

| | | baan 1 | baan 2 | baan 3 | baan 4 | baan 5 |
|------------|-------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| nr. | tijd | lange mat | minitrampoline | Pegases plank | airtumbling | Pegases plank |
| | | meisjes 8-12 B | turnsters senior C | turnsters senior C | jongens 10-16 C | Turners senior B |
| 22 | 13.25 | CGV Scheveningen | AVGV | Pro Patria 1 | Pro Patria 1 | CGV Zoetermeer |
| | | jongens 10-16 B | | | | |
| 23 | 13.25 | CGV Zoetermeer | CGV Scheveningen | Pro Patria 2 | Pro Patria 2 | |
| | | | | | meisjes 10-16 B | jongens 10-16 C |
| 24 | 13.40 | | Die Haghe | AVGV | OGAV | CGV Zoetermeer |
| | | turners senior B | | | meisjes 8-12 B | |
| 25 | 13.50 | CGV Zoetermeer | CGV Zoetermeer | FIT | CGV Scheveningen | Pro Patria 1 |
| | | | | | turnsters senior C | |
| 26 | 14.00 | | TOOS | CGV Scheveningen | Pro Patria 1 | Pro Patria 2 |
| | | minitrampoline | | | | Pegases minitramp. |
| | | jongens 10 16 C | | | | Turners senior B |
| 27 | 14.10 | CGV Zoetermeer | DOS Noordwijk 1 | OKK Nieuwkoop | Pro Patria 2 | CGV Zoetermeer |
| | | | | | | meisjes 8-12 B |
| 28 | 14.20 | Pro Patria 1 | FIT | GIOS | AVGV | CGV Scheveningen |
| 29 | 14.30 | Pro Patria 2 | DOS Noordwijk 2 | K&V | Die Haghe | |
| | | lange mat | | tafel minitramp. | | |
| | | turnsters senior C | | turners senior B | | turnsters senior C |
| 30 | 14.40 | CGV Zoetermeer | OKK Nieuwkoop | CGV Zoetermeer | CGV Scheveningen | Pro Patria 1 |
| | | | | jongens 10-16 C | | |
| 31 | 14.50 | | K&V | CGV Zoetermeer | OKK Nieuwkoop | Pro Patria 2 |
| 32 | 15.00 | AVGV | GIOS 1 | Pro Patria 1 | TOOS | DOS Noordwijk |
| 33 | 15.10 | CGV Scheveningen | GIOS 2 | Pro Patria 2 | FIT | Die Haghe |
| 34 | 15.20 | K&V | Pro Patria 1 | | DOS Noordwijk 1 | CGV Zoetermeer |
| 35 | 15.30 | OKK Nieuwkoop | Pro Patria 2 | | DOS Noordwijk 2 | FIT |
| | | | jongens 10-16 B | turnsters senior C | | |
| 36 | 15.40 | DOS Noordwijk | CGV Zoetermeer | Die Haghe | K&V | TOOS |
| | | kast plankoline | | | | |
| | | meisjes 8-12 B | meisjes 10-16 B | | | |
| 37 | 15.50 | CGV Scheveningen | OGAV | FIT | GIOS 1 | CGV Scheveningen |
| | | Pegases minitramp. | turners senior B | | | |
| | | jongens 10-16 C | | | | |
| 38 | 16.00 | CGV Zoetermeer | CGV Zoetermeer | Pro Patria 1 | GIOS 2 | OKK Nieuwkoop |
| | | | meisjes 8-12 B | | | |
| 39 | 16.10 | Pro Patria 1 | CGV Scheveningen | Pro Patria 2 | | K&V |
| 40 | 16.20 | Pro Patria 2 | | OKK Nieuwkoop | CGV Zoetermeer | GIOS |

16.40 einde wedstrijd waarna zo snel mogelijk prijsuitreiking