

Tid	Løb (heats/deltagere)	Længde 1	Længde 2	Kugle
17:00	P7/D7 (40 meter) (2/9)	Kvinder Planke (7)	Mænd Planke (14)	
17:05				
17:10	P9 (40 meter) (1/3)			
17:15	D9 (40 meter) (2/10)			
17:20				
17:25	P11 (60 meter) (3/21)			
17:30		P7/D7 (9)		
17:35				
17:40	D11 (60 meter) (3/21)			Kvinder (13)
17:45				
17:50			P11 (21)	
17:55	P13/D13 (80 meter) (2/10)	P9/D9 (17)		
18:00				
18:05				
18:10	K (100 meter) (2/11)			
18:15				
18:20	M (100 meter) (3/18)			
18:25				
18:30				
18:35	4*40 meter D9 (1/5)			
18:40				
18:45	4*60 meter P11/D11/Mix11 (3/13)			
18:50			D11 (17)	
18:55	4*80 meter P13/D13 (1/4)			
19:00				
19:05	4*100 meter K/M/Mix (2/12)			
19:10		D13 (6)		
19:15				
19:20	4x400 meter (1/1)			Mænd (11)
19:25				
19:30	1000 medley K/M (1/3)			
19:35				
19:40				
19:45	4x400 T&S (1/5) (P/K)			
19:50				
19:55				
20:00	4x400 T&S (1/6) (D/M)	P13 (9)		
20:05				
20:10				
20:15				
20:20				
20:25				
20:30				
20:35				
20:40				

Tid	Højde	Bold 1	Bold 2
17:00	Grp. B (8)	P11 (10)	
17:05			
17:10			
17:15			
17:20			
17:25			
17:30			
17:35			
17:40			
17:45			
17:50		D11 (14)	
17:55			P7/D7 (10)
18:00			
18:05			
18:10			
18:15			
18:20			
18:25			
18:30			
18:35			
18:40			
18:45	Grp. C (8)		P9/D9 (13)
18:50			
18:55			
19:00			
19:05			
19:10			
19:15			
19:20			
19:25			
19:30			
19:35			
19:40	Grp. A (11)		
19:45			
19:50			
19:55			
20:00			
20:05			
20:10			
20:15			Diskos/Hammer (6+2)
20:20			
20:25			
20:30			
20:35			
20:40			