

| | Mandag | | | Tirsdag | | | Onsdag | | | Torsdag | | Fredag | | |
|---------------------|--------|-------|-------|---------|-------|-------|--------|-------|-------|---------|-------|--------|-------|-------|
| | 12-14 | 14-16 | 16-18 | 12-14 | 14-16 | 16-18 | 12-14 | 14-16 | 16-18 | 12-14 | 14-16 | 16-18 | 12-14 | 14-16 |
| Eyvind Evensen | | | | | S7 | | | | | | | | S7 | S7 |
| Camilla Sterud | S7 | | | | | | S7 | | | S7 | | | | |
| Andreas Oslandsbotn | S7 | S7 | S7 | | | | | | | | | | | |
| Einar Aalvik | | | | | S7 | | | | | | | | S7 | S7 |
| Ragne Røstbakken | | | | | S7 | S7 | | | | | | S7 | | |
| Rolf Nygaard | | | | | | | | | | S7 | S7 | S7 | | |
| Valdemar Rolfsen | | | | | | | | | | | | S7 | S7 | S7 |
| Johannes Eskilt | | | | | | S7 | | S7 | S7/S8 | | | | | |
| Dag Drejer | | | | | | | S7 | S7 | | | S7 | | | |
| Sondre Baugstø | S7 | S7 | S7 | | | | | | | | | | | |
| Stian Mydland | S8 | S8 | | | | | | | | | S7 | | | |
| Mina Ryssdal | | | | | | | S7 | S7 | | | S8 | | | |
| Lars Kristiansen | | | | S8 | S8 | | | | | S7 | | | | |
| Jørgen Gustavsen | | | | | | | S8 | S8 | | | S8 | | | |
| Andreas Våge | | | | | | | S8 | S8 | | S8 | | | | |
| Pål Bergerskogen | | | | S8 | S8 | S8 | | | | | | | | |
| Sondre Galtung | | | | | S8 | | S8 | S8 | | | | | | |
| Martin Duy Tat | | S8 | | | | | | | | S7/S8 | S8 | | | |
| Håvard Arnestad | | | | | | S8 | | | | | | | S8 | S8 |
| Espen Velsvik | | S8 | | | | S8 | | | | S7/S8 | | | | |
| Lingya Wang | S8 | | | | | | | | | | | S8 | S8 | |
| Sebastian Sund | | S7 | S7 | | | | | | | | | | S8 | |
| Anette Uttisrud | S8 | | | | | | S7/S8 | | | S8 | | | | |
| Rikke Mohn | | | S8 | S7 | | | | | | | | S8 | | |
| Martin Næss | | | | S7 | | | | | | S8 | | | | |