	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**	**Klokken**
11:00				**11:00**	Diskos	Diskos			Tresteg				**11:00**		Diskos	200m HK	200m HK	Tresteg	Tresteg			**11:00**
11:05				**11:05**									**11:05**									**11:05**
11:10				**11:10**			200m HK	200m HK					**11:10**									**11:10**
11:15				**11:15**									**11:15**									**11:15**
11:20				**11:20**									**11:20**							300m HK		**11:20**
11:25				**11:25**									**11:25**									**11:25**
11:30	Lengde	Spyd/ball		**11:30**									**11:30**									**11:30**
11:35				**11:35**									**11:35**	60m (2)								**11:35**
11:40				**11:40**									**11:40**									**11:40**
11:45				**11:45**	60m	60m							**11:45**									**11:45**
11:50				**11:50**									**11:50**			60m						**11:50**
11:55				**11:55**									**11:55**				60m					**11:55**
12:00			Spyd/ball	**12:00**			60m						**12:00**									**12:00**
12:05				**12:05**				60m			Høyde		**12:05**			Høyde	Høyde					**12:05**
12:10				**12:10**									**12:10**	60m finale								**12:10**
12:15				**12:15**									**12:15**									**12:15**
12:20				**12:20**	Lengde	Lengde							**12:20**	Lengde	Lengde							**12:20**
12:25				**12:25**									**12:25**									**12:25**
12:30				**12:30**									**12:30**									**12:30**
12:35				**12:35**									**12:35**									**12:35**
12:40	60m (2)			**12:40**									**12:40**									**12:40**
12:45				**12:45**									**12:45**									**12:45**
12:50		60m (2)		**12:50**			Høyde	Høyde	Høyde				**12:50**			Diskos	Diskos					**12:50**
12:55				**12:55**									**12:55**									**12:55**
13:00		Lengde	60m	**13:00**									**13:00**									**13:00**
13:05				**13:05**									**13:05**									**13:05**
13:10				**13:10**									**13:10**									**13:10**
13:15	Spyd/ball			**13:15**								Spyd	**13:15**						200m	200m	200m	**13:15**
13:20				**13:20**							200m		**13:20**									**13:20**
13:25				**13:25**									**13:25**									**13:25**
13:30			Lengde	**13:30**	600m								**13:30**	600m								**13:30**
13:35				**13:35**									**13:35**									**13:35**
13:40				**13:40**			600m						**13:40**			600m	600m					**13:40**
13:45				**13:45**			Diskos	Diskos					**13:45**									**13:45**
13:50				**13:50**	Kule								**13:50**	Kule	Kule							**13:50**
13:55				**13:55**									**13:55**									**13:55**
14:00	400m			**14:00**									**14:00**									**14:00**
14:05		400m	400m	**14:05**									**14:05**									**14:05**
14:10				**14:10**									**14:10**									**14:10**
14:15				**14:15**					800m				**14:15**									**14:15**
14:20				**14:20**									**14:20**	Diskos								**14:20**
14:25				**14:25**									**14:25**									**14:25**
14:30				**14:30**									**14:30**									**14:30**
14:35				**14:35**									**14:35**									**14:35**