

kl.	60m hekk	60m	600m	1500m	lengde	høyde	kule	liten ball	diskos
12:05		J11 (3)							G13 - G14
12:10		G11 (5)			J11 (2)				
12:15		J12 (5)							J14
12:20						J12 (1)		G11 (5)	
12:25		J13 (2)							
12:30		J14 (5)							
12:35		G13 (2)-G14 (3)					J11 (2)		
12:40					J13 (2)				
12:45					J14 (3)	G11 (4)			
12:50									
12:55									
13:00									
13:05					J12 (5)	G13 (2)			
13:10									
13:15			J11 (4)			G14 (2)	G11 (3)		
13:20									
13:25				G14 (1)					
13:30	<b>PAUSE med PREMIEUTDELING</b>								
13:35						J13 (2)			
13:40	G11 (2) - G12 (1) - G13 (1)				G13 (2)	J14 (1)			
13:45					G14 (1)				
13:50	J12 (3)								
13:55									
14:00					G11 (5)				
14:05					G12 (1)		G13 (2) - G14 (1)		
14:10	J13 (1) - J14 (1)								
14:15									
14:20									
14:25	G14 (1) OBS 80m								
14:30			J12(3)						
14:35			J13 (2) - J14 (4)						
14:40			G11 (4) - G12 (1)						
14:45			G14 (2)						
14:50									
14:55	<b>PREMIEUTDELING</b>								