

**2016/11/12( )**

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100M	09:40	10:00	
100M	10:10	10:30	
200M	10:40	11:00	
200M	11:10	11:30	
	10:40	11:00	
	11:10	11:50	
400M	11:40	12:00	
400M	12:10	12:30	

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1500M	17:10	17:30	
800M	17:40	18:00	
	17:10	17:40	
	17:40	18:10	
	18:10	18:30	

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	18:30	19:00	N
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**2016/11/13( )**

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100M	09:40	10:00	
100M	10:10	10:30	
	10:00	10:20	
	10:20	10:50	
400M	10:40	11:00	
200M	11:10	11:30	

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4*100M	14:00	14:20	
4*100M	14:30	14:50	

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	12:00	15:00	
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		17:00	
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