| Datum | Namn | | Nivå | Arrangör | Ort |
|---|---|---|---|---|---|
| **FEBRUARI** | | | | | |
| ***01-Feb*** | ***ISkM 3000 m*** | | *SkM* | *Björnstorps IF&Ystads IF* | *Malmö* |
| **14-Feb** | **ISkM 1500 m** | Inbjudan | SkM | Heleneholms IF | Malmö |
| | | | | | |
| **MARS** | | | | | |
| **26-Mar** | **Ryssbergsloppet** | | | IK Ryssberget | Sölvesborg |
| | | | | | |
| **APRIL** | | | | | |
| **17-Apr** | **5 km landsväg** | | SkM* | IS Göta | Helsingbor |
| **11-Apr** | **10 km landsväg** | | SkM* | Ystads IF FIF | Ystad |
| | | | | | |
| **MAJ** | | | | | |
| **01-May** | **RISEN-loppet** | | | Genarps IF | Genarp |
| **06-May** | **10 000 m** | | SkM* | IS Göta | Helsingbor |
| | | | | | |
| **JUNI** | | | | | |
| ***06-Jun*** | ***3 000 m*** | | *SkM** | *Björnstorps IF* | *Lund* |
| **06-Jun** | **Hildesborgsloppet** | | | GF Idrott | Landskron |
| ***13-Jun*** | ***400 m*** | | *SkM* | *Ystads IF FIF* | *Ystad* |
| ***13-Jun*** | ***200 m*** | | *SkM* | *Ystads IF FIF* | *Ystad* |
| ***24-Jun*** | ***5 000 m*** | | *SkM** | *Ystads IF FIF* | *Ystad* |
| | | | | | |
| **JULI** | | | | | |
| **06-Jul** | **Wallanderloppet** | | | Ystads IF FIF | Ystad |
| **07-Jul** | **Hörby Marknadslopp** | | | Frosta OK | Hörby |
| ***28-Jul*** | ***800 m*** | | *SkM** | *Höörs IS* | *Höör* |
| | | | | | |
| **AUGUSTI** | | | | | |
| **06-Aug** | **Kullaloppet (Rörum)** | | | Simrishamns AIF | Rörum |
| **08-Aug** | **Kullamilen (Höganäs)** | | | Höganäs Friidrott | Höganäs |
| ***19-Aug*** | ***1500 m*** | | *SkM** | *Heleneholms IF* | *Malmö* |
| **21-Aug** | **Landskrona halvmarathon** | | SkM* | GF Idrott | Landskron |
| | | | | | |
| **SEPTEMBER** | | | | | |
| **04-Sept** | **Helsingborg Marathon** | | SkM* ?? | Runners Soc Athletes | Helsingbor |
| ***19-Sept*** | ***Göinge Spring 10km landsväg*** | | | *Hässleholm Freeflow* | *Hässleholn* |
| | | | | | |
| **OKTOBER** | | | | | |
| **03-Oct** | **Helsingborgs Terränglopp** | | SkM* | IS Göta | Helsingbor |
| **31-Oct** | **Yddingeloppet** | | | Heleneholms IF | Torup |

