

Dag, Måned, Dato	Trening # 1			Trening # 2			Trening # 3			Trening # 4		
	Tid	Gruppe	Sikkerhetsansvarlig	Tid	Gruppe	Sikkerhetsansvarlig	Tid	Gruppe	Sikkerhetsansvarlig	Tid	Gruppe	Sikkerhetsansvarlig
Tuesday, April 21, 2015	18:00 - 19:30	Junior 10-12	Jørn	19:30 - 21:00	Junior 10-12	Jørn						
Wednesday, April 22, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, April 23, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Ørjan / Jonette			
Friday, April 24, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Cathrine / Arve						
Saturday, April 25, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Lars Magne / Carina	14:00 - 16:00	Junior 13-16	Ørjan / Jonette	16:00 - 18:00	Ski 16+	
Sunday, April 26, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, April 27, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Stein						
Tuesday, April 28, 2015	18:00 - 19:30	Junior 10-12	Stig / Cecilie	19:30 - 21:00	Junior 10-12	Olav						
Wednesday, April 29, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, April 30, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Stein			
Friday, May 01, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Olav						
Saturday, May 02, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Cathrine / Arve	14:00 - 16:00	Junior 13-16	Stein	16:00 - 18:00	Ski 16+	
Sunday, May 03, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, May 04, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Ørjan / Jonette						
Tuesday, May 05, 2015	18:00 - 19:30	Junior 10-12	Siren / Kenneth	19:30 - 21:00	Junior 10-12	Jørn						
Wednesday, May 06, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, May 07, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Ørjan / Jonette			
Friday, May 08, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Margrethe / Pål						
Saturday, May 09, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Kristian	14:00 - 16:00	Junior 13-16	Ørjan / Jonette	16:00 - 18:00	Ski 16+	
Sunday, May 10, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, May 11, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Stein						
Tuesday, May 12, 2015	18:00 - 19:30	Junior 10-12	Mårten	19:30 - 21:00	Junior 10-12	Lars Magne / Carina						
Wednesday, May 13, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, May 14, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Stein			
Friday, May 15, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Cathrine / Arve						
Saturday, May 16, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Stig / Cecilie	14:00 - 16:00	Junior 13-16	Stein	16:00 - 18:00	Ski 16+	
Sunday, May 17, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, May 18, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Ørjan / Jonette						
Tuesday, May 19, 2015	18:00 - 19:30	Junior 10-12	Cathrine / Arve	19:30 - 21:00	Junior 10-12	Olav						
Wednesday, May 20, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, May 21, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Ørjan / Jonette			
Friday, May 22, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Olav						
Saturday, May 23, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Siren / Kenneth	14:00 - 16:00	Junior 13-16	Ørjan / Jonette	16:00 - 18:00	Ski 16+	
Sunday, May 24, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, May 25, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Stein						
Tuesday, May 26, 2015	18:00 - 19:30	Junior 10-12	Jørn	19:30 - 21:00	Junior 10-12	Jørn						
Wednesday, May 27, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, May 28, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Margrethe / Pål	19:00 - 21:00	Junior 13-16	Stein			
Friday, May 29, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Margrethe / Pål						
Saturday, May 30, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Kristian	14:00 - 16:00	Junior 13-16	Stein	16:00 - 18:00	Ski 16+	
Sunday, May 31, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, June 01, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Ørjan / Jonette						

