Nordlaks Festspill-lekene 2024 Dag 1 - lørdag 22. juni

Tidsskjema

Arr.: IK Hind, Stangnes Idrettspark, Harstad

KL.	LØP	LENGDE	TRESTEG/ LENGDE	HØYDE	STAV	LITEN BALL	KULE	SLEGGE	SPYD	KL.
10:30					G12(1)+G14(1)+G15(1)					
					G16(1)+J13(1)+J14(1)+					
12:00	**60mHK G-rekrutt**		***Lengde***	*J15(3)+J16(2)+KV35-39(*	J15(2)+J18-19(1)		*J11(4)+J12(6)+J13(6)*	*G15(1)+G16(1)*		12:00
12:05	*(Hekker lav, valgfri)*		*G11(4)+G12(3)+G13(5)*	*6x8=48 hopp(ca)*	9x8=ca 72 hopp		*16 x 6 = 96 støt*	*J15(2)+J16(1)+J18-19(1)*		12:05
12:10	**60mHK J-rekrutt**	*G-rekrutt (8)+*	*12 x 6 = 72 hopp*	***Hopp-team 2***	**Ferdig ca 11:45**		***Kast-team 1***	*9x6=54 kast*		12:10
12:15	*(Hekker lav, valgfri)*	*G-T/F40(1), 4 hopp*	***Hopp-team 1***		***Hopp-team 4***			***Kast-team 2***		12:15
12:20		*9 x 4 = 36 hopp*								12:20
12:25		***Hopp-team 1***								12:25
12:30	**300mHK G15(1)+G16(2)**	*Nordre grop*								12:30
12:35	*(Hekker 76,2/ 35 m + 84/ 35 m)*									12:35
12:40	**300mHK J15(4)+J16(1)**									12:40
12:45	*(Hekker 76,2/ 35 m + 76,2/ 35 m)*	*J-rekrutt (13), 4 hopp*								12:45
12:50	**400mHK MS(1)**	*13 x 4 = 52 hopp*								12:50
12:55	*(Hekker 91,4/ 35 m)*	***Hopp-team 1***	***Tresteg***					*J13(5)+J14(7)+J17(1)*		12:55
13:00			*J15(3)+J18-19(1)*					*13 x 6 = 78 kast*		13:00
13:05	**200mHK G13(4)+G14(1)**	*Nordre grop*	*4 x 6 = 24 hopp*	*J11(2)+J12(3)*				***Kast-team 2***		13:05
13:10	*(Hekker 68/ 18,29 m + 76,2/ 18,29 m)*		***Hopp-team 2***	*5x8=40 hopp (ca)*		*G-rekrutt (7)+*				13:10
13:15	**200mHK J13(4)+J14(2)**		*Søndre grop*	***Hopp-team 2***		*4 kast*				13:15
13:20	*(Hekker 68/ 19 m + 76,2/ 19 m)*					*7 x 4 = 28 kast*				13:20
13:25						***Kast-team 1***				13:25
13:30	**600m G12(1) + J12(3)**									13:30
13:35									*G15(5)+G16(2)+MS(1)*	13:35
13:40	**100m MS Para (1)**								*8 x 6 = 48 kast*	13:40
13:45									*nordre spydtiløp*	13:45
13:50	**60m FIFA Harstad (5) - H1**								***Kast-team 3***	13:50
13:55	**60m FIFA Harstad (4) - H2**			*J13(7)+J14(2)*				*G11(2)+G12(2)+G13(3)+*		13:55
14:00				*9x8=ca 72 hopp (ca)*		*J-rekrutt (12), 4 kast*		*G14(1), 8 x 6 = 48 kast*		14:00
14:05				***Hopp-team 2***		*12 x 4 = 48 kast*		***Kast-team 2***		14:05
14:10						***Kast-team 1***				14:10
14:15	**800m G14(1)+G15(2)+J13(1)+J14(1)+**									14:15
14:20	**J15(2)+J16(1)**									14:20
14:25	**800m G16(2)+J18-19(1)+MS(1)+MV50-54(1)**									14:25
14:30	**400m MS Para (1)**									14:30
14:35										14:35
14:40										14:40
14:45	**200 m G 11(2)+G12(4)**									14:45
14:50	**200 m G13(6)**						*J14(6)+J15(2)+J16(2)+*			14:50
14:55	**200 m G14(3)+G15(3)**					*FIFA Harstad (9)*	*J18-19(2)+KV50-54(1)*			14:55
15:00	**200 m G16(1)+G18-19(2)+MS(1)**					*10 x 4 = 40 kast*	*13 x 6 = 78 støt*			15:00
15:05						***Kast-team 1***	***Kast-team 1***			15:05
15:10	**200 m J11(2)+J12(4)**							*J11(1)+J12(3)*		15:10
15:15	**200 m J13(6)**		***Lengde***					*4 x 6 = 24 kast*	*G11(4)+G12(2)+G13(5)*	15:15
15:20	**200 m J14(5)**		*G14(3)+G15(5)+G16(2)+*					***Kast-team 2***	*+G14(1), 12 x 6 = 72*	15:20
15:25	**200 m J15(4)-H1**		*10 x 6 = 60 hopp*						***Kast-team 3***	15:25
15:30	**200 m J15(4)-H2**		***Hopp-team 1***						*nordre spydtiløp*	15:30
15:35	**200 m J16(3)+J18-19(3)**									15:35
15:40										15:40
15:45										15:45
15:50										15:50
15:55										15:55
16:00										16:00
16:05										16:05
16:10	**1500 m hinder G15(2)+G16(1)+**									16:10
16:15	**J15(1)+J17(1)**									16:15
16:20										16:20
16:25										16:25
16:30										16:30