

| | Sprint | Kogel | Ver | Hoog | 600/800 | |
|-------|------------|------------|--------------|------------------------------------|---------------------|-------|
| 14:00 | MPB/C/mini | JPA 1 | JPA 2 | jun D 2 matten (aanv.hoogte) | | 14:00 |
| 14:10 | JPB | | | | | |
| 14:20 | JPC/mini | MPB/C/mini | MPA | | | 14:20 |
| 14:30 | | | | | | |
| 14:40 | JPA1 | JPC/ mini | JPB | | | 14:40 |
| 14:50 | Jun C | | | | | |
| 15:00 | JPA2 | | MPB/ C/ mini | | 15:00 | |
| 15:10 | MPA | JPB | | | 15:10 | |
| 15:20 | | | | JPA 1 | | 15:20 |
| 15:30 | Jun D | JPA 2 | JPC / mini | jun C 2 matten (aanv.hoogte) | | 15:30 |
| 15:40 | | | | | | |
| 15:50 | | MPA | | | MPB/C/mini (1) | 15:50 |
| 16:00 | | | | | JPB (1) | 16:00 |
| 16:10 | | | | | Jun D (2) | 16:10 |
| 16:20 | | | | | JPA1 (1) & JPA2 (1) | 16:20 |
| 16:30 | | | | JPC/mini (1) | 16:30 | |
| 16:40 | | | | MPA (1) | 16:40 | |
| 16:50 | | | | MC (1) | 16:50 | |
| 17:00 | | | | | JC 800 | 17:00 |

| | | |
|----------|---------------|-----|
| 40 meter | balstoten 1kg | 600 |
| 60 meter | kogel 2kg | 800 |
| | gemengd!!! | |

| PB/C/mi | JPC/mini | JPB | MPA | JPA1 | JPA2 | Jun D | Jun C | | |
|-----------|-----------|----------|----------|----------|----------|----------|----------|-------|-------|
| 10 | 9 | 7 | 9 | 10 | 13 | 25 | 24 | | |
| 40m | | | | kogel | ver | hoog | | 14:00 | |
| | | 40m | | | | | | | 14:10 |
| balstoten | 40m | | ver | | | | | | 14:20 |
| | | | | | | | | | 14:30 |
| | balstoten | ver | | 60m | | | | | 14:40 |
| | | | | | | | | 60m | 14:50 |
| ver | | | | | 60m | | | | 15:00 |
| | | kogel | 60m | | | | | | 15:10 |
| | | | | ver | | | | | 15:20 |
| | | | | | kogel | | 60m | | 15:30 |
| | ver | | | | | | | 15:40 | |
| 600m (1) | | | kogel | | | | | 15:50 | |
| | | 600m (1) | | | | | | 16:00 | |
| | | | | | | 600m (2) | | 16:10 | |
| | | | | 600m (1) | | | | 16:20 | |
| | | | | | 600m (1) | | | 16:30 | |
| | 600m (1) | | | | | | | 16:40 | |
| | | | 600m (1) | | | | | 16:50 | |
| | | | | | | | 600/800m | 17:00 | |