

| Tidsskjema fredag 10.8.2018 | | | | |
|-----------------------------|---------|-----------------------|-----------------|-----------|
| Klokka | Øving | Klasse | Ant. deltakarar | Kommentar |
| 17.00 | STAV | J - G | 3 + 4 | |
| 17.30 | Diskos | J13 - J14 - J15 - J17 | 5 + 3 + 1 + 1 | |
| 18.00 | Tresteg | G13 - G14 | 2 + 1 | |
| 18.10 | 600 m | J10 - 11 | 1 + 2 | |
| 18.20 | 600 m | J12 - J13 - J14 | 4 + 2 + 1 | |
| 18.30 | 600 m | G10 | 3 | |
| 18.40 | 600 m | G11 | 3 | |
| 18.45 | Diskos | G13 - G14 - G16 | 2 + 4 + 1 | |
| 18.45 | Tresteg | J 13 - 14 | 4 + 1 | |
| 18.50 | 600 m | G12 | 2 | |
| 19.00 | 600 m | G13 | 5 | |
| 19.10 | 600 m | J16 - KS | 1 + 1 | |
| 19.20 | 600 m | G14 | 4 | |
| 19.30 | 600 m | G15 - G16 - G17 - MS | 1 + 3 + 1 + 1 | |