

			Oppropsfrist	Innmarsj
11:10	Diskos	G15	10:10	10:50
11:10	Tresteg	G17	10:10	10:50
11:10	Spyd	J16	10:10	10:50
11:15	Stav	G15	09:30	10:15
11:15	Kule	J17	10:15	10:55
11:45	100m fo heat 1	G15	10:15	11:25
11:49	100m fo heat 2			11:29
11:53	100m fo heat 3			11:33
11:57	100m fo heat 4			11:37
12:01	100m fo heat 5			11:41
12:05	100m fo heat 1	G16	10:35	11:45
12:09	100m fo heat 2			11:49
12:13	100m fo heat 3			11:53
12:17	100m fo heat 4			11:57
12:15	Tresteg	J17	11:15	11:55
12:20	Kule	G17	11:20	12:00
12:21	100m fo heat 1	G17	10:51	12:01
12:25	100m fo heat 2			12:05
12:29	100m fo heat 3			12:09
12:25	Spyd	G16	11:25	12:05
12:33	100m fo heat 1	G18/19	11:03	12:03
12:37	100m fo heat 2			12:07
12:41	100m fo heat 3			12:11
12:45	100m fo heat 4			12:15
12:49	100m fo heat 1	J15	11:19	12:29
12:53	100m fo heat 2			12:33
12:57	100m fo heat 3			12:37
13:01	100m fo heat 4			12:41
13:05	100m fo heat 5			12:45
13:00	Stav	G16	11:30	12:00
13:09	100m fo heat 1	J16	11:39	12:49
13:13	100m fo heat 2			12:53
13:17	100m fo heat 3			12:57
13:21	100m fo heat 4			13:01
13:10	Diskos	J15	12:10	12:50
13:25	100m fo heat 1	J17	11:55	13:05
13:29	100m fo heat 2			13:09
13:33	100m fo heat 3			13:13
13:37	100m fo heat 1	J18/19	12:07	13:17
13:41	100m fo heat 2			13:21
13:45	100m fo heat 3			13:25
13:49	100m Se heat 1	G15		13:29
13:53	100m Se heat 2			13:33
13:57	100m Se heat 3			13:37
14:01	100m Se heat 1	G16		13:41
14:05	100m Se heat 2			13:45
14:09	100m Se heat 1	G18/19		13:49
14:13	100m Se heat 2			13:53
14:17	100m Se heat 1	J15		13:57
14:21	100m Se heat 2			14:01
14:25	100m Se heat 3			14:05
14:29	100m Se heat 1	J16		14:09
14:33	100m Se heat 2			14:13
14:40	Stav	J15	13:10	13:40
14:43	100m Finale	G15		14:23

14:45	Diskos	G16	13:45	14:25
14:49	100m Finale	G16		14:29
14:55	100m Finale	G17		14:35
15:00	Tresteg	G15	14:00	14:40
15:01	100m Finale	G18/19		14:41
15:07	100m Finale	J15		14:47
15:13	100m Finale	J16		14:53
15:19	100m Finale	J17		14:59
15:25	100m Finale	J18/19		15:05
15:36	3000m	G17	14:36	15:16
15:50	3000m	G18/19	14:50	15:25
16:05	3000m	J17	15:05	15:40
16:10	Diskos	J16	15:10	15:50
16:15	Stav	J16	15:15	15:55
16:20	3000m	J18/19	15:20	16:00
16:25	Tresteg	J15	15:25	16:05
16:40	300m hekk	J15	15:40	16:20
16:47	300m hekk heat 1	J16	15:47	16:27
16:52	300m hekk heat 2			16:32
16:59	300m hekk heat 1	G15	15:59	16:39
17:04	300m hekk heat 2			16:44
17:10	Høyde	J16	16:10	16:50
17:11	300m hekk heat 1	G16	16:11	16:51
17:16	300m hekk heat 2			16:54
17:15	Slegge	G17	16:15	16:55
17:30	100m hekk	J18/19	16:30	17:10
17:38	100m hekk	J17	16:38	17:18
17:47	110m hekk	G17	16:47	17:27
17:55	110m hekk	G18/19	16:55	17:35
18:02	Slegge	G18/19	17:02	17:42
18:05	Lengde	J18/19	17:05	17:45
18:10	400m Finale heat 1	G17	17:10	17:50
18:15	400m Finale heat 2			17:55
18:23	400m Finale heat 1	G18/19	17:23	18:03
18:28	400m Finale heat 2			18:05
18:33	400m Finale heat 3			18:07
18:38	400m Finale heat 4			18:09
18:43	400m Finale heat 5			18:11
18:50	400m Finale heat 1	J17	17:50	18:30
18:55	400m Finale heat 2			18:35
19:02	400m Finale heat 1	J18/19	18:02	18:42
19:07	400m Finale heat 2			18:47
19:05	Høyde	G16	18:05	18:45
19:17	Slegge	J17	18:17	18:57
19:20	1500m hinder	J15	18:20	18:55
19:25	Lengde	G18/19	18:25	19:05
19:30	1500m hinder	J16	18:30	19:05
19:40	1500m hinder	G15	18:40	19:15
19:50	1500m hinder	G16	18:50	19:25
20:21	Slegge	J18/19	19:21	20:01