

1. BETRI Stórkapping · 09 May, 2020

| Time | Gender | Event | Round | Age group |
|-------|--------|------------------|---------|-----------|
| 12:30 | Men | 100m | Final | U20 |
| 12:30 | Men | Discus Throw | Final | U14 |
| 12:30 | Men | 100m | Final | Senior |
| 12:30 | Men | Ball Throw | Final | U8 |
| 12:30 | Women | Ball Throw | Final | U8 |
| 12:30 | Women | Discus Throw | Final | U14 |
| 12:30 | Women | Triple Jump | Final | U16 |
| 12:35 | Men | 100m | Final | U18 |
| 12:35 | Men | 100m | Final | U16 |
| 12:40 | Women | 100m | Final | U18 |
| 12:45 | Women | 100m | Final | U20 |
| 12:45 | Women | 100m | Final | Senior |
| 12:45 | Men | Long Jump (Zone) | Final | U12 |
| 12:55 | Women | 60m | Final A | U10 |
| 13:00 | Women | 60m | Final B | U10 |
| 13:05 | Men | 60m | Final | U10 |
| 13:05 | Men | Triple Jump | Final | U18 |

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| 13:05 | Men | Triple Jump | Final | U20 |
| 13:05 | Women | Triple Jump | Final | U18 |
| 13:05 | Women | Triple Jump | Final | U20 |
| 13:05 | Women | Triple Jump | Final | Senior |
| 13:05 | Women | Discus Throw | Final | U16 |
| 13:05 | Men | Triple Jump | Final | Senior |
| 13:15 | Women | Ball Throw | Final | U10 |
| 13:20 | Women | Hammer Throw | Final | U20 |
| 13:20 | Women | 100m | Final | U14 |
| 13:20 | Women | Hammer Throw | Final | Senior |
| 13:25 | Men | 100m | Final | U14 |
| 13:30 | Women | 100m | Final | U12 |
| 13:35 | Men | 100m | Final | U12 |
| 13:35 | Men | Ball Throw | Final | U10 |
| 13:40 | Women | 100m | Final | U16 |
| 13:50 | Women | Ball Throw | Final | U12 |
| 13:50 | Men | Ball Throw | Final | U12 |

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| 14:05 | Men | Triple Jump (Zone) | Final | U14 |
| 14:05 | Women | Triple Jump (Zone) | Final | U14 |
| 14:10 | Women | 400m | Final | U10 |
| 14:15 | Men | Hammer Throw | Final | U20 |
| 14:15 | Men | 400m | Final | U10 |
| 14:15 | Women | Long Jump (Zone) | Final | U12 |
| 14:30 | Women | Discus Throw | Final | U18 |
| 14:40 | Women | Long Jump (Zone) | Final | U10 |
| 14:45 | Women | 600m | Final | U12 |
| 14:45 | Women | 600m | Final | U14 |
| 14:50 | Men | 600m | Final | U14 |
| 14:50 | Men | 600m | Final | U12 |
| 14:55 | Men | Long Jump (Zone) | Final | U10 |
| 15:00 | Women | 1000m | Final | U20 |
| 15:00 | Women | 1000m | Final | U16 |
| 15:00 | Women | 1000m | Final | Senior |
| 15:10 | Men | 1000m | Final | U16 |

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| 15:10 | Men | 1000m | Final | U20 |
| 15:10 | Men | 1000m | Final | Senior |
