Fredag

Åpning	15:50									
Kvinner	**K 35-39**	**K 40-44**	**K 45-49**	**K 50-54**	**K 55-59**	**K 60-64**	**K 65-69**	**K 70-74**	**K 75-79**	**K 80-84**
100m	17:50	17:50	17:50	18:00	18:00	18:00	18:00	18:00	18:00	18:00
1500m	18:20	18:20	18:20	18:20	18:20	18:20	18:20	18:20	18:20	18:20
Høyde	16:00	16:00	16:00	16:00	16:00	16:00	16:00	16:00	16:00	16:00
Stav	17:00	17:00	17:00	17:00	17:00	17:00	17:00	17:00	17:00	17:00
Spyd	18:40	18:40	18:40	18:40	18:40	18:40	18:40	18:40	18:40	18:40
Kapgang	19:40	19:40	19:40	19:40	19:40	19:40	19:40	19:40	19:40	19:40
Menn	**M 35-39**	**M 40-44**	**M 45-49**	**M 50-54**	**M 55-59**	**M 60-64**	**M 65-69**	**M 70-74**	**M 75-79**	**M 80-84**
100m	16:30	16:20	16:30	16:40	16:50	17:00	Kv 16:00	17:10	17:20	17:30
							Fi 17:40			
3000m						18:40	18:40	18:40	18:40	18:40
5000m	19:10	19:10	19:10	19:10	19:10					
Lengde	17:10	17:10	17:10	18:10	18:10	18:10	19:20	19:20	16:10	16:10
Stav	19:10	19:10	19:10	19:10	19:10	19:10	17:40	17:40	17:40	17:40
Kule	16:00	16:00	16:00	17:00	17:00	18:00	18:00	19:00	19:00	20:00
Kapgang	19:40	19:40	19:40	19:40	19:40	19:40	19:40	19:40	19:40	19:40

Lørdag										
Åpning	**09:55**									
Kvinner	**K 35-39**	**K 40-44**	**K 45-49**	**K 50-54**	**K 55-59**	**K 60-64**	**K 65-69**	**K 70-74**	**K 75-79**	**K 80-84**
Langhekk										
200m	10:50	10:50	10:50	11:00	11:00	11:00	11:00	11:00	11:00	11:00
800m	13:00	13:00	13:00	13:00	13:00	13:00	13:00	13:00	13:00	13:00
3000m	13:50	13:50	13:50	13:50	13:50	13:50	13:50	13:50	13:50	13:50
2000m H										
Lengde	11:20	11:20	11:20	11:20	11:20	11:20	11:20	11:20	11:20	11:20
Kule	13:20	13:20	13:20	14:10	14:10	14:10	14:10	14:10	14:10	14:10
Slegge	10:00	10:00	10:00	10:40	10:40	10:40	10:40	10:40	10:40	10:40
Stafett										
Menn	**M 35-39**	**M 40-44**	**M 45-49**	**M 50-54**	**M 55-59**	**M 60-64**	**M 65-69**	**M 70-74**	**M 75-79**	**M 80-84**
Langhekk	10:00	10:00	10:00	10:00	10:00	10:20	10:20	10:30	10:30	10:40
200m	11:10	11:20	11:30	11:40	11:10	11:50	12:00	12:10	12:20	12:30
800m	13:10	13:10	13:20	13:20	13:20	13:30	13:30	13:40	13:40	13:40
2000m H						14:30	14:30	14:30	14:30	14:30
3000m H										
Høyde	14:30	14:30	14:30	14:30	13:00	13:00	11:10	11:10	10:00	10:00
Diskos	10:00	10:00	10:00	11:00	11:00	13:50	13:50	15:10	12:40	12:40
Slegge	11:30	11:30	11:30	12:40	12:40	15:20	15:20	13:40	13:40	14:40
Stafett	15:20	15:20	15:20	15:20	15:20	15:20	15:20	15:20	15:20	15:20

Søndag										
Åpning	**09:55**									
Kvinner	**K 35-39**	**K 40-44**	**K 45-49**	**K 50-54**	**K 55-59**	**K 60-64**	**K 65-69**	**K 70-74**	**K 75-79**	**K 80-84**
Korthekk	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00
400m	12:50	12:50	12:50	12:50	13:00	13:00	13:00	13:00	13:00	13:00
5000m	12:10	12:10	12:10	12:10	12:10	12:10	12:10	12:10	12:10	12:10
Tresteg	11:30	11:30	11:30	11:30	11:30	11:30	11:30	11:30	11:30	11:30
Diskos	14:10	14:10	14:10	14:10	14:10	14:10	14:10	14:10	14:10	14:10
Vektkast	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00
Menn	**M 35-39**	**M 40-44**	**M 45-49**	**M 50-54**	**M 55-59**	**M 60-64**	**M 65-69**	**M 70-74**	**M 75-79**	**M 80-84**
Korthekk	10:50	10:50	10:50	10:30	10:30	10:30	10:30	10:10	10:10	10:10
400m	13:10	13:20	13:10	13:30	13:40	13:40	13:50	14:00	14:00	14:10
1500m	11:10	11:10	11:10	11:30	11:30	11:30	11:50	11:50	11:50	11:50
5000m						12:10	12:10	12:10	12:10	12:10
10000m	14:20	14:20	14:20	14:20	14:20					
Tresteg	12:10	12:10	12:10	12:10	12:10	13:10	13:10	14:10	14:10	14:10
Spyd	11:10	11:10	11:10	12:00	12:00	10:00	10:00	13:00	13:00	13:00
Vektkast	14:10	14:10	14:10	14:10	13:20	13:20	12:20	12:20	11:00	11:00