

Trening Dragvoll Flex start → Fredag 29. Mai

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| | | 11 - 11:30 | |
| | | Tore Landmark | |
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| | | 23 - 14:30 | |
| | | Roy Skogvold | |
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| 25 - 15:00 | | 27 - 15:30 | |
| Georg Hegge Hansen | | Kim Roger Flaten | |
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|-----------------------|-------------------|--|----------------------|
| 29 - 16:00 | 30 - 16:15 | | 32 - 16:45 |
| Christoffer Seljehaug | Håkon Kjelstrup | | Tore Stensaker Tefre |
| Trygve Leithaug | Tom Henrik Olsen | | |
| | Kjetil Lien | | |
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| | 34 - 17:15 | | |
| | Espen Smevik | | |
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| 41 - 19:00 | 42 - 19:15 | 43 - 19:30 | |
|-------------------|----------------------|-------------------|--|
| Bjørn Fjerstad | Eirik Grav | Edward Stenlund | |
| christer jonassen | Simen Tøndel Hopen | Rune Lindgård | |
| Daniel Valø | Audun «Hopen» Leraan | | |
| Marius Bang | | | |