Dag, Måned, Dato	Trening # 1			Trening # 2			Trening # 3			Trening # 4		
	Tid	Gruppe	Sikkerhetsansvarlig	Tid	Gruppe	Sikkerhetsansvarlig	Tid	Gruppe	Sikkerhetsansvarlig	Tid	Gruppe	Sikkerhetsansvarlig
Tuesday, June 02, 2015	18:00 - 19:30	Junior 10-12	Mårten	19:30 - 21:00	Junior 10-12	Lars Magne / Carina						
Wednesday, June 03, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, June 04, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Ørjan / Jonette			
Friday, June 05, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Cathrine / Arve						
Saturday, June 06, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Stig / Cecilie	14:00 - 16:00	Junior 13-16	Ørjan / Jonette	16:00 - 18:00	Ski 16+	
Sunday, June 07, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, June 08, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Stein						
Tuesday, June 09, 2015	18:00 - 19:30	Junior 10-12	Cathrine / Arve	19:30 - 21:00	Junior 10-12	Olav						
Wednesday, June 10, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, June 11, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Stein			
Friday, June 12, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Olav						
Saturday, June 13, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Siren / Kenneth	14:00 - 16:00	Junior 13-16	Stein	16:00 - 18:00	Ski 16+	
Sunday, June 14, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, June 15, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Ørjan / Jonette						
Tuesday, June 16, 2015	18:00 - 19:30	Junior 10-12	Kristian	19:30 - 21:00	Junior 10-12	Jørn						
Wednesday, June 17, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, June 18, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Ørjan / Jonette			
Friday, June 19, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Margrethe / Pål						
Saturday, June 20, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Mårten	14:00 - 16:00	Junior 13-16	Ørjan / Jonette	16:00 - 18:00	Ski 16+	
Sunday, June 21, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, June 22, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Stein						
Tuesday, June 23, 2015	18:00 - 19:30	Junior 10-12	Stig / Cecilie	19:30 - 21:00	Junior 10-12	Lars Magne / Carina						
Wednesday, June 24, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, June 25, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Stein			
Friday, June 26, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Cathrine / Arve						
Saturday, June 27, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Cathrine / Arve	14:00 - 16:00	Junior 13-16	Stein	16:00 - 18:00	Ski 16+	
Sunday, June 28, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, June 29, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Ørjan / Jonette						
Tuesday, June 30, 2015	18:00 - 19:30	Junior 10-12	Siren / Kenneth	19:30 - 21:00	Junior 10-12	Olav						
Wednesday, July 01, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, July 02, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Ørjan / Jonette			
Friday, July 03, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Olav						
Saturday, July 04, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Kristian	14:00 - 16:00	Junior 13-16	Ørjan / Jonette	16:00 - 18:00	Ski 16+	
Sunday, July 05, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, July 06, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Stein						
Tuesday, July 07, 2015	18:00 - 19:30	Junior 10-12	Mårten	19:30 - 21:00	Junior 10-12	Jørn						
Wednesday, July 08, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, July 09, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Stein			
Friday, July 10, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Margrethe / Pål						
Saturday, July 11, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Stig / Cecilie	14:00 - 16:00	Junior 13-16	Stein	16:00 - 18:00	Ski 16+	
Sunday, July 12, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, July 13, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Ørjan / Jonette						

Dag, Måned, Dato	Trening # 1			Trening # 2			Trening # 3			Trening # 4		
	Tid	Gruppe	Sikkerhetsansvarlig	Tid	Gruppe	Sikkerhetsansvarlig	Tid	Gruppe	Sikkerhetsansvarlig	Tid	Gruppe	Sikkerhetsansvarlig
Tuesday, July 14, 2015	18:00 - 19:30	Junior 10-12	Cathrine / Arve	19:30 - 21:00	Junior 10-12	Lars Magne / Carina						
Wednesday, July 15, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, July 16, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Ørjan / Jonette			
Friday, July 17, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Cathrine / Arve						
Saturday, July 18, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Siren / Kenneth	14:00 - 16:00	Junior 13-16	Ørjan / Jonette	16:00 - 18:00	Ski 16+	
Sunday, July 19, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, July 20, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Stein						
Tuesday, July 21, 2015	18:00 - 19:30	Junior 10-12	Kristian	19:30 - 21:00	Junior 10-12	Olav						
Wednesday, July 22, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, July 23, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Stein			
Friday, July 24, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Olav						
Saturday, July 25, 2015	10:00 - 12:00	Knøttejet	Lars Magne / Carina	12:00 - 14:00	Junior 10-12	Mårten	14:00 - 16:00	Junior 13-16	Stein	16:00 - 18:00	Ski 16+	
Sunday, July 26, 2015	13:00 - 14:00	Knøttejet	<b>Avtales</b>	14:00 - 15:00	Junior 10-12	<b>Avtales</b>	15:00 - 16:00	Junior 13-16	<b>Avtales</b>			
Monday, July 27, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Junior 13-16	Ørjan / Jonette						
Tuesday, July 28, 2015	18:00 - 19:30	Junior 10-12	Stig / Cecilie	19:30 - 21:00	Junior 10-12	Jørn						
Wednesday, July 29, 2015	07:00 - 19:00	Toppidrett	Tor / Robert	18:00 - 20:00	Ski 16+							
Thursday, July 30, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	17:00 - 19:00	Knøttejet	Lars Magne / Carina	19:00 - 21:00	Junior 13-16	Ørjan / Jonette			
Friday, July 31, 2015	07:00 - 09:00	Toppidrett	Tor / Robert	18:00 - 20:00	Jenter	Margrethe / Pål						