

Tidsprogram Fredag

	Löpning 3000 m	Höjd I	Höjd II	Kula
17.00	M70 – M80 (5+2+1)			
17.30	M65 (7)			
18.00	M60 (10)	M55-M65 (3+2+5)	M70+ (4+1+1+1)	K55-K65 (3+4+1)
18.30	M55 (7)			
19.00	M45+M50 (3+5)			K50 (6)
19.20	M40 (9)		K40+K45 (1+1)	
19.40	M35 (9)			
20.00	K45-K75 (1+2+2+3+2+0+1)	M35-M50 (3+1+2+2)		K40+K45 (2+6)
20.10			K50-K65 (3+1+0+1)	
20.30	K35+K40 (5+5)			

Tidsprogram Lördag

	Löpningar	Längd	Kula
09.00	M40 60m försök (15)	K55 – K75 (2+1+1+1)	M65 (5)
09.10	M45 60m försök (10)		
09.20	M50 60m försök (11)		
09.30	M55 60m försök (10)	M45 (9)	M35 (4)
09.40	K40 60m försök (10)		
09.50	K50 60m försök (7)		
10.00	K35 60m final (4)		M40 (7)
10.05	K45 60m final (3)		
10.10	K55+K60+K65 60m final (2+2+2)		
10.20	K70+K75 60m final (3+2)		
10.30	M50 60m final	M35 (4)	
10.35	M55 60m final		
10.40	M60 60m final (4)		
10.45	M65 60m final (4)		
10.50	M70 60m final (5)		M60 (5)
10.55	M75 60m final (5)		
11.00	M80+M85 60m final (2+1)	M55 (6)	
11.10	M40 60m final		
11.15	M45 60m final		
11.20	K40 60m final		M80+M90 (3+1+2)
11.25	K50 60m final		
11.30	M35 60m final (6)		
11.50	Ö p p n i n g s c e r e m o n i		
12.10	M35 400m (4)	M40 (9)	
12.20	M50 400m (7)		M55 (7)
12.30	M45 400m (7)		
12.50	M60 400m (6)		
13.00	M65 400m (3)	K35+K40 (3+4)	M50 (11)
13.20	M40 400m (6)		
13.30	M55 400m (7)		
13.40	M70+M75 400m (5+2)		
13.50	K70+K75 400m (2+1)		
14.00	K60+K65 400m (1+3)	M50 (7)	M70 (7)
14.10	K45-K55 400m (1+1+2)		
14.20	K40 400m (3)		
14.30	K35 400m (9)		
14.50		M60+M65 (2+5)	M75 (6)
15.00	M35 1500m (5)		
15.10	M40 1500m (8)		
15.20	M45 1500m (5)		
15.30	M50 1500m (5)	K45+K50 (1+4)	M45 (11)
15.40	M55 1500m (6)		
15.50	M60 1500m (10)		
16.10	M65 1500m (7)	M70+M80 (1+3+2)	
16.30	M70+M75+M80 1500m (6+2+1)		
16.50	K35+K40 1500m (4+3)		
17.00	K45+K50+K55+K60 1500m (2+1+3+3)		
17.20	K65+K70+K75 1500m (3+3+1)		
17.40	Stafetter 4x200m		
19.30	Kamratmåltid i Scandics matsal		

Tidsprogram Söndag

	Löpningar	Stav	Tresteg	Vikt
09.00	M35+M40 60mh (1+4)	K35-K65 (3)	K35-K55 (6)	M60+M65 (6+4)
09.05	M45 60mh (3)			
09.10	M50+M55 60mh (2+1)			
09.20	M60+M65 60mh (2+3)			
09.25	M70 60mh (2)			
09.30	K35-K70 60mh (4)		M55+ (8)	
09.40		M35-M45 (9)		
10.00	M35 200m (4)			M50 (7)
10.10	M50 200m (10)			
10.30	M55 200m (7)		M45+M50 (5+4)	
10.40	M60 200m (5)			M55 (5)
10.50	M65 200m (3)			
11.00	M70 200m (4)			
11.10	M75 200m (6)			M45 (6)
11.20	M80 200m (2)			
11.30	K35 200m (5)		M35+M40 (2+5)	
11.40	K40 200m (8)			
11.50	K45+K50 200m (2+2)			M35+M40 (3+5)
12.00	K55+K60 200m (1+1)	M50-M60 (8)		
12.10	K65+K75 200m (3+1)			
12.20	K70 200m (4)			
12.30	M45 200m (10)			M70+M75 (3+7)
12.40	M40 200m (8)			
13.00	M35 800m (4)			
13.10	M50 800m (8)			
13.20	M65 800m (8)			
13.30	M70 800m (7)			M80+ (6)
13.40	M75 800m (4)			
13.50	K35-K60 800m (8)	M65+ (10)		
14.10	K65-K75 800m (4+2+2)			K40+K45 (1+5)
14.20	M55 800m (6)			
14.30	M60 800m (7)			
14.40	M45 800m (6)			
14.50	M40 800m (10)			K50+K55 (2+2)
15.20				K60+K65 (3+2)