

Lørdag

Kl.	LangHK	200 m	800 m	3000 m	Hinder	1000 Sta	Høyde	Lengde	Kule	Diskos	Slegge
09:00										M65-69	K(Alle)
10:00	K35-49 M35-59						M35-64				
10:15	K50+									M70-74	
10:30	M60-69								K35-54		M75+
10:45	M70+										
11:00		K35-49									
11:10		K50-59									
11:20		K60+									
11:30		M35-44								M55-64	
11:40		M45-49									
11:50		M50-54									
12:00		M55-59							K55+		M35-54
12:10		M60-64									
12:20		M65-69									
12:30		M70-74					M65+				
12:40		M75+									
13:00			K(Alle)								
13:15			M35-49								
13:30			M50-59							M75+	M55-64
13:45			M60-69								
14:00			M70+								
14:15				K(Alle)							
14:30					M35-59						
15:00								K(Alle)			M65-74
15:15					M60+						
15:30										M35-54	
16:00						M60/70					
16:15						M35-39/ M40/ M50					
16:30						K(Alle)					

Søndag

Kl.	KortHK	400 m	1500 m	5000 m	10000 m	Tresteg	Diskos	Spyd	Vektkast
10:00	K35-49 M50-69					K(Alle)		M65-74	M40-54
10:15	M70-74								
10:30	K50+ M75+								
10:45	M35-49								
11:00		K35-59				M35-54			
11:10		K60+							
11:15								M75+	M55-64
11:20		M35-44							
11:30		M45-49							
11:40		M50-59							
11:50		M60-64							
12:00		M65-69				M55-64			
12:10		M70+							
12:30			M35-49				K(Alle)	M35-54	M65-74
12:45			M50-59						
13:00			M60-69						
13:15			M70+						
13:30						M65+			
13:45					M35-59				
14:15								M55-64	M75+
14:45				K(Alle)					
15:30				M60+					K(Alle)