

Klokkan	Spurtur	Miðteinur	Klingrukast	Bóltkast	Longdarlop	Trístøkk	Hæddarlop
17:30	Ge 8-9 60m (5)		Dr 12-13 (3)	Ge 10-11 (12)		Dr 14-19 + Me (14)	Ge 12-13 (9)
17:35	Dr 8-9 60m (6)						
17:40	Børn 5-7 60m (6)						
17:45			Ge 14-19 + Kv (8)				
17:50	Dr 10-11 100m (5)						
17:55	Dr 10-11 100m (6)						
18:00							
18:05	Ge 10-11 100m (6)			Ge + Dr 8-9 (8)			
18:10	Ge 10-11 100m (6)						Dr 10-11 (6)
18:15							
18:20	Ge 12-13 100m (5)						
18:25	Ge 12-13 100m (5)						
18:30	Dr 12-13 100m (5)						
18:35	Ge 14-19 100m (6)						
18:40			Ge 12-13 (8)	Dr 10-11 (6)			
18:45	Dr 14-15 100m (6)						Ge 10-11 (9)
18:50	Dr 16-17 100m (4)					Ge 14-15 (5)	
18:55	Dr 18-19 100m (6)						
19:00	Kv 100m (1)						
19:05	Me 100m (4)						
19:10					Ge + Dr 8-9 (10)		
19:15							Dr 12-13 (4)
19:20			Dr 14-19 + Me (14)				
19:25							
19:30		Dr 10-11 600m (11)					
19:35							
19:40		Ge 8-9 600m (3)					
19:45		Dr 8-9 600m (3)					
19:50							
19:55		Ge 10-11 (9)					
20:00							
20:05		Ge 12-13 600m (6)					
20:10		Dr 12-13 600m (4)					
20:15							
20:20		Ge 14-19 + Kv 1.000m (2)					
20:25							
20:30		Dr 14-19 + Me 1.000m(15)					
20:35							
20:40							

