

## Tidsskjema

Start Klasse Antall Beskrivelse / Sted

## 100 m hekk

11:40:00	G-15	2	84,0 8,5
11:40:00	G-16	2	91,4 8,5m
11:40:00	J-18-19	1	84,0 8,5m

## 1500 m

14:30:00	G-15	2	
14:30:00	G-16	3	
14:30:00	G-17	1	
14:30:00	G-18-19	1	
14:30:00	J-15		
14:30:00	J-16	2	
14:30:00	J-17		
14:30:00	J-18-19		

## 200 m

12:00:00	J-13	9	
12:10:00	J-12	6	
12:15:00	G-11	8	
12:20:00	G-12	9	
12:30:00	J-14	7	
12:35:00	G-13	9	
12:45:00	G-14	6	
12:50:00	G-15	3	
12:55:00	J-11	5	
13:00:00	J-15	8	
13:15:00	G-16		
13:15:00	J-16		

Start Klasse Antall Info 1

## 4 x 100m stafett

15:00:00	J 13-14		
15:10:00	G 13-14		
15:20:00	G 15-19		
15:40:00	J 15-19		

## 4 x 60m stafett

15:30:00	G 11-12		
15:30:00	J 11-12		

## 400 m

13:20:00	J-17	4	
13:20:00	J-18-19	1	
13:25:00	G-17	2	
13:25:00	G-18-19	5	

## 60 m hekk

11:00:00	J-13	4	76,2 7,5m
11:05:00	J-14	3	76,2 7,5m
11:10:00	G-12	7	76,2 7m
11:10:00	J-12	1	76,2 7m
11:15:00	G-11	7	68,0 6,5m
11:15:00	G-13	3	76,2 7,5m
11:15:00	J-11	3	68,0 6,5m

## 80 m hekk

11:25:00	J-15	2	76,2 8m
11:25:00	J-16	3	76,2 8m
11:30:00	G-14	3	84,0 8m

Start Klasse Antall Info 1

## Diskos

11:10:00	G-16	1	1,5kg
11:10:00	G-17		1,5kg
11:10:00	G-18-19	2	1,75kg
11:10:00	J-15	2	0,75kg
11:10:00	J-16	4	1,0kg
11:40:00	J-14		0,75kg
13:10:00	J-11	1	0,6kg
13:10:00	J-12	1	0,6kg
13:10:00	J-13	3	0,6kg
13:40:00	G-11	5	0,6kg
14:10:00	G-12	5	0,75kg
14:10:00	G-13	3	0,75kg
14:10:00	G-14	3	1,0kg
14:10:00	G-15	1	1,0kg

## Høyde

11:30:00	J-11	2	
11:30:00	J-12	3	
12:20:00	J-13	5	
12:20:00	J-14	4	
14:00:00	J-15	5	
14:00:00	J-16	4	
14:00:00	J-17		
14:00:00	J-18-19	1	

## Tidsskjema

Start	Klasse	Antall	Beskrivelse / Sted
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## Kule

11:05:00	J-13	6	2,0kg
12:15:00	J-11	5	2,0kg
12:35:00	J-12	4	2,0kg
13:10:00	J-14	3	3,0kg
13:10:00	J-15	4	3,0kg
13:10:00	J-16	2	3,0kg
13:10:00	J-17	1	3,0kg
13:10:00	J-18/19		

## Lengde

11:00:00	G-11	7	
11:00:00	G-18-19	2	
11:55:00	G-13	9	
12:10:00	G-17		
12:45:00	G-12	10	
13:25:00	G-14	4	
13:25:00	G-15	1	
13:25:00	G-16	1	

## Spyd

11:10:00	G-14	3	600gr
11:10:00	G-15	1	600gr
11:40:00	G-16	1	700gr
11:40:00	G-17	1	700gr
12:50:00	G-11	7	400gr
12:50:00	G-12	6	400gr
12:50:00	G-13	4	400gr
12:50:00	G-18/19		

Start	Klasse	Antall	Info 1
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## Stav

11:10:00	G-11	2	
11:10:00	G-12	2	
11:10:00	G-13	3	
11:10:00	G-14	2	
12:25:00	G-15		
12:25:00	G-16	1	

## Tresteg

14:00:00	J-13	5	
14:30:00	J-11	1	
14:30:00	J-12	1	
14:30:00	J-14	3	
15:00:00	J-15	6	
15:00:00	J-16	2	
15:00:00	J-18-19	1	
15:30:00	J-17		

Start	Klasse	Antall	Info 1
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