

Kl/grein	Spurtur	Langspurtur	Longdarlop	Hæddarlop	Bóltkast	Spjótkest	Klingra
10.00	Ge 10-11		Ge 16-19	Ge 14-15	Ge 8-9		Dr 16-19
10.05	Ge 10-11				Dr 8-9		
10.10							
10.15	Ge 12-13						
10.20	Ge 12-13			Dr. 14-15	Dr. 10-11		
10.25	Ge 12-13						
10.30							
10.35	Dr 12-13						
10.40	Dr 12-13			Ge 12-13	Ge 10-11		Ge 16-19
10.45			Dr 16-19				
10.50							
10.55		Ge 14-15					
11.00		Dr 14-15					
11.05							
11.10		Dr. 10-11					
11.15		Dr 12-13					
11.20							
11.25		Ge 10-11	Ge 8-9				
11.30		Ge 10-11	Dr 8-9				
11.35							
11.40						Dr 12-13	
11.45		Ge 16-17	Dr 10-11				
11.50		Dr 16-17					
11.55		Dr 18-19					
12.00							
12.05		Ge 12-13					
12.10		Ge 12-13				Ge 14-15	
12.15		Ge 12-13	Ge 10-11				
12.20				Dr 12-13			
12.25	Boðrenning						
12.30	4x100 m						
12.35	Dr 10-11						
12.40						Dr 14-15	
12.45	Ge 12-13						
12.50							
12.55							
13.00	Ge 10-11					Ge 12-13	
13.05							
13.10	Ge 14-19						
13.15							
13.20	Dr 12-13						
13.25							
13.30	Dr 14-19						
13.35							
13.40							
13.45							
13.50							
13.55							
14.00							