

Tidsskjema Lørdag 13. september 2025							
	Løp	Klasse	Stav	Lengde 1 (S)	Lengde 2	Kule	Diskos
09:30			Bussavgang 1 (J13+J14)				
10:20			J14 (4)				
10:50			Bussavgang 2 (G13)				
11:15			Returbuss J14				
11:15			J13 (3)				
12:00	INNMARSJ OG ÅPNING						
12:15			Retur buss (J13)				
12:15			G13				
12:30	60mhk (76,2/7,5)	J14 forsøk	Bussavgang 3 (G14)			G13 (11)	
12:35							
12:40							J14 (6)
12:45				J13 (18)	G14 (13)		
12:50-13:10							
13:15			Returbuss (G13)				
13:15-14:00			G14				
13:20	60mhk (76,2/7,5)	G13 finale				J14 (9)	
13:25							
13:30	60mhk (76,2/7,5)	J14 Finale					
13:35							
13:40	60mhk (68/7,5)	J13 Finale					J13 (7)
13:45							
13:50	80mhk (83,8/8)	G14 finale					
13:55							
14:00							
14:05	200m	G13					
14:10	200m	G13					
14:15	200m	J14	Returbuss G14)	G13 (6)			
14:20	200m	J14					
14:25	200m	J13				J14 (15)	
14:30	200m	J13					G14 (6)
14:35	200m	G14				J13 (10)	
14:40-14:55							
15:00	600m	J14					
15:05							
15:10	600m	G13					
15:15							
15:20	600m	G14					
15:25							
15:30	600m	J13				G14 (12)	G13 (9)
15:35-15:45							
15:50	1000m kap	J13 + J14					
15:55							
16:00	1000m kap	G13 + G14					
16:05							
16:10							
16:15	Stafett	10x80m					