5000 Meters	T44	27:00	27:00	27:00	27:00	27:00
25:00	25:00	25:00	25:00	25:00	T45	5000 Meters	T45	27:00	27:00	27:00	27:00	27:00
25:00	25:00	25:00	25:00	25:00	T46	5000 Meters	T46	27:00	27:00	27:00	27:00	27:00
					T47	5000 Meters	T47					
					T61	5000 Meters	T61					
25:00	25:00	25:00	25:00	25:00	T62	5000 Meters	T62	27:00	27:00	27:00	27:00	27:00
					T63	5000 Meters	T63					
25:00	25:00	25:00	25:00	25:00	T64	5000 Meters	T64	27:00	27:00	27:00	27:00	27:00
15:50	15:50	15:50	15:50	15:50	T51	5000 Meters	T51	20:00	20:00	20:00	20:00	20:00
15:50	15:50	15:50	15:50	15:50	T52	5000 Meters	T52	20:00	20:00	20:00	20:00	20:00
15:50	15:50	15:50	15:50	15:50	T53	5000 Meters	T53	20:00	20:00	20:00	20:00	20:00
15:50	15:50	15:50	15:50	15:50	T54	5000 Meters	T54	20:00	20:00	20:00	20:00	20:00