Søndag

Løp

Kl	Øvelse	Klasse	Ant
11:00	800m	KV45-69	6
11:10	800m	MV35-49	8
11:15	800m	MV50-59	8
11:25	800M	MV60-69	8
11:35	800m	MV70-84	8
11:45	60m fo	MS	
11:55	60m	G11-13	4
12:00	60m	J11-14	8
12:05	60m	G15	6
12:10	60m	J15-17	5
12:15	60m	G16-17	5
12:20	60m	KS	5
12:25	60m	KV40-64	6
12:30	60m	KV65-84	5
12:35	60m	MV35-44	4
12:40	60m	MV45-49	5
12:45	60m	MV50-54	6
12:50	60m	MV55-59	5
12:55	60m	MV60-64	6
13:00	60m	MV65-74	6
13:05	60m	MV75-84	6
13:10	60m	MV85-94	5
13:15	60m fin	MS	
13:25	600m	G12/J11-14	7
13:45	3000m	KV45-69	4
14:00	3000m	MV35-54	9
14:15	3000m	MV55-64	9
14:35	3000m	MV65-84	12
14:45	800m	G15-MS	5
15:00	4x200m	Alle klasser	

Tekniske øvelser

Kl	Øvelse	Klasse	Ant
11:00	Kule	KV45-89	9
11:00	Høyde	MV45-59	9
11:00	Tresteg	MV70-94	9
11:55	Kule	MV40-54	11
12:00	Høyde	MV60-74	10
12:15	Tresteg	MV50-69	8
13:00	Kule	G15-17 & J16	8
13:00	Høyde	MV75-94	8
13:30	Tresteg	KV55-74	3
13:55	Kule	MV55-64	9
14:00	Lengde	J/G11-14	11
14:00	Høyde	KV50-79	5
14:45	Kule	MV65-74	8
15:00	Lengde	G-15-MS/J15-KS	12
15:40	Kule	MV75-89	7