

| Mandag | | | | | | |
|-------------|---------------|---------------|---------------|--------------|------------|-----------|
| | A | B | C | Speilsal | Klatrevegg | Kiosk/sos |
| 13.30-14.30 | | | | | | FFO |
| 14.00-15.30 | Austevoll vgs | Austevoll vgs | Austevoll vgs | | | |
| 16.00-16.30 | | | | Kulturskulen | | |
| 16.30-17.00 | | | | Kulturskulen | | |
| 17.00-17.30 | G 2013 | G 2013 | | Kulturskulen | | |
| 17.30-18.00 | G 2013 | G 2013 | | Kulturskulen | | |
| 18.00-18.30 | | | | Kulturskulen | Klatring | |
| 18.30-19.00 | | | | | Klatring | |
| 19.00-19.30 | Badminton | Badminton | Badminton | | Klatring | |
| 19.30-20.00 | Badminton | Badminton | Badminton | | Klatring | |
| 20.00-20.30 | Badminton | Badminton | Badminton | | | |
| 20.30-21.00 | JR | JR | JR | | | |
| 21.00-21.30 | JR | JR | JR | | | |
| 21.30-22.00 | JR | JR | JR | | | |

| Tirsdag | | | | | | |
|-------------|---------------|------------------------|---------------|----------|------------|----------|
| | A | B | C | Speilsal | Klatrevegg | Kiosk/sr |
| 13.30-14.30 | | | | | | FFO |
| 14.00-15.30 | Austevoll vgs | Austevoll vgs | Austevoll vgs | | | |
| 16.00-16.30 | | | | | | |
| 16.30-17.00 | | | | | | |
| 17.00-17.30 | Småbarnstrim | Småbarnstrim | Småbarnstrim | | | |
| 17.30-18.00 | Småbarnstrim | Småbarnstrim | Småbarnstrim | | | |
| 18.00-18.30 | j 2010 | Idrettskulen | Idrettskule | | | |
| 18.30-19.00 | j 2010 | Idrettskulen | Idrettskule | | | |
| 19.00-19.30 | Volleyball D | Austevoll vidaregåande | | | | |
| 19.30-20.00 | Volleyball D | Austevoll vidaregåande | | | | |
| 20.00-20.30 | Volleyball D | Austevoll vidaregåande | | | | |
| 20.30-21.00 | | | | | | |
| 21.00-21.30 | | | | | | |
| 21.30-22.00 | | | | | | |

| Onsdag | | | | | | |
|-------------|-----------|-----------|-----------|----------|------------|----------|
| | A | B | C | Speilsal | Klatrevegg | Kiosk/sr |
| 13.30-14.30 | | | | | | FFO |
| 14.15-15.30 | | | | | | |
| 16.00-16.30 | | | | | | |
| 16.30-17.00 | | | | | | |
| 17.00-17.30 | J 2011 | G 2009 | J 2009 | | | |
| 17.30-18.00 | J 2011 | G 2009 | J 2009 | | | |
| 18.00-18.30 | Klatring | Friidrett | Friidrett | | Klatring | |
| 18.30-19.00 | Klatring | Friidrett | Friidrett | | Klatring | |
| 19.00-19.30 | Badminton | Badminton | Badminton | | | |
| 19.30-20.00 | Badminton | Badminton | Badminton | | | |
| 20.00-20.30 | Badminton | Badminton | Badminton | | | |
| 20.30-21.00 | JR | JR | Norgeshus | | | |
| 21.00-21.30 | JR | JR | Norgeshus | | | |
| 21.30-22.00 | JR | JR | Norgeshus | | | |

| Torsdag | | | | | | |
|-------------|---------------|---------------|---------------|----------|------------|----------|
| | A | B | C | Speilsal | Klatrevegg | Kiosk/sr |
| 13.30-14.30 | | | | | | FFO |
| 14.30-15.30 | Austevoll vgs | Austevoll vgs | Austevoll vgs | | | |
| 16.00-16.30 | | | | | | |
| 16.30-17.00 | | | | | | |
| 17.00-17.30 | j 2013 | | G 2009 | | | |
| 17.30-18.00 | j 2013 | | G 2009 | | | |
| 18.00-18.30 | G 2008 | G 2008 | G 2008 | | | |
| 18.30-19.00 | G 2008 | G 2008 | G 2008 | | | |
| 19.00-19.30 | Badminton | Badminton | Badminton | | | |
| 19.30-20.00 | Badminton | Badminton | Badminton | | | |
| 20.00-20.30 | Badminton | Badminton | Badminton | | | |
| 20.30-21.00 | Lerøy/KF | Lerøy/KF | Lerøy/KF | | | |
| 21.00-21.30 | Lerøy/KF | Lerøy/KF | Lerøy/KF | | | |
| 21.30-22.00 | Lerøy/KF | Lerøy/KF | Lerøy/KF | | | |

| Fredag | | | | | |
|-------------|-----------|-----------|-----------|----------|------------|
| | A | B | C | Speilsal | Klatrevegg |
| 07.00-08.00 | | | | | |
| 14.30-15.30 | | | | | |
| 16.00-16.30 | | | | | |
| 16.30-17.00 | | | | | |
| 17.00-17.30 | | | | | |
| 17.30-18.00 | | | | | |
| 18.00-18.30 | Friidrett | Friidrett | Friidrett | | |
| 18.30-19.00 | Friidrett | Friidrett | Friidrett | | |
| 19.00-19.30 | | | | | |
| 19.30-20.00 | | | | | |
| 20.00-20.30 | | | | | |
| 20.30-21.00 | | | | | |
| 21.00-21.30 | | | | | |
| 21.30-22.00 | | | | | |

| Søndag | | | | | |
|-------------|-----------|-----------|-----------|----------|------------|
| | A | B | C | Speilsal | Klatrevegg |
| | | | | | |
| 11.00-13.00 | | | | | |
| 13.00-14.30 | | | | | |
| 14.30-15.00 | | | | | |
| 15.00-16.00 | | | | | |
| 16.00-17.00 | | | | | |
| 17.00-18.00 | | | | | |
| 18.00-19.00 | Badminton | Badminton | Badminton | | |
| 19.00-19.30 | Badminton | Badminton | Badminton | | |
| 19.30-20.00 | Badminton | Badminton | Badminton | | |
| 20.00-20.30 | | | | | |
| 20.30-21.00 | | | | | |
| 21.00-21.30 | | | | | |
| 21.30-22.00 | | | | | |

