|  |  |  |  |
| --- | --- | --- | --- |
| **17:00** | 500 sub 10 F | Lonxitude M  | Altura F |
| **17:05** | 500 sub 10 M |  |  |
| **17:10** | 500 sub 12 F |  |  |
| **17:20** | 500 sub 12 M |  |  |
| **17:25** | 500 sub 14 F |  |  |
| **17:35** | 500 sub 14 M |  |  |
| **17:45** | 300 sub 16 F |  |  |
| **17:50** | 300 sub 16 M | Lonxitude F |  |
| **18:05** | 150 sub 14 F |  |  |
| **18:30** |  |  | Altura M |
| **18:35** | 150 sub 14 M |  |  |
| **18:40** |  | Triplo sub 14 F |  |
| **19:00** | 100 F |  |  |
| **19:15** | 100 M |  |  |
| **19:30** |  | Triplo sub 14 M  |  |
| **19:40** | 1500 F |  |  |
| **19:50** | 1500 M |  |  |
| **20:05** | 400 F |  |  |
| **20:15** | 400 M |  |  |

Horario definitivo:

**Cadencias altura:**

* **Feminina**: 1.05-1.15-1.20-1.25-1.30-1.35-1.40-1.45 (3/3)
* **Masculina**: 1.20-1.30-1.35-1.40-1.45-1.50-1.55-1.60 (3/3)

**Tabóas triplo:**

* **Feminina**: 6 e 8
* Masculina: 7 e 8