

Nye Vestnes																				
	1500				1600				1700				1800				1900			
	15	30	45	oo	15	30	45	oo	15	30	45	oo	15	30	45	oo	15	30	45	oo
man	MK akademiet						J 06 + Sentr G06				J16/Dame									
tirs							Sentrum G08				Sentrum + lme G2006									
tors			G14				Jenter 2006				Sentrum+ lme G2006									
Banen ved Speilen																				
	1500				1600				1700				1800				1900			
	15	30	45	oo	15	30	45	oo	15	30	45	oo	15	30	45	oo	15	30	45	oo
Tirs			mk				G2007				lme 2008									
Tors			Jenter 2007				lme 09/ sentrum 09				G2007									
Mandalshall (Gammel)																				
	1500				1600				1700				1800				Kan deles inn i 2 baner !			
	15	30	45	oo	15	30	45	oo	15	30	45	oo	15	30	45	oo				
Man																				
Tirs	mk				Frøysland 2009															
Ons	MK Akademi																			
Tors																				
Fre																				
Flerbrukshall																				
	1500				1600				1700				1800				Kan deles inn i 3 baner !			
	15	30	45	oo	15	30	45	oo	15	30	45	oo	15	30	45	oo				
Man	MK Akademi																			
tirs	Jente 2007				Sentrum 2009				Sent/Frøy 2010											
Tors	mk				Sentrum 2011															
Fre																				
Vassmyra skole																				
	1500				1600				1700				1800				1 Bane			
	15	30	45	oo	15	30	45	oo	15	30	45	oo	15	30	45	oo				
Man					mk				lme 2009											
Tirs					Jente 2011				Frøysland 2011				mk							
Ons					mk				lme 2011											
Fre					mk															
lme skole																				
	1600				1700				1800				1900				1 Bane			
	15	30	45	oo	15	30	45	oo	15	30	45	oo	15	30	45	oo				
Tirs	lme 2010																			
Tors									Jente 2009/10											
Fre																				