

Skráin sunnudagin						
Klukkan	Spurtur	Langspurt/Miðtein	Longdarlop	Hæddarlop	Kúla	Spjótkast
13.00			Dr 10-11	Dr 14-15 + (4)	Ge 10-11 (6)	Ge 16-17 +
13.05	Dr. 8-9 60 m fin.			Dr 16-17 + (2)		Ge 18-19
13.10				Dr 12-12 (2)		(3+3)
13.15	Ge 14-15 100 m fin			Hesir triggir		
13.20				bólkar		
13.25				kappast		
13.30		Ge 8-9 400 m		samstundis		
13.35						Ge 12-13 (7)
13.40		Dr 8-9 400 m				
13.45				Ge 14-15 (3)		
13.50		Ge 10-11 300 m				
13.55					Ge 8-9 (6)	
14.00		Dr 10-11 300 m				
14.05						Dr 16-17 +
14.10		Ge 12-13 300 m	Ge 10-11 (6)			Dr 18-19
14.15		Ge 12-13 300 m		Ge 16-17 (2)		(2+1)
14.20				Ge 18-19 (2)	Dr 8-9 (8)	
14.25		Dr 12-13 300 m				
14.30						
14.35		Ge 14-15 300 m				
14.40		Ge 14-15 300 m				Dr 12-13 (5)
14.45						
14.50		Dr 14-15 300 m			Dr 10-11 (8)	
14.55						
15.00		Ge 16-19 400 m				
15.05				Ge 12-13 (3)		
15.10		Dr 16-19 400 m				Ge 14-15 (9)
15.15						
15.20						
15.25						
15.30						
15.35						
15.40						
15.45	<b>Boðrenning</b>					Dr 14-15 (3)
15.50	Mix 8-9					
15.55						
16.00	Mix 10-11					
16.05						
16.10	Mix 12-13					
16.15						
16.20	Mix 14-15					
16.25						
16.30	Ge 1.000 m					
16.35						
16.40	Dr. 1.000 m					
16.45						