

Saturday

S11	
09:00	60 m
09:10	Shot put 2,0 kg
09:20	Long jump
10:00	High jump
11:20	600 m

P11	
09:00	High jump
10:00	60 m
10:10	Shot put 2,0 kg
10:20	Long jump
11:00	600 m

S15	
10:40	Long jump
11:40	60 m
12:30	200 m
15:30	800 m

P15	
11:20	60 m
12:50	200 m
14:20	Long jump
15:30	800 m

S12	
10:00	Shot put 2,0 kg
11:00	Long jump
12:10	60 m
13:00	High jump
14:10	600 m

P12	
09:00	Shot put 3,0 kg
11:00	60 m
11:30	High jump
13:20	Long jump
14:30	600 m

S16-17	
10:30	800 m
11:30	Long jump
12:50	60 m
13:10	Shot put 3,0 kg
16:20	200 m
16:40	1500 m

P16-17	
10:40	800 m
12:20	Shot put 5,0 kg
13:20	60 m
15:10	200 m
16:20	Long jump
16:50	1500 m

S13	
11:00	Hástökk
12:20	60 m
13:20	600 m

P13	
11:30	60 m
12:00	Hástökk
13:40	600 m

Konur - Women	
14:10	60 m Heats
15:00	High jump
15:10	60 m Final
16:00	400 m
16:40	Triple jump
16:50	1500 m

Karlar - Men	
13:50	60 m Heats
15:00	60 m Final
15:30	Shot put 7,26 kg
15:30	Long jump
15:40	400 m
16:40	1500 m

S14	
10:40	60 m
12:00	Long jump
14:10	Shot put 3,0 kg

P14	
10:20	60 m
11:00	Shot put 4,0 kg
13:20	Long jump

P18-19	
15:30	Shot put 6,0 kg

Sunday

S13	
10:30	60 m H 76,2 cm
11:00	200 m
12:00	Shot put 2,0 kg
14:00	Long jump

P13	
10:00	60 m H 76,2 cm
10:30	200 m
12:00	Long jump
13:40	Shot put 3,0 kg

S16-17	
11:20	High jump
11:40	3000 m
12:10	60 m H 76,2 cm
12:50	Triple jump
16:20	400 m

P16-17	
11:00	Triple jump
12:00	3000 m
13:10	60 m H 91,4 cm
14:30	High jump
16:50	400 m

S14	
10:00	High jump
11:10	60 m H 76,2 cm
12:20	200 m
14:20	800 m

P14	
11:30	60 m H 84 cm
12:50	200 m
13:30	High jump
14:40	800 m

Konur - Women	
11:40	3000 m
12:50	60 m H 84 cm
13:20	200 m Heats
15:00	200 m Final
15:00	Shot put 4,0 kg
15:20	Long jump
16:00	800 m

Karlar - Men	
12:00	3000 m
13:30	60 m H 106,7 cm
13:40	200 m Heats
15:20	200 m Final
15:30	High jump
15:50	800 m
16:40	Triple jump

S15	
11:00	Shot put 3,0 kg
11:50	60 m H 76,2 cm
12:10	High jump
12:50	Triple jump
16:40	400 m

P15	
10:00	Shot put 4,0 kg
11:00	Triple jump
12:30	60 m H 84 cm
13:30	High jump
16:10	400 m

P18-19	
13:20	60 m H 99,1 cm

P =	Boys
S =	Girls