

First race starts @ 18:30

75m	HOLDING AREA	START TIME
Race 1	18:25	18:30
Race 2	18:27	18:32
Race 3	18:29	18:34
Race 4	18:31	18:36
Race 5	18:33	18:38

First races starts @ 18:45

150m	HOLDING AREA	START TIME
Race 1	18:40	18:45
Race 2	18:43	18:48
Race 3	18:46	18:51
Race 4	18:49	18:54
Race 5	18:52	18:57
Race 6	18:55	19:00
Race 7	18:58	19:03
Race 8	19:01	19:06
Race 9	19:04	19:09
Race 10	19:07	19:12
Race 11	19:10	19:15

First race starts @19:20

300m	HOLDING AREA	START TIME
Race 1	19:15	19:20
Race 2	19:19	19:24
Race 3	19:23	19:28
Race 4	19:27	19:32
Race 5	19:31	19:36
Race 6	19:35	19:40
Race 7	19:39	19:44
Race 8	19:43	19:48

First race starts @19:52

1500m	HOLDING AREA	START TIME
Race 1	19:47	19:52
Race 2	19:55	20:00
Race 3	20:03	20:08
Race 4	20:11	20:16
Race 5	20:19	20:24
Race 6	20:27	20:32
Race 7	20:35	20:40
Race 8	20:42	20:47
Race 9	20:49	20:54
Race 10	20:56	21:01