

Meter Spor	Meter Spor	700m 2 Hens	700m 3 Hens	700m 4 Hens	700m 5 Hens	700m Bilspor Hens	600m G12	600m G 13	600m G 14
							Nær Jær b	Midterst	Innerst
00:00	00:00	OR	OMKJ	CN	BLS	BLS			
01:00	00:30								
	01:00								
	01:30								
02:00	02:00								
	02:30								
03:00	03:00							tir-lør	
	03:30							5805	
04:00	04:00							KI 03:00	kl 04:24
	04:30							400m	5913
05:00	05:00								man-lør
	05:30								550m
06:00	06:00	Tir-lør					ma-lør	KI 04:05	
	06:30	5913					kl. 05:17	4267	
07:00	07:00						5811	ma-lør	
	07:30	KI 04:24				kl. 05:17	645m	460m	KI 09:38
08:00	08:00	550m				4269		tir-lør	5910
	08:30					ti-lør		5917	man-lør
09:00	09:00					635m		KI 04:08	550m
	09:30							365m	
10:00	10:00						KI 11:08		
	10:30						5804		
11:00	11:00						man-fre		
	11:30						520m		
12:00	12:00								
	12:30								
13:00	13:00								
	13:30								
14:00	14:00								
	14:30								
15:00	15:00								
	15:30								
16:00	16:00						KI 18:37		
	16:30						5814		
17:00	17:00						man-søn		
	17:30						645m	18:37	
18:00	18:00							4264	
	18:30							man -fre	21:08
19:00	19:00						man-fre	460m	5918
	19:30						5801		tirs-lør
20:00	20:00						KI 18:29		475m
	20:30						375m		
21:00	21:00						KI 20:22	KI 20:22	
	21:30						5806	4268	
22:00	22:00						man-fre	tir-fre	
	22:30						375m	434m	
23:00	23:00								
	23:30								
00:00	00:00								