

Tidsprogram Kilsbergskampen söndag 28 augusti 2016

| Tid | Löpning | Höjdhopp | Längdhopp 1 | Längdhopp 2 | Kula | Spjut | Tid |
|-------|-------------------------|---------------|----------------|----------------|--------------------|---------------------|-------|
| 10:00 | F13 60m f (15) | | P7 längd (4) | F7 längd (12) | F11 kula (7) | F15+P15 Spjut (3+1) | 10:00 |
| 10:05 | | | | | | | 10:05 |
| 10:10 | | P13+F13 (2+5) | | | | | 10:10 |
| 10:15 | P11 60 m fö (12) | | | | | | 10:15 |
| 10:20 | | | | | | | 10:20 |
| 10:25 | F9 60m f (21) | | | | | | 10:25 |
| 10:30 | | | P15 längd (5) | | | | 10:30 |
| 10:35 | | | | | | | 10:35 |
| 10:40 | | | | | | F13 Spjut (9) | 10:40 |
| 10:45 | P9 60m fö (18) | | | | | | 10:45 |
| 10:50 | | | | | | | 10:50 |
| 10:55 | | | | | F9 kula (7) | | 10:55 |
| 11:00 | F11 60m f (24) | | | | | | 11:00 |
| 11:15 | | | P13 längd (2) | | | | 11:15 |
| 11:20 | P7 60m F (7) | F11 höjd (11) | | | | | 11:20 |
| 11:25 | F7 60m F (12) | | | | | | 11:25 |
| 11:30 | | | | F9 längd (19) | | | 11:30 |
| 11:35 | | | | | F15 kula (4) | | 11:35 |
| 11:40 | | | | | | | 11:40 |
| 11:45 | F13 60 m häck (12) | | P11 längd (14) | | | | 11:45 |
| 11:50 | försök | | | | | | 11:50 |
| 11:55 | P13 60m häck (3) | | | | | | 11:55 |
| 12:00 | | | | | | | 12:00 |
| 12:05 | F15 80m fö (10) | | | | | | 12:05 |
| 12:10 | | | | | P7+P9 kula (1+7) | F11 Spjut (2) | 12:10 |
| 12:15 | P15 80m fö (7) | | | | | | 12:15 |
| 12:30 | P13 60m F (4) | | | | | | 12:30 |
| 12:35 | F11 60m Final | | | | | | 12:35 |
| 12:40 | F13 60m Final | | | | | | 12:40 |
| 12:45 | | | | | | P13 Spjut (4) | 12:45 |
| 12:50 | P9 60m Final | | | | | | 12:50 |
| 12:55 | F9 60m Final | | | | F7 kula (8) | | 12:55 |
| 13:00 | P11 60m Final | | | | | | 13:00 |
| 13:05 | | P9+F9 (5+5) | | | | | 13:05 |
| 13:10 | | | | F11 längd (20) | | | 13:10 |
| 13:15 | P15 80m Final | | | | | | 13:15 |
| 13:20 | F15 80m Final | | | | | P11 Spjut (9) | 13:20 |
| 13:25 | | | | | | | 13:25 |
| 13:30 | F13 60 m häck Final | | | | | | 13:30 |
| 13:35 | | | | | F13 kula (8) | | 13:35 |
| 13:40 | P15 80m häck (1) | | | | | | 13:40 |
| 13:45 | F15 80 m häck (2) | | P9 längd (14) | | | | 13:45 |
| 13:50 | | | | | | | 13:50 |
| 13:55 | | P15+F15 (3+1) | | | | | 13:55 |
| 14:25 | PF15 Stafett (1) | | | | | | 14:25 |
| 14:30 | | | | | | | 14:30 |
| 14:35 | PF11+FP13 Stafett (2+2) | | | | P13+P15 kula (2+3) | | 14:35 |
| 14:40 | | | | | | | 14:40 |
| 14:45 | FP7+PF9 Stafett (1+4) | | | | | | 14:45 |
| 14:50 | | | | | | | 14:50 |
| 14:55 | | P11 (4) | F15 längd (11) | | | | 14:55 |
| 15:00 | F7 400m (6) | | | | | | 15:00 |
| 15:05 | P7+F7 400m (2+6) | | | | | | 15:05 |
| 15:10 | F9 400m (13) | | | | | | 15:10 |
| 15:15 | | | | | | | 15:15 |
| 15:20 | P9 400m (13) | | | | | | 15:20 |
| 15:25 | | | | | | | 15:25 |
| 15:30 | | | | | P11 kula (10) | | 15:30 |
| 15:45 | | | | F13 längd (16) | | | 15:45 |
| 16:00 | P15+F15 800m (2+5) | | | | | | 16:00 |
| 16:05 | | | | | | | 16:05 |
| 16:10 | F11 600m (8) | | | | | | 16:10 |
| 16:15 | | | | | | | 16:15 |
| 16:20 | P13 600m (4) | | | | | | 16:20 |
| 16:25 | | | | | | | 16:25 |
| 16:30 | P11+F13 600m (3+3) | | | | | | 16:30 |