

	Spurtur	Miðteigur	Longdarlop	Trístøkk	Kúlustoyt	Spjót kast	Bóltkast
12.00	Ge+Dr 8-9			Ge 12-13	Dr 14-Me		Børn -7
12.05				Dr 12-12			
12.10	Ge 10-11						
12.15	Ge 10-11						Ge+Dr 8-9
12.20	Dr 10-11						
12.25	Dr 10-11		Ge 14-Kv				
12.30							
12.35	Ge 12-13						Ge 10-11
12.40	Dr 12-12						
12.45						Ge 12-13	
12.50	Dr 14-15					Dr 12-12	
12.55							
13.00	Dr 16-Me						Dr 10-11
13.05			Ge+Dr 8-9				
13.10	Ge 14-15 + Kv						
13.15	Ge 16-17						
13.20			Ge 10-11				
13.25		Ge 12-13			Ge 14-Kv		
13.30							
13.35		Dr 12-12					
13.40							
13.45		Ge+Dr 8-9	Dr 10-11				
13.50							
13.55		Dr 14-Me					
14.00							
14.05		Ge 10-11					
14.10			Dr 14-Me				
14.15		Ge 14-Kv					
14.20							
14.25		Dr 10-11					
14.30							