



Program minutowy:

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|-------|--------------|--------------|------------------|
| 14:30 | 400 K 1 | 17:00 | OTWARCIE |
| 14:34 | 400 K 2 | 17:14 | 400 K 4 |
| 14:38 | 400 K 3 | 17:26 | 200 K 8 |
| 14:43 | 800 M 1 | 17:33 | 200 M 10 |
| 14:45 | Skok w dal K | 17:42 | 800 K 3 |
| 14:48 | 800 M 2 | 17:53 | 800 M 5 |
| 14:53 | 800 M 3 | 18:00 | Skok w dal M |
| 14:58 | 800 M 4 | 18:05 | 1500 M |
| 15:04 | 800 K 1 | 18:15 | 100pł K 1 |
| 15:09 | 800 K 2 | 18:21 | 100pł K 2 |
| 15:15 | 600 K LDK 1 | 18:38 | 110pł M 1 |
| 15:20 | 600 K LDK 2 | 18:45 | 110pł M 2 |
| 15:25 | 200 K 1 | 19:05 | 4x80pł MIX |
| 15:28 | 200 K 2 | 19:20 | 100 K F |
| 15:31 | 200 K 4 | 19:30 | 100 M F |
| 15:34 | 200 K 5 | 19:39 | 5000 M |
| 15:38 | 200 K 6 | 20:04 | 5000 KiM Masters |
| 15:42 | 200 K 7 | | |
| 15:45 | 200 M 1 | | |
| 15:48 | 200 M 2 | | |
| 15:51 | 200 M 3 | | |
| 15:55 | 200 M 4 | | |
| 15:58 | 200 M 5 | | |
| 16:01 | 200 M 6 | | |
| 16:04 | 200 M 7 | | |
| 16:07 | 200 M 8 | | |
| 16:10 | 200 M 9 | | |
| 16:15 | 1000 M LDK 1 | | |
| 16:23 | 100 K 1 | | |
| 16:26 | 100 K 2 | | |
| 16:30 | 100 K 3 | | |
| 16:33 | 100 K 4 | | |
| 16:36 | 100 K 5 | | |
| 16:40 | 100 M 1 | | |
| 16:43 | 100 M 2 | | |
| 16:46 | 100 M 3 | | |
| 16:49 | 100 M 4 | | |
| 16:53 | 100 M 5 | | |
| 16:57 | 100 M 6 | | |