

	Løp			Hopp		Kast	
11:00				Alle jenter stav			
11:00	J13-14	60m h (11.5- 7,5-76-6)		G15-16	lengde	G17-19	kule
11:10	J15-16	60m h (12-8-76-5)		J13-14	høyde		
11:20	G13-14	60m h(12-8-84-5)					
11:30	J17-19	60 m h(13-8,5-84-5)					
11:40	G15-16	60m h(13-8,5-91,4-5)		G13-14	lengde		
11:50	G17-19	60m h(13,72-9,14-1.00-5)					
12:00	J15-16	60 m				G13-14	kule
12:05	G13-14	60 m					
12:10	J17-19	60 m		J15-16	høyde		
12:15	G15-16	60 m		J17-19	lengde		
12:20	G17-19	60 m					
12:25	J13-14	60 m					
12:30	Ekstra heat	60m		Alle gutter	stav		
12:40						G15-16	kule
12:50							
13:00	J13-14	200m		G17-19	lengde		
13:10	J15-16	200m		J17-19	høyde		
13:20	G13-14	200m					
13:30	J17-19	200m				J 15-16	
13:40	G15-16	200m		J13-14	lengde		
13:50	G17-19	200m					
14:00							
14:10	J13-14	600m		G13-14	høyde	J13-14	kule
14:20	G13-14	600m		J15-16	lengde		
14:30	J15-16	800m					
14:40	G15-16	800m					
14:50	J17-19	800m					
15:00	G17-19	800m				J17-19	kule
15:10				G15-16/17-19	høyde		
15:20							
15:30	J13-14	6x200m stafett					
15:40	G13-14	6x200m stafett					
15:50	J15-16	6x200m stafett					
16:00	G15-16	6x200m stafett					
16:10	J17-19	6x200m stafett					
16:20	G17-19	6x200m stafett					
16:30							
16:40							
16:50							
17:00							