

Klokka	Øving	Klasse	Ant. Deltakarar	Kommentar
11:00	60m	G 6-9	16	3 heat
11:30	60m	J 6-9	11	2 heat
12:00	60m	G-10	8	2 heat
12:10	60m	G-11	7	2 heat
12:20	60m	G-12	8	2 heat
12:30	60m	G-13	4	1 heat
12:35	60m	G-14	4	1 heat
12:45	60m	J-10	9	2 heat
12:55	60m	J-11	5	1 heat
13:00	60m	J-12	2	1 heat
13:05	60m	J-13	6	1 heat
13:10	60m	J-14	4	1 heat
13:30	100m	J-15	2	1 heat
13:35	100m	J-16	5	1 heat
13:40	100m	J-17	2	1 heat
13:45	100m	G-15	3	1 heat
13:50	100m	G-16	3	1 heat
13:55	100m	G18/19 + MS	1 + 4	1 heat
14:30	600m	G-10	7	
14:40	600m	G-11	5	
14:50	600m	G-12	5	
15:00	600m	G-13	8	
15:10	600m	G-14	5	
15:20	600m	J-10	8	
15:30	600m	J-11 + J-12	1 + 2	
15:40	600m	J-13 + J-14	2 + 3	
16:00	800m	G15-17-18/19	1+1+2	
16:10	800m	J15-16	3+1	
16:20	800m	J17-18/19 + KS	1+2+1	
11:00	Stav	J - G	1 + 2	
11:00	Lengde	J 6-9	11	Grop 1
12:00	Lengde	J-12 +J-13 + J-14	2 + 3 + 1	Grop 1
12:00	Lengde	G 6-9	15	Grop 2
13:00	Lengde	G-12	7	Grop 2
13:00	Lengde	G-13	3	Grop 1
13:45	Lengde	J-11	4	Grop 1
13:45	Lengde	G-11	7	Grop 2
14:30	Lengde	G-14	5	Grop 1
13:00	Høgde	J-10	3	
13:45	Høgde	G-10	4	
14:30	Høgde	J-15 + J-16 + J-17 + J18/19	1 +1 + 2 + 1	
15:30	Høgde	G-15 + G-16	2 + 2	

Klokka	Øving	Klasse	Ant. Deltakarar	Kommentar
11:30	Kula	G-12 + G-13	3 + 1	3 kg
12:00	Kula	J-10 + J-11 + J-12	2 + 3 + 1	2 kg
12:45	Kula	G-10 + G-11	1 + 5	2 kg
13:30	Kula	J-17	2	3 kg
14:00	Kula	G-14 + G-15 + G-16	1 + 1 + 1	4 + 5 kg
11:20	liten ball	G 6-9	12	
12:00	liten ball	J 6-9	7	