

# Lørdag 23. mai 2026

| Klokkeslett | Sprint   | Mellomdistanse | Lengde       | Høyde           | Spyd      | Kule         | Liten ball              |
|-------------|----------|----------------|--------------|-----------------|-----------|--------------|-------------------------|
|             | 60m      | 600m/800/3000m |              | 12-16år-masters | Fra 12 år |              | 6-11år                  |
| 10.00       |          |                | G9 (13)      | G12-14(11)      |           | KS, KV (1+7) | G10(9)                  |
| 10.05       | G6-7 (3) |                |              |                 |           |              |                         |
| 10.10       | J6-7 (5) |                |              |                 |           |              |                         |
| 10.14       | J11(7)   |                |              |                 |           |              |                         |
| 10.18       | J10 (9)  |                |              |                 |           |              |                         |
| 10.22       | J10(9)   |                |              |                 |           |              |                         |
| 10.25       | J8-9(5)  |                |              |                 |           |              |                         |
| 10.28       | G8 (8)   |                |              |                 |           |              |                         |
| 10.32       | G10 (17) |                |              |                 |           |              |                         |
| 10.35       | G10 (17) |                |              |                 |           |              | J8/9/10/11<br>(0+1+6+5) |
| 10:38       | G10(17)  |                |              |                 |           |              |                         |
| 10.42       | J13 (4)  |                | J/G6-7 (2+4) |                 |           | G8/9(15)     |                         |
| 10.45       | G13 (7)  |                |              |                 |           |              |                         |
| 10.50       | J12 (10) |                |              |                 |           |              |                         |
| 10.53       | J12(10)  |                |              |                 |           |              |                         |
| 10.56       | G12(11)  |                |              |                 |           |              |                         |
| 11:00       | G12 (11) |                |              |                 |           |              |                         |
| 11:03       | G11 (17) |                | G10(12)      |                 |           |              |                         |

|             |            |                |                      |                |                |                   |            |
|-------------|------------|----------------|----------------------|----------------|----------------|-------------------|------------|
| 11.07       | G11 (17)   |                |                      | J12-13 (8)     |                |                   |            |
| 11.10       | G11 (17)   |                |                      |                |                |                   | J/G6-7 (7) |
| 11.14       | G9(14)     |                |                      |                | G12-14 (2+0+4) | J8/9/10/11<br>(8) |            |
| 11.17       | G9(14)     |                |                      |                |                |                   |            |
| 11.25       |            |                |                      |                |                |                   |            |
| 11.30       | 80m        |                | G8 (8)               |                |                |                   |            |
| 11.35       | J15 (7)    |                |                      |                |                |                   |            |
| 11.40       | G15 (7)    |                |                      |                |                |                   |            |
| 11.44       | J14 (10)   |                |                      |                |                |                   |            |
| 11.48       | J14 (10)   |                |                      |                |                |                   |            |
| Klokkeslett | Sprint     | Mellomdistanse | Lengde               | Høyde          | Spyd           | Kule              | Liten ball |
| 11.52       | G14 (7)    |                |                      |                |                |                   |            |
| 11.56       |            |                |                      |                |                |                   |            |
| 12.00       |            |                | J15/17,<br>KV(4+1+2) | G15-MS, MV (5) | J12-14(2+1+7)  |                   | G8(5)      |
| 12.05       | 100M       |                |                      |                |                | G10-12<br>(5+7+0) |            |
| 12.10       | G16-17 (9) |                |                      |                |                |                   |            |
| 12.15       | G16-17 (9) |                |                      |                |                |                   |            |
| 12.18       | G18/19 (5) |                |                      |                |                |                   |            |
| 12.22       | J16-KS (8) |                |                      |                |                |                   | G9 (11)    |
| 12.25       | MV (7)     |                |                      |                |                |                   |            |
| 12.30       | KV (5)     |                |                      |                |                |                   |            |
| 12.33       | MS (11)    |                |                      |                |                |                   |            |

|       |        |                  |          |                |                       |             |        |
|-------|--------|------------------|----------|----------------|-----------------------|-------------|--------|
| 12.36 | MS(11) |                  |          |                |                       |             |        |
| 12.40 |        |                  | J8-10(8) | J14-16, KS (6) |                       | G13-14(0+6) |        |
| 12.45 |        | 600m<br>10-13 år |          |                |                       |             |        |
| 12.50 |        | J13 (4)          |          |                |                       |             |        |
| 12.55 |        | J12 (7)          |          |                |                       |             |        |
| 13.00 |        | G11 (11)         |          |                | G15-MS, MV (10)       |             |        |
| 13.05 |        | G10 (13)         |          |                |                       |             |        |
| 13.10 |        | J10 (9)          |          |                |                       |             |        |
| 13.15 |        | J11(6)           |          |                |                       |             | G11(9) |
| 13.20 |        | G12-13 (10)      | G14(5)   |                |                       | J12-14 (11) |        |
| 13.25 |        |                  |          |                |                       |             |        |
| 13.30 |        |                  |          |                |                       |             |        |
| 13.40 |        | 3000M            |          |                |                       |             |        |
| 13:45 |        | MV+KV (1+1)      |          |                |                       |             |        |
| 13.50 |        |                  |          |                |                       |             |        |
| 14.00 |        |                  |          |                | J15/16-KS, KV<br>(11) |             |        |
| 14.10 |        | 5000M            |          |                |                       |             |        |
| 14:15 |        | MS (1)           |          |                |                       |             |        |
| 14.20 |        |                  | J14(14)  |                |                       | G18-MV(7)   |        |
| 14.30 |        |                  |          |                |                       |             |        |
| 14.40 |        |                  |          |                |                       |             |        |
| 14:45 |        |                  |          |                |                       |             |        |

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|-------------|--------|-------------------|---------------|-------|------|------------------|------------|
| 14.50       |        | 800m (14-masters) |               |       |      |                  |            |
| 15.00       |        | KS (6)            |               |       |      | G15-17 (5)       |            |
| 15:05       |        | MS/MV (9+2)       |               |       |      |                  |            |
| 15.10       |        | G14-15(3+3)       |               |       |      |                  |            |
| 15.15       |        | J14-19 ,KV(8)     |               |       |      |                  |            |
| 15.20       |        | G16-19(4)         |               |       |      |                  |            |
| 15.30       |        |                   | G15-MS, MV(9) |       |      |                  |            |
| 15.33       |        |                   |               |       |      | J15/16/17(3+2+1) |            |
| 15.36       |        |                   |               |       |      |                  |            |
| 15.39       |        |                   |               |       |      |                  |            |
| 15.42       |        |                   |               |       |      |                  |            |
| 15.45       |        |                   |               |       |      |                  |            |
| 15.50       |        |                   |               |       |      |                  |            |
| 16.00       |        |                   |               |       |      |                  |            |
|             |        |                   |               |       |      |                  |            |
|             |        |                   |               |       |      |                  |            |
|             |        |                   |               |       |      |                  |            |
|             |        |                   |               |       |      |                  |            |