

Söndag

	klass	gren			Höjd	Stav	Slägga	
09:50					Mv (3) M (1) P17 (1) P15 (5)			09:50
09:55								09:55
10:00								10:00
10:05								10:05
10:10								10:10
10:15								10:15
10:20								10:20
10:25	F13	60mh	fi	6				10:25
10:30								10:30
10:35	P13	60mh	fi	3				10:35
10:40							10:40	
10:45	F15	80mh	fi	6			10:45	
10:50							10:50	
10:55	P15	80mh	fi	3			10:55	
11:00						K (3) M (3)	K (1) F17 (5) F15 (3)	11:00
11:05	K + F17	100mh	fi	1 + 3				11:05
11:10					P13 (3)			11:10
11:15	P17 + P19	110mh	fi	1 + 1				11:15
11:20								11:20
11:25							11:25	
11:30							11:30	
11:35	F13	200m	fi	13, 2h			11:35	
11:40							11:40	
11:45	F17	200m	fi	10, 2h			11:45	
11:50						11:50		
11:55	P17	200m	fi	7		11:55		
12:00	K	200m	fi	2	F13 (12)	M (2) P17 (1) P15 (2)	12:00	
12:05	K35-75	200m	fi	4			12:05	
12:10	M + M50	200m	fi	2 + 1			12:10	
12:15	P13	200m	fi	6			12:15	
12:20							12:20	
12:25						12:25		
12:30						12:30		
12:35						12:35		
12:40						12:40		
12:45	F15	300m	fi	7			12:45	
12:50	P15	300m	fi	6		Kv (3) Mv (5)	12:50	
12:55					12:55			
13:00					13:00			
13:05	F15 + K + Kv	800m	fi	3 + 1 + 3	13:05			
13:10					13:10			
13:15	P15	800m	fi	9		13:15		
13:20						13:20		
13:25	M	800m	fi	5		13:25		
13:30						13:30		
13:35	Mv	800m	fi	10	K (3) F17 (3) F15 (5)	13:35		
13:40						13:40		
13:45	P13	600m	fi	3		13:45		
13:50						13:50		
13:55	F13	600m	fi	9		13:55		
14:00						14:00		
14:05						14:05		
14:10						14:10		
14:15						14:15		
14:20	M + K	gång 3000m				14:20		
14:25					14:25			
14:30					14:30			
14:35					14:35			
14:40					14:40			
14:45					14:45			
14:50					14:50			
14:55					14:55			
15:00					15:00			