TIDSPROGRAM VSM, LÖRDAG 21 AUGUSTI

	Löpning		Stav	Längd	Tresteg	Kula 1	Kula 2	Slägga	Spjut
10.00	200m Fö	M45 (10)	M70, M75)		K35/40/50/60	M55 (13)	M80, M85		M35 M40
10.10	200m Fö	M50 (9)	(1+5)		(1+2+2+1)		(2+2)		(1+5)
10.20	200m Fö	K55 (7)							
10.30	200m Fö	M70 (8)							
10.40	200m Fö	K45 (7)							
10.50	200m Fö	M55 (7)							
11.00					M70 (5)			K55,K60	M45 (9)
11.10	3000m Hi	M35/40/45/50/55					M75 (13)	(4+3)	
11.20		(2+1+5+2+3)				M40 (5)			
11.30			K35/55/75/80						
11.40	2000m Hi	M60/65/70/75	(1+1+1+1)						
11.50		(1+1+1+1)							
12.00						M65 (9)		K35,K40,K45	
12.10					M75, M80			(3+3+2)	M70 (9)
12.20	200m Fi	M40 (4)			(4+1)				
12.25	200m Fi	M35 (5)							
12.30	200m Fi	M45							
12.35	200m Fi	M50							
12.40	200m Fi	M55							
12.45	200m Fi	M60 (5)							
12.50	200m Fi	M65 (4)							
12.55	200m Fi	M70							
13.00	200m Fi	M75(4) M80 (1)	M40/45/50					K50 (8)	
13.05			(1+4+3)						
13.10	200m Fi	K35 (2)		M60, M65		M50 (11)			M55 (6)
13.15	200m Fi	K40 (5)		(3+4)					
13.20	200m Fi	K45							
13.25	200m Fi	K50 (4)							
13.30	200m Fi	K55					M70 (11)		
13.35	200m Fi	K60 (5)							
13.40	200m Fi	K65 (5)							
13.50	200m Fi	K70 (3)							M60 (5)
14.00	200m Fi	K75 (4) K80 (1)							
14.10				M45 (8)					
14.20						M35 (4)		K65/70/75/80/85	
14.30	1500m	M35 (8)	M55/60/65					(2+2+1+1+2)	
14.40	1500m	M40 (8)	(3+1+3)						M65 (8)
14.50	1500m	M45 (10)							
15.00	1500m	M50 (13)				M45 (10)			
15.10	1500m	M55 (5) M60 (3)							
15.20	1500m	M65 (5)		M50,M55					
15.30	1500m	M70 (8)		(3+6)					
15.40	1500m	M75(5), M80(2)							
15.50	1500m	K35 (1), K40 (3)							M75,M80,M85
16.00	1500m	K45 (5)							(5+2+1)
16.10	1500m	K50 (5)							
16.20	1500m	K55 (7)				M60 (9)			
16.30	1500m	K60 (3), K65 (3)		M40 (4)					
16.40	1500m	K70/75/80 (4+1+1)							
16.50									M50 (9)
17.00	Svensk stafett								