

Tid	Løp	Lengde/tresteg	Høyde	Liten ball/ spyd	Kule
13.00	200m hk G11(3),	G8(6), G9(3), G10(4)	G14(1), G15(2), G16(1)	I. ball J8(1), J9(4), J10(2)	G11(2), G12(2), G13(5)
13.05	G12(2), J17(1)				
13.10	J11(1), J12(1), J13(1)				
13.25	100m J13(3), J15(1)				
13.30	G13(4), G14(1)			Spyd J12(1), J13(5), J18/19(1)	
13.35	G15(2), G18/19(1)		J11(1), J12(4)		
13.40		G11(5), G12(3)			
13.50	60m G8(6)				G14(3), G15(1), G16(2)
13.55	G9(3)				
14.00	G10(4)				
14.05	J8(2), J9(4)				
14.10	J10(2)		G12(2), J13(1)		
14.15	J11(4)				
14.20	J12(4) heat 1	J8(2), J9(4), J10(2)			
14.25	J12(3) heat 2			I.ball G8(3), G9(3), G10(4)	
14.30					J11(4), J12(6)
14.35	G11(5)				
14.40	G12(3)				
14.50		Tresteg G16(1), J13(2), J17(1), J18/19(1)			

	Løp	Lengde	Høyde	Spyd	Kule
15.10	600m J11(1), J12(4), J13(2), J14(1)				
15.15					J13(6), J14(1), J18/19(1)
15.20	G11(3), G12(2), G13(1)				
15.25		Lengde J11(4), J12(6)			
15.30				Spyd G12(1), G13(2), G14(2), G15(1), G16(2)	
15.35	800m G15(3), G16(1), J18/19(2)				

I hopp- og kastøvelsene gjelder:

3 forsøk i klassene J/G 8, 9 og 10

4 forsøk i klassene J/G 11-12

6 forsøk i klasser fra J/G13