

Kl.		Løp	Callroom
17:40	MS	1500m B-heat	17:20
17:50	MJ	400m	17:30
18:00		Åpning	
18:10	KS	100m hekk	17:50
18:20	MS	1500m A-heat	18:00
18:30	KS	1500m	18:10
18:45	KS	200m B-heat	18:25
18:50	KS	200m A-heat	18:30
19:00	MS	100m B-heat	18:40
19:07	MS	100m A-heat	18:45
19:20	KS	400m B-heat	19:00
19:25	KS	400m A-heat	19:05
19:30	MS	400m B-heat	19:10
19:37	MS	400m A-heat	19:15
19:45	KS	3000m	19:25
20:00	MS	3000m	19:40
		Hopp	
17:30	KS	Stav	16:30
17:30	MS	Stav	16:30
18:10	MS	Tresteg	17:40
18:15	MS	Høyde	17:45
19:15	KS	Tresteg	18:45
		Kast	
18:15	KS+MS	Diskos	17:45
19:15	MS	Spyd	18:45