	Rekrutter				Aldersbestemt jenter									Aldersbestemt gutter									
Klokken	**6-7 år**	**8-9 år**	**10 år**	**Klokken**	**J 11**	**J 12**	**J 13**	**J 14**	**J 15**	**J 16**	**J 17**	**J 18-19**	**Klokken**	**G 11**	**G 12**	**G 13**	**G 14**	**G 15**	**G 16**	**G 17**	**G 18-19**	**MS**	**Klokken**
12:00	Kule			**12:00**	60m HK								**12:00**	60m HK									**12:00**
12:05				**12:05**									**12:05**										**12:05**
12:10				**12:10**			60m HK						**12:10**			60m HK							**12:10**
12:15				**12:15**									**12:15**			Lengde							**12:15**
12:20				**12:20**	Høyde				80m HK				**12:20**	Høyde	Høyde		80m HK						**12:20**
12:25		Kule	Kule	**12:25**			Spyd	Spyd					**12:25**										**12:25**
12:30				**12:30**									**12:30**						100m	100m	100m		**12:30**
12:35				**12:35**						100m	100m		**12:35**										**12:35**
12:40				**12:40**									**12:40**									100m RR	**12:40**
12:45				**12:45**									**12:45**				Lengde		Lengde				**12:45**
12:50				**12:50**									**12:50**										**12:50**
12:55	60m HK			**12:55**									**12:55**										**12:55**
13:00		60m HK (2)		**13:00**									**13:00**										**13:00**
13:05				**13:05**									**13:05**										**13:05**
13:10	Høyde		60m HK	**13:10**									**13:10**										**13:10**
13:15				**13:15**			Lengde						**13:15**										**13:15**
13:20				**13:20**									**13:20**										**13:20**
13:25				**13:25**									**13:25**										**13:25**
13:30		Høyde	Høyde	**13:30**									**13:30**										**13:30**
13:35				**13:35**									**13:35**										**13:35**
13:40				**13:40**				Lengde		Lengde	Lengde		**13:40**	200m (2)									**13:40**
13:45				**13:45**	200m	200m							**13:45**										**13:45**
13:50				**13:50**									**13:50**			200m	200m						**13:50**
13:55				**13:55**									**13:55**										**13:55**
14:00				**14:00**			200m						**14:00**	Spyd	Spyd	Kule	Kule						**14:00**
14:05				**14:05**				200m					**14:05**										**14:05**
14:10				**14:10**									**14:10**										**14:10**
14:15	200m			**14:15**									**14:15**										**14:15**
14:20		200m (2)		**14:20**									**14:20**										**14:20**
14:25				**14:25**			Kule	Kule	Kule				**14:25**										**14:25**
14:30			200m	**14:30**									**14:30**										**14:30**
14:35				**14:35**									**14:35**										**14:35**
14:40				**14:40**									**14:40**										**14:40**
14:45	Terrengløp			**14:45**									**14:45**										**14:45**
14:50		Terrengløp	Terrengløp	**14:50**									**14:50**										**14:50**
14:55				**14:55**									**14:55**										**14:55**
15:00				**15:00**				1500m	1500m				**15:00**			1500m	1500m				1500m		**15:00**
15:05				**15:05**									**15:05**										**15:05**
15:10				**15:10**									**15:10**			Spyd	Spyd						**15:10**
15:15				**15:15**									**15:15**						400m	400m	400m		**15:15**
15:20				**15:20**									**15:20**										**15:20**
15:25				**15:25**						400m	400m		**15:25**										**15:25**
15:30				**15:30**									**15:30**	Slegge	Slegge							400m RR	**15:30**
15:35				**15:35**									**15:35**										**15:35**
15:40				**15:40**									**15:40**										**15:40**
15:45				**15:45**									**15:45**										**15:45**
15:50				**15:50**					Spyd	Spyd	Spyd		**15:50**										**15:50**
15:55				**15:55**		Slegge	Slegge						**15:55**			Slegge	Slegge						**15:55**
16:00				**16:00**									**16:00**										**16:00**