



Sunday 12 December 2021

## TIMETABLE

as on 12 April 2021

- 09:38 Opening Ceremony
- **10:00** U20 Men Race (6000m)
- **10:28 U20 Women Race** (4000m)
- **10:50** U23 Men race (8000m)
- **11:23 U23 Women race** (6000m)
- 11:53 VC U20 Men individual
- 11:58 VC U20 Men team
- 12:05 VC U20 Women Individual
- 12:10 VC U20 Women team
- **12:21 Mixed Relay** (4 x 1500m)
- 12:45 VC U23 Men individual
- 12:50 VC U23 Men team
- 12:57 VC U23 Women individual
- 13:02 VC U23 Women team
- **13:13** Senior Men race (10.000m)
- 13:53 Senior Women Race (8000m)
- 14:28 VC Mixed Relay
- 14:35 VC Senior Men individual
- 14:40 VC Senior Men team
- 14:55 VC Senior Women individual
- 15:00 VC Senior Women team