

Tid	Löpning	Höjd	Stav	Kula A	Kula B	Tid2
09:40				M80+M85+M90 Kula (11+2+1)		09:40
10:00	M50 60m försök (2) (16)				K80+K85+K90 Kula (3+4+1)	10:00
10:10	K50 60m försök (2) (13)					10:10
10:20	K45 60m försök (2) (8)					10:20
10:30	M70 60m försök (2) (9)					10:30
10:45	M65 60m försök (2) (5)		M35+M45+M50 Stav (3+3+7)			10:45
10:55	M75 60m försök (2) (11)			K35+K40 Kula (1+7)		10:55
11:05	M55 60m försök (2) (13)					11:05
11:20	K70+K75 60m final (2+4)					11:20
11:25	M70 60m final					11:25
11:30	M75 60m final					11:30
11:35	K55 60m final (8)					11:35
11:40				K50 Kula (11)	K70+K75 Kula (3+7)	11:40
11:45	K80+K85 60m final (5+1)					11:45
11:50	K60 60m final (7)					11:50
11:55	K45 60m final					11:55
12:05	M55 60m final					12:05
12:10	M60 60m final (8)					12:10
12:15	M65 60m final					12:15
12:20	K65 60m final (5)					12:20
12:25	M80 60m final (7)					12:25
12:30	M85 60m final (5)			K60 Kula (12)		12:30
12:35	K50 60m final					12:35
12:40	K35 60m final (7)					12:40
12:45	K40 60m final (5)					12:45
12:50	M40 60m final (7)					12:50
12:55	M35 60m final (8)					12:55
13:00	M45 60m final (8)					13:00
13:05	M50 60m final					13:05
13:20	Invigning			M65 Kula (8)		13:20
13:35			M55+M60 Stav (6+6)			13:35
13:50	M60-M80+K60-K80 3000m gång					13:50
14:05				M70 Kula (8)		14:05

14:35	M35-M55+K35-K55 3000m gång					14:35
14:50				M75 Kula (8)		14:50
15:10	M65 400m final (B-A) (7)					15:10
15:20	M70 400m final (B-A) (5)					15:20
15:30	M75 400m final (3)					15:30
15:35	M80 400m final (B-A) (7)			K55 Kula (13)		15:35
15:45	M85 400m final (3)					15:45
15:55	K65+K70 400m final (1+2)					15:55
16:00	K75+K80+K85 400m final (1+1+1)					16:00
16:05	K40+K45 400m final (2+1)		M65+M70+M75+M80+M85 Stav (4+3+3+3+1)			16:05
16:10	K35 400m final (B-A) (5)					
16:15	K50 400m final (B-A) (7)					16:15
16:20						16:20
16:25	K55 400m final (2)			K65 Kula (8)		16:25
16:30	K60 400m final (4)					16:30
16:35		K60+K65+K75+K80+K85 Höjd (3+2+1+2+1)				16:35
16:40	M40 400m final (4)					16:40
16:45	M45 400m final (B-A) (5)					16:45
16:55	M50 400m final (C-B-A) (11)					16:55
17:05				M60 Kula (10)		17:05
17:15	M55 400m final (B-A) (6)					17:15
17:25	M60 400m final (B-A) (6)					17:25
17:40	M50 4x200m					17:40
17:50	K35 4x200m					17:50
17:55				M50 Kula (14)		17:55
18:00	K50 4x200m					18:00
18:10	K65 4x200m					18:10
18:20	M35 4x200m					18:20
18:30	M65 4x200m	K50+K55 Höjd (8+2)				18:30
18:45				M45 Kula (7)		18:45
19:20	K35+K40+K45 1500m final (2+3+3)					19:20
19:25				K45 Kula (8)		19:25

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19:30	M45 1500m final(10)					19:30
19:40	M40 1500m Final (B-A) (12)					19:40
19:55	M35 1500m final (3)					19:55
20:05	K65+K75+K80 1500m final (5+1+1)					20:05
20:10				M35+M40 Kula (3+6)		20:10
20:15	K50 1500m final (5)					20:15
20:20		K35+K40+K45 Höjd (3+3+3)				20:20
20:25	K55+K60 1500m final (4+2)					20:25
20:35	M55 1500m final (M55)					20:35
20:45	M50 1500m final (7)					20:45
20:55	M60 1500m final B-A (13)					20:55
21:05				M55 Kula (10)		21:05
21:10	M65 1500m final (5)					21:10
21:20	M70 1500m final (5)					21:20
21:30	M75+M80 1500m final (5+3)					21:30