

Tidsskjema Søndag 14. september 2025						
	Løp	Klasse	Spyd	Høyde	Tresteg	Slegge
10:00			J13 (6)	J14 (7)		G14 (5)
10:05					G14 (6)	
10:10-10:20						
10:25	200mhk	J13				
10:30						
10:35	200mhk	J14				
10:40	200mhk	J14				G13 (7)
10:45						
10:50	200mhk	G14				
10:55						
11:00	200mhk	G13	G14 (7)		J14 (10)	
11:05						
11:10				G13 (11)		
11:15	60m	J13 (18)				
11:20	60m	J13				
11:25	60m	J13				
11:30						
11:35	60m	J14 (19)				
11:40	60m	J14				
11:45	60m	J14				
11:50						J13 (7)
11:55	60m	G13 (11)				
12:00	60m	G13				
12:05			J14 (10)			
12:10	60m	G14 (14)				
12:15	60m	G14			G13 (4)	
12:20						
12:25	60m	J13 Finale				
12:30				J13 (8)		
12:35						
12:40	60m	J14 Finale				
12:45						
12:50						
12:55	60m	G13 Finale				J14 (6)
13:00						
13:05						
13:10	60m	G14 Finale				
13:15			G13 (5)			
13:20				G14 (11)	J13 (10)	
13:25						
13:30						
13:35	1500m	J14				
13:40						
13:45						
13:50	1500m	J13				
13:55						
14:00	1500m	G13				
14:05						
14:10	1500m	G14				
14:15						
14:20	Stafett	8x200m				
14:25						
14:30	Avslutning					