| Tid | Løb | Længde 1 | Længde 2 | Kugle | Højde | Bold 1 | Bold 2 og Diskos | Andet | Øvelsestider | |
|---|---|---|---|---|---|---|---|---|---|---|
| 10:00 | | | | | | | | | | |
| 10:10 | | | | | | | | | | |
| 10:20 | | | | | | | | | | |
| 10:30 | P7/D7 (40 meter) | | | | | | | | D7/P7 | |
| 10:40 | P9 (40 meter) | P7 | | | | D7 | | | D7/P7 | P9/D9 |
| 10:50 | D9 (40 meter) | | | | | | | | D7/P7 | P9/D9 |
| 11:00 | | D7 | | | | P7 | | | D7/P7 | P9/D9 |
| 11:10 | 4*40 meter P9/D9 | | | | | | | | D7/P7 | P9/D9 |
| 11:20 | | | | | | | | | D7/P7 | P9/D9 |
| 11:30 | DM Heat 1 (K50, M55 - M65) | D9 | | | | P9 | | | D7/P7 | P9/D9 |
| 11:40 | | | | | | | | | D7/P7 | P9/D9 |
| 11:50 | | | | | | | | | | P9/D9 |
| 12:00 | | | P11/D11 | | P11/D11 | | | | P11/D11 | P9/D9 |
| 12:10 | | P9 | | | | D9 | | | P11/D11 | P9/D9 |
| 12:20 | | | | | | | | | P11/D11 | P9/D9 |
| 12:30 | DM heat 2 (M40 - M50) /DM kapgang 5000 | | | | | | | | P11/D11 | P9/D9 |
| 12:40 | | | | | | | | Præmier heat 1 | P11/D11 | P9/D9 |
| 12:50 | | | P13/D13 | | P13/D13 | P11 | D11 | | P11/D11 | P13/D13 |
| 13:00 | | | | | | | | | P11/D11 | P13/D13 |
| 13:10 | | | | | | | | | P11/D11 | P13/D13 |
| 13:20 | | | | | | | | | P11/D11 | P13/D13 |
| 13:30 | P11 (60 meter) | | | | | | | | P11/D11 | P13/D13 |
| 13:40 | D11 (60 meter) | | | | | | | Præmier heat 2 | P11/D11 | P13/D13 |
| 13:50 | P13/D13 (80 meter) | | | | | | | | P11/D11 | P13/D13 |
| 14:00 | | | | | | | | | P11/D11 | P13/D13 |
| 14:10 | 4*60 meter P11/D11 | | | | | | | | P11/D11 | P13/D13 |
| 14:20 | 4*80 meter P13/D13 | | | | | | | | P11/D11 | P13/D13 |
| 14:30 | Indskydning T&S (Masters) | | | | | | | | P15+/D15 | P13/D13 |
| 14:40 | 4x400 T&S (1/5) (Masters) | | | P13/D13 | | | | | P15+/D15 | P13/D13 |
| 14:50 | | | | | | | | | P15+/D15 | P13/D13 |
| 15:00 | | | | | | | | | P15+/D15 | P13/D13 |
| 15:10 | Indskydning T&S (Ungdom) | | | | | | | | P15+/D15 | P13/D13 |
| 15:20 | 4x400 T&S (1/5) (Ungdom) | | | | | | | | P15+/D15 | P13/D13 |
| 15:30 | DM Heat 3 (K55+, M70+) / DM Kapgang 10000 | | | | | | | | P15+/D15+ | |
| 15:40 | | | | | | | | | P15+/D15+ | |
| 15:50 | | | | | | | | | P15+/D15+ | |

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|---|---|---|---|---|---|---|---|---|---|---|
| 16:00 | | | | | | | | | P15+/D15+ | |
| 16:10 | | | P15+/D15+ | | P15+/D15+ | | | | P15+/D15+ | |
| 16:20 | | | | | | | | | P15+/D15+ | |
| 16:30 | | | | | | | | | P15+/D15+ | |
| 16:40 | | | | | | | | | P15+/D15+ | |
| 16:50 | | | | | | | | | P15+/D15+ | |
| 17:00 | 4x1500 meter | | | | | | | Præmier heat 3 | P15+/D15+ | |
| 17:10 | | | | P15+/D15+ | | | | | P15+/D15+ | |
| 17:20 | | | | | | | | | P15+/D15+ | |
| 17:30 | | | | | | | | | P15+/D15+ | |
| 17:40 | 100 meter | | | | | | | | P15+/D15+ | |
| 17:50 | | | | | | | | | P15+/D15+ | |
| 18:00 | DM Heat 4 (KS, K30-K45) | | | | | | | | P15+/D15+ | |
| 18:10 | | | | | | | | | P15+/D15+ | |
| 18:20 | | | | | | | | | P15+/D15+ | |
| 18:30 | | | | | | | P15+/D15+ | | P15+/D15+ | |
| 18:40 | | | | | | | | | P15+/D15+ | |
| 18:50 | | | | | | | | | P15+/D15+ | |
| 19:00 | 4x800 meter (1/2) | | | | | | | Præmier heat 4 | P15+/D15+ | |
| 19:10 | | | | | | | | | P15+/D15+ | |
| 19:20 | | | | | | | | | P15+/D15+ | |
| 19:30 | 1000 medley K/M | | | | | | | | P15+/D15+ | |
| 19:40 | | | | | | | | | P15+/D15+ | |
| 19:50 | 4*100 meter K/M | | | | | | | | P15+/D15+ | |
| 20:00 | DM Heat 5 (MS, M30-35) | | | | | | | | P15+/D15+ | |
| 20:10 | | | | | | | | | | |
| 20:20 | | | | | | | | | | |
| 20:30 | | | | | | | | | | |
| 20:40 | | | | | | | | | | |
| 20:50 | | | | | | | | Præmier heat 5 | | |
| 21:00 | | | | | | | | | | |