Skráin leygardagin						
Klokkan	**Spurtur**	**Miðteinur**	**Longdarlop**	**Bóltkast**	**Kúluvarp**	**Klingrukast**
11.00	Ge 14-15 (4)		Dr 12-13 (4)		Ge 16-17+	Dr 14-15 (3)
11.05	Ge 14-15 (4)				Ge 18-19	
11.10					(3+1)	
11.15	Ge 8-9 (6) Fin					
11.20	Ge 8-9 (4)					
11.25	Dr 8-9 (4)		Ge 14-15 (8)	Ge 8-9 (3)		
11.30					Dr 16-17 +	
11.35	Ge 10-11 (5) Fin				Dr 18-19	
11.40	Dr 10-11 (6) Fin			Dr 8-9 (7)	(1+1)	
11.45						
11.50	Ge 12-13 (4)					
11.55	Ge 12-13 (3)		Ge 8-9 (4)			
12.00						
12.05	Dr 12 -13 (5) Fin					
12.10				Ge 10-11 (5)	Ge 12-13	
12.15	Dr 14-15 (5) Fin				(7)	
12.20			Dr 8-9			
12.25	Ge 16-19 (2+2) F					
12.30						
12.35	Dr 16-19 (1+1) F			Dr 10-11 (9)		
12.40					Dr 12-13	
12.45						
12.50			Dr 14-15 (4)			
12.55			Dr 16-17 (2)			
13.00		Ge 10-11 (5)				
13.05						
13.10		Dr 10-11 (4)				Ge 14-15 (6)
13.15						
13.20		Ge 12-13 (5)				
13.25						
13.30		Dr 12-13 (3)				
13.35			Ge 12-13 (8)			
13.40		Ge 14-15 (4)				
13.45						
13.50		Dr 14-19				
13.55		(3+1+1)				
14.00						
14.05						
14.10	**4X100**					
14.15	Ge 10-11		Ge 16-19			
14.20	Dr 10-11		(2+2)			
14.25						
14.30	Ge 12-13					
14.35	Dr 12-13					
14.40						
14.45	Ge 14-19					
14.50	Dr 14-19					