Schedule Oslo Indoor O	pen 2022		
Tåsen lørdag	Bane 1	Bane 2	Bane 3
KI 0900	Squad 1	Squad 2	Squad 3
KI 1200	Squad 7	Squad 8	Squad 9
KI 1500	Squad 4	Squad 5	Squad 6
Tåsen søndag	Bane 1	Bane 2	Bane 3
KI 0900	Squad 13	Squad 14	Squad 15
KI 1200	Squad 10	Squad 11	Squad 12
KI 1500	Squad 16	Squad 17	Squad 18
Sthanshaugen lørdag	Bane 1	Bane 2	Bane 3
KI 0900	Squad 4	Squad 5	Squad 6
KI 1200	Squad 10	Squad 11	Squad 12
KI 1500	Squad 1	Squad 2	Squad 3
Sthanshaugen søndag	Bane 1	Bane 2	Bane 3
KI 0900	Squad 16	Squad 17	Squad 18
KI 1200	Squad 7	Squad 8	Squad 9
KI 1500	Squad 13	Squad 14	Squad 15