

Tidsprogram Sky Is The Limit 2020 LÖRDAG

| Tid | Löpningar | Höjdmatta 1 | Höjdmatta 2 | Stavhopp | Längdhopp / Tresteg | Tid |
|-------|-----------------------------|--------------|----------------|------------------|---------------------|-------|
| 08:15 | | | | Inhopp | | 08:15 |
| 09:00 | | | | F14/F15/P14 Stav | | 09:00 |
| 09:10 | | Inhopp | Inhopp | | | 09:10 |
| 09:30 | | P14/P15 Höjd | F14/15/17 Höjd | | | 09:30 |
| 10:45 | | | | Inhopp | | 10:45 |
| 11:10 | | | | | Inhopp | 11:10 |
| 11:40 | | | | | M Längd | 11:40 |
| 11:45 | | | | F17/P15/P17 Stav | | 11:45 |
| 13:25 | | | | | Inhopp | 13:25 |
| 13:50 | | | | | | 13:50 |
| 13:55 | | | | Inhopp | K Tresteg | 13:55 |
| 14:50 | | | | M/K Stav | | 14:50 |
| 15:20 | | | | | Inhopp | 15:20 |
| 15:50 | | | | | M Tresteg / K Längd | 15:50 |
| 16:45 | | Inhopp | | | | 16:45 |
| 17:05 | P19 häck insläpp | | | | | 17:05 |
| 17:15 | P19 110m häck Heat 1 | M/K/P17 Höjd | | | | 17:15 |
| 17:20 | M 100m Heat 1-3 insläpp | | | | | 17:20 |
| 17:25 | | | | | | 17:25 |
| 17:30 | Män 100m Heat 1 | | | | | 17:30 |
| 17:35 | Män 100m Heat 2 | | | | | 17:35 |
| 17:40 | Män 100m Heat 3 | | | | | 17:40 |
| 17:45 | M 100m Heat 4-5 insläpp | | | | | 17:45 |
| 17:50 | Män 100m Heat 4 | | | | | 17:50 |
| 17:55 | Män 100m Heat 5 | | | | | 17:55 |
| 18:00 | K 100m Heat 1-2 insläpp | | | | | 18:00 |
| 18:05 | Kvinnor 100m Heat 1 | | | | | 18:05 |
| 18:10 | Kvinnor 100m Heat 2 | | | | | 18:10 |
| 18:15 | K 100m Heat 3-4 insläpp | | | | | 18:15 |
| 18:20 | Kvinnor 100m Heat 3 | | | | | 18:20 |
| 18:25 | Kvinnor 100m Heat 4 | | | | | 18:25 |
| 18:30 | | | | | | 18:30 |
| 18:35 | M 100m A+B Final insläpp | | | | | 18:35 |
| 18:40 | | | | | | 18:40 |
| 18:45 | Män 100m B Final | | | | | 18:45 |
| 18:50 | Män 100m A Final | | | | | 18:50 |
| 18:55 | K 100m A+B Final insläpp | | | | | 18:55 |
| 19:00 | Kvinnor 100m B Final | | | | | 19:00 |
| 19:05 | Kvinnor 100m A Final | | | | | 19:05 |
| 19:10 | | | | | | 19:10 |
| 19:15 | K 400m häck insläpp | | | | | 19:15 |
| 19:20 | | | | | | 19:20 |
| 19:25 | K 400m häck B Final | | | | | 19:25 |
| 19:30 | K 400m häck A Final | | | | | 19:30 |
| 19:35 | K 400m insläpp | | | | | 19:35 |
| 19:40 | | | | | | 19:40 |
| 19:45 | K 400m Heat 1 | | | | | 19:45 |
| 19:50 | | | | | | 19:50 |
| 19:55 | K 400m Heat 2 | | | | | 19:55 |
| 20:00 | | | | | | 20:00 |

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|-------|-------------------------|--|--|--|--|-------|
| 20:05 | K 400m Heat 3 | | | | | 20:05 |
| 20:10 | M 400m insläpp | | | | | 20:10 |
| 20:15 | K 400m Heat 4 | | | | | 20:15 |
| 20:20 | | | | | | 20:20 |
| 20:25 | M 400m Heat 1 | | | | | 20:25 |
| 20:30 | P15 1500m insläpp | | | | | 20:30 |
| 20:35 | P15 1500m | | | | | 20:35 |
| 20:40 | F15 1500m insläpp | | | | | 20:40 |
| 20:45 | F15 1500m | | | | | 20:45 |
| 20:50 | M 1500m C-Final insläpp | | | | | 20:50 |
| 20:55 | M 1500m C-Final | | | | | 20:55 |
| 21:00 | M 1500m B-Final insläpp | | | | | 21:00 |
| 21:05 | M 1500m B-Final | | | | | 21:05 |
| 21:10 | M 1500m A-Final insläpp | | | | | 21:10 |
| 21:15 | M 1500m A-Final | | | | | 21:15 |
| 21:20 | K 1500m A-Final insläpp | | | | | 21:20 |
| 21:25 | K 1500m A-Final | | | | | 21:25 |
| 21:30 | | | | | | 21:30 |