

|          |      |
|----------|------|
| 4x800    | 6:30 |
| 100/110H | 6:55 |
| 100      | 7:05 |
| 4x200    | 7:10 |
| 1600     | 7:20 |
| 4x100    | 7:40 |
| 400      | 7:50 |
| 800      | 7:55 |
| 200      | 8:05 |
| 4x400    | 8:20 |