

| December | 07:00:00 | 08:00:00 | 09:00:00 | 10:00:00 | 11:00:00 | 12:00:00 | 13:00:00 | 14:00:00 | 15:00:00 | 16:00:00 | 17:00:00 | 18:00:00 | 19:00:00 | 20:00:00 |
|----------|--------------|-------------------|----------|-----------------|-----------------|-------------------|----------|-----------------|----------|-------------------|-------------------|-------------------|--------------|----------|
| 1st | Track Closed | Track Unavailable | | | | | | | | | | | | |
| 2nd | Track Closed | Track Unavailable | | | | | | | | | | | | |
| 3rd | Track Closed | Track Available | | | | | | | | Athletics Academy | | Open Session | | |
| 4th | Track Closed | Track Available | | | | Track Unavailable | | Track Available | | Athletics Academy | | Open Session | | |
| 5th | Track Closed | Track Unavailable | | Track Available | | | | | | Athletics Academy | | Open Session | | |
| 6th | Track Closed | Track Unavailable | | | | | | | | Athletics Academy | | Open Session | | |
| 7th | Track Closed | Track Unavailable | | | | | | Track Available | | | | Open Session | | |
| 8th | Track Closed | Athletics Academy | | | | | | Track Available | | | | Track Closed | | |
| 9th | Track Closed | Track Available | | | | | | | | | Track Closed | | | |
| 10th | Track Closed | Track Available | | | | | | | | Athletics Academy | | Open Session | | |
| 11th | Track Closed | Track Available | | | | | | | | | Athletics Academy | | Open Session | |
| 12th | Track Closed | Track Unavailable | | | Track Available | | | | | Athletics Academy | | Track Unavailable | | |
| 13th | Track Closed | Track Unavailable | | | | | | | | Athletics Academy | | Open Session | | |
| 14th | Track Closed | Track Unavailable | | | | | | Track Available | | | | Open Session | | |
| 15th | Track Closed | Athletics Academy | | | | | | Track Available | | | | Track Closed | | |
| 16th | Track Closed | Track Unavailable | | | | | | | | | | | | |
| 17th | Track Closed | Track Unavailable | | | | | | | | Athletics Academy | | Open Session | | |
| 18th | Track Closed | Track Unavailable | | | | | | | | Athletics Academy | | Open Session | | |
| 19th | Track Closed | Track Unavailable | | Track Available | | | | | | Athletics Academy | | Open Session | | |
| 20th | Track Closed | Track Available | | | | | | | | Athletics Academy | | Open Session | | |
| 21st | Track Closed | Track Available | | | | | | | | | | Open Session | | |
| 22nd | Track Closed | Athletics Academy | | | | | | Track Available | | | | Track Closed | | |
| 23rd | Track Closed | Track Available | | | | | | | | | Track Closed | | | |
| 24th | Track Closed | Track Available | | | | Track Closed | | | | | | | | |
| 25th | Track Closed | | | | | | | | | | | | | |
| 26th | Track Closed | | | | | | | | | | | | | |
| 27th | Track Closed | Track Unavailable | | | | | | | | | Track Closed | | | |
| 28th | Track Closed | Track Unavailable | | | | | | | | | Track Closed | | | |
| 29th | Track Closed | Track Available | | | | | | | | | Track Closed | | | |
| 30th | Track Closed | Track Available | | | | | | | | | Track Closed | | | |
| 31st | Track Closed | Track Available | | | | Track Closed | | | | | | | | |