

TIDSSKJEMA:

| Klokkeslett | Øvelse | Klasse |
|-------------|---------------|---------------------------------------|
| 14:00 | Høgde | J-6, J-10, J-11 |
| 14:00 | Kula | G-12, G-13, G-15, G-18/19, J-14, J-15 |
| 14:00 | 60m - heat 1 | G-6 |
| 14:05 | 60m - heat 2 | G-7 |
| 14:10 | 60m - heat 3 | G-8 |
| 14:15 | 60m - heat 4 | G-9, G-10 |
| 14:20 | 60m - heat 5 | G-11 |
| 14:25 | 60m - heat 6 | G-12 |
| 14:30 | 60m - heat 7 | G-13 |
| 14:30 | Høgde | G-10, G-11, G-12 |
| 14:30 | Kula | G-6, G-7, G-8, G-9 |
| 14:35 | 60m - heat 8 | G-15, G-16 |
| 14:40 | 60m - heat 9 | G-16, G-17, G-18/19 |
| 14:45 | 60m - heat 10 | J-6, J-9 |
| 14:50 | 60m - heat 11 | J-10, J-11 |
| 14:55 | 60m - heat 12 | J-12, J-13, J-15 |
| 15:15 | Kula | J-6, J-9, J-10, J-11, J-12, J-13 |
| 15:30 | Høgde | G-6, G-7, G-8, G-9 |
| 15:30 | Lengde | G-12, G-13, G-15, G-18/19, J-14, J-15 |
| 15:45 | Kula | G-10, G-11 |
| 16:00 | Lengde | J-6, J-9, J-10, J-11, J-12 |
| 16:30 | Lengde | G-6, G-7, G-8, G-9, G-10, G-11 |