

| Tidspunkt | Øvelse | Klasse | Kommentar |
|-----------|----------|--|---------------|
| | | | |
| 12:00 | 60 meter | G-6-7 | Heat 1 |
| 12:05 | 60 meter | G-6-7 | Heat 2 |
| 12:10 | 60 meter | G8 | |
| 12:15 | 60 meter | G9, G10 | Heat 1 |
| 12:20 | 60 meter | G9, G10 | Heat 2 |
| 12:25 | 60 meter | G11 | Heat 1 |
| 12:30 | 60 meter | G11 | Heat 2 |
| 12:35 | 60 meter | G12, G13, G14 | |
| 12:40 | 60 meter | G15, G16 | |
| 12:45 | 60 meter | G18/19, Menn senior | |
| 12:50 | 60 meter | J6-7, J8 | |
| 12:55 | 60 meter | J9 | |
| 13:00 | 60 meter | J10 | |
| 13:05 | 60 meter | J11, J12, J13 | |
| 13:10 | 60 meter | J15, J16, J18/19 | |
| | | | |
| 12:00 | Høgde | J8, J9, J10 | 8 deltakarar |
| 12:40 | Høgde | G10, G11, G12 | 8 deltakarar |
| 13:30 | Høgde | G6-7, G8, G9 | 11 deltakarar |
| 14:30 | Høgde | J13, J18/19, G13, G14, G15, G18/19, Menn veteran | 8 deltakarar |
| | | | |
| 12:00 | Kula | G14, G16, menn veteran, J18/19 | 6 deltakarar |
| 12:30 | Kula | G6-7, G8, G9 | 14 deltakarar |
| 13:30 | Kula | J6-7, J8, J9, J10, J11, J12, J13 | 13 deltakarar |
| 14:15 | Kula | G10, G11, G12, G13 | 9 deltakarar |