	Løp			Hopp		Kast	
12:00				Alle gutter stav			
12:00	J13-14	60m h (11.5- 7,5-76-6)		G15-16	lengde	G17-19	kule
12:10	J15-16	60m h (12-8-76-5)		J13-14	høyde		
12:20	G13-14	60m h(12-8-84-5)					
12:30	J17-19	60 m h(13-8,5-84-5)					
12:40	G15-16	60m h(13-8,5-91,4-5)		G13-14	lengde		
12:50	G17-19	60m h(13,72-9,14-1.00-5)					
13:00	J15-16	60 m				G13-14	kule
13:05	G13-14	60 m		J15-17	høyde		
13:10	J17-19	60 m					
13:15	G15-16	60 m		J17-19	lengde		
13:20	G17-19	60 m					
13:25	J13-14	60 m					
13:30	Ekstra heat	60m					
13:40						G15-16	kule
13:50				J17-19	høyde		
13:50				Alle jenter	stav		
14:00	J13-14	200m		G17-19	lengde		
14:10	J15-16	200m					
14:20	G13-14	200m					
14:30	J17-19	200m				J 15-16	
14:40	G15-16	200m		J13-14	lengde		
14:50	G17-19	200m		G13-14	høyde		
15:00							
15:10	J13-14	600m				J13-14	kule
15:20	G13-14	600m		J15-16	lengde		
15:30	J15-16	800m					
15:40	G15-16	800m					
15:50	J17-19	800m		G15-16/17-18	høyde		
16:00	G17-19	800m				J17-19	kule
16:10							
16:20	J13-14	4x200m stafett					
16:30	G13-14	4x200m stafett					
16:40	J15-16	4x200m stafett					
16:50	G15-16	4x200m stafett					
17:00	J17-19	4x200m stafett					
17:10	G17-19	4x200m stafett					
17:20							