

KL.	LØP	LENGDE/ TRESTEG	HØYDE	KULE	SPYD	DISKOS	KL.
		<b>Tresteg</b>					
10:00	<b>søndag</b>	G15(2)		G11(2)+G12(2)+G13(3)+	J11(3)+J12(4)+J13(3)+J14(5)	J15(7)+J16(1)+J18-19(1)+	10:00
10:05		2 x 6 = 24 hopp		G14(2), 9 x 6 = 54 støt	15 x 6 = 90 kast	KV35-39(1)	10:05
10:10	<b>100m HK, G15(2)+G16(4)</b>	<b>Hopp-team 2</b>		<b>Kast-team 1</b>		10 x 6 = 60 kast	10:10
10:15	(Hekker 84/ 8,5m + 91,4/ 8,5m)	Søndre grop			<b>Kast-team 2</b>		10:15
10:20	<b>80 mHK G14(1)+J16(1)</b>					<b>Kast-team 3</b>	10:20
10:25	(Hekker 84/ 7,5m(ny) + 76,2/ 8m)						10:25
10:30							10:30
10:35							10:35
10:40		<b>Lengde</b>					10:40
10:45		J15(5)+J16(4)+				G15(5)+G16(2)+MV45-49(1)	10:45
10:50	<b>60mHK, G12(1)+G13(3)</b>	J18-19(2)+KV50-54(1)				8 x 6 = 48 kast	10:50
10:55	(Hekker 76,2/7m + 76,2/7,5m)	12 x 6 = 72 hopp					10:55
11:00	<b>60mHK, J11(2)+J12(2)</b>	<b>Hopp-team 1</b>				<b>Kast-team 3</b>	11:00
11:05	(Hekker 68/6,5m + 68(ny)/7m)						11:05
11:10	<b>60mHK, J13(3)+J14(1)</b>	Søndre grop					11:10
11:15	(Hekker 68(ny)/7,5m + 76,2/7,5m)						11:15
11:20	<b>60m G-rekruutt, 6-9år (5)</b>						11:20
11:25	<b>60m J-rekruutt, 6-9år (7)</b>						11:25
11:30	<b>60m G/J-rekruutt, 10år (8)</b>			G15(4)+G16(1)+MV45-49(1)			11:30
11:35	<b>40m G T/F40(1)</b>			6 x 6 = 36 støt			11:35
11:40				<b>Kast-team 1</b>			11:40
11:45	<b>60m J11(7)</b>						11:45
11:50	<b>60m J12(5)</b>	<b>Lengde</b>					11:50
11:55	<b>60m J13(7)</b>	J11(6)+J12(7) 6 hopp					11:55
12:00	<b>60m J14(6)</b>	13 x 6 = 78 hopp					12:00
12:05	<b>60m G11(4)+G12(2)</b>	<b>Hopp-team 1</b>					12:05
12:10	<b>60m G13(6)+G14(2)</b>		G11(1)+G12(3)				12:10
12:15		Søndre grop	4x8= ca 32 hopp	G-Rekruutt(6)		G13(3)+G14(2)+J13(3)+J14(4)	12:15
12:20	<b>100m G15(5)+G16(2)+G18-19(1)</b>			6 x 6 = 36 støt		12 x 6 = 72 kast	12:20
12:25	<b>100m J15(7)</b>		<b>Hopp-team 2</b>	<b>Kast-team 1</b>			12:25
12:30	<b>100m J16(4)+J17(1)+J18-19(2)</b>					<b>Kast-team 3</b>	12:30
12:35							12:35
12:40	<b>1500m J13(2)+J14(1)</b>						12:40
12:45							12:45
12:50				J-Rekruutt(9)			12:50
12:55	<b>1000m Kappgang G15(1)+J15(1)+</b>			6 x 6 = 36 støt			12:55
13:00	<b>J18-19(1)</b>			<b>Kast-team 1</b>			13:00
13:05	<b>1000m kappgang (J11(2)+J12(1)+G13(1)</b>	<b>Lengde</b>					13:05
13:10		J13(7)+J14(6) 6 hopp			J15(4)+J16(2)+J18-19(3)		13:15
13:15	<b>3000 m MS(2)+MV45-49(1)</b>	13 x 6 = 78 hopp			9 x 6 = 48 kast		13:20
13:20		<b>Hopp-team 1</b>	G13(3)+G14(1)+G15(2)+				13:25
13:25			G16(1), 7x8 = ca 56 hopp		<b>Kast-team 2</b>		13:30
13:30	<b>400m G-rekruutt(8)</b>	Søndre grop					13:35
13:35	<b>400m J-Rekruutt(8)</b>		<b>Hopp-team 2</b>				13:40
13:40							13:45
13:45							13:50
13:50	<b>400m G11(2)+G12(2)+G13(2)</b>						13:55
13:55	<b>400m G15(1)+G16(3)</b>						14:00
14:00	<b>400m G18-19(2)+MS(2)</b>						14:05
14:05							14:10
14:10	<b>400m J11(1)+J12(3)+J13(2)</b>						14:15
14:15	<b>400m J14(2)+J15(2)+J17(1)</b>						14:20
14:20							