

Tidsskjema



Øvelse start	Klasse	Øvelse		Info	Øvelse start	Frist avkryssing	Callroom åpner	Callroom lukker	Innmasj
--------------	--------	--------	--	------	--------------	------------------	----------------	-----------------	---------

Fredag 6. mars

60m hekk

14:00	J16	60m hekk (forsøk)	Heat 1	76,2cm/8m	14:00	11:00	13:39	13:44	13:52
14:03	J16	60m hekk (forsøk)	Heat 2	76,2cm/8m	14:03	11:03	13:42	13:47	13:55
14:11	J17	60m hekk (forsøk)	Heat 1	76,2cm/8,5m	14:11	11:11	13:50	13:55	14:03
14:14	J17	60m hekk (forsøk)	Heat 2	76,2cm/8,5m	14:14	11:14	13:53	13:58	14:06
14:22	KU20	60m hekk (forsøk)	Heat 1	84,0cm/8,5m	14:22	11:22	14:01	14:06	14:14
14:25	KU20	60m hekk (forsøk)	Heat 2	84,0cm/8,5m	14:25	11:25	14:04	14:09	14:17
14:28	G15	60m hekk (forsøk)	Heat 1	84,0cm/8,5m	14:28	11:28	14:07	14:12	14:20
14:31	G15	60m hekk (forsøk)	Heat 2	84,0cm/8,5m	14:31	11:31	14:10	14:15	14:23

14:45	MU23	60m hekk (Direkte finale)		106,7cm/9,14m	14:45	11:45	14:24	14:29	14:37
14:53	MU20	60m hekk (Direkte finale)		100cm/9,14m	14:53	11:53	14:32	14:37	14:45
15:01	G17	60m hekk (Direkte finale)		91,4cm/9,14m	15:01	12:01	14:40	14:45	14:53
15:14	G16	60m hekk (Direkte finale)		91,4cm/8,5m	15:14	12:14	14:53	14:58	15:06
15:27	KU23	60m hekk (Direkte finale)		84,0cm/8,5m	15:27	12:27	15:06	15:11	15:19
15:35	KU20	60m hekk (Finale)		84,0cm/8,5m	15:35		15:14	15:19	15:27
15:38	G15	60m hekk (Finale)		84,0cm/8,5m	15:38		15:17	15:22	15:30
15:46	J17	60m hekk (Finale)		76,2cm/8,5m	15:46		15:25	15:30	15:38
15:59	J16	60m hekk (Finale)		76,2cm/8m	15:59		15:38	15:43	15:51
16:07	J15	60m hekk (Direkte finale)		76,2cm/8m	16:07	13:07	15:46	15:51	15:59

60m forsøk

16:15	KU20	60m forsøk	Heat 1		16:15	13:15	15:54	15:59	16:07
16:18	KU20	60m forsøk	Heat 2		16:18	13:18	15:57	16:02	16:10
16:21	KU20	60m forsøk	Heat 3		16:21	13:21	16:00	16:05	16:13
16:24	MU20	60m forsøk	Heat 1		16:24	13:24	16:03	16:08	16:16
16:27	MU20	60m forsøk	Heat 2		16:27	13:27	16:06	16:11	16:19
16:30	MU20	60m forsøk	Heat 3		16:30	13:30	16:09	16:14	16:22
16:33	MU20	60m forsøk	Heat 4		16:33	13:33	16:12	16:17	16:25
16:36	MU20	60m forsøk	Heat 5		16:36	13:36	16:15	16:20	16:28
16:39	MU20	60m forsøk	Heat 6		16:39	13:39	16:18	16:23	16:31
16:42	MU23	60m forsøk	Heat 1		16:42	13:42	16:21	16:26	16:34
16:45	MU23	60m forsøk	Heat 2		16:45	13:45	16:24	16:29	16:37
16:48	MU23	60m forsøk	Heat 3		16:48	13:48	16:27	16:32	16:40
16:51	MU23	60m forsøk	Heat 4		16:51	13:51	16:30	16:35	16:43
16:54	KU23	60m forsøk	Heat 1		16:54	13:54	16:33	16:38	16:46
16:57	KU23	60m forsøk	Heat 2		16:57	13:57	16:36	16:41	16:49

17:05

ÅPNING AV UM 2026

400m

17:25	KU23	400m	Heat 1		17:25	14:25	17:07	17:12	17:17
17:29	KU23	400m	Heat 2		17:29	14:29	17:11	17:16	17:21
17:33	KU20	400m	Heat 1		17:33	14:33	17:15	17:20	17:25
17:37	KU20	400m	Heat 2		17:37	14:37	17:19	17:24	17:29
17:41	KU20	400m	Heat 3		17:41	14:41	17:23	17:28	17:33
17:45	KU20	400m	Heat 4		17:45	14:45	17:27	17:32	17:37
17:49	J17	400m	Heat 1		17:49	14:49	17:31	17:36	17:41
17:53	J17	400m	Heat 2		17:53	14:53	17:35	17:40	17:45
17:57	J17	400m	Heat 3		17:57	14:57	17:39	17:44	17:49
18:01	J17	400m	Heat 4		18:01	15:01	17:43	17:48	17:53
18:05	G17	400m	Heat 1		18:05	15:05	17:47	17:52	17:57
18:09	G17	400m	Heat 2		18:09	15:09	17:51	17:56	18:01
18:13	G17	400m	Heat 3		18:13	15:13	17:55	18:00	18:05
18:17	MU20	400m	Heat 1		18:17	15:17	17:59	18:04	18:09
18:21	MU20	400m	Heat 2		18:21	15:21	18:03	18:08	18:13
18:25	MU20	400m	Heat 3		18:25	15:25	18:07	18:12	18:17
18:29	MU20	400m	Heat 4		18:29	15:29	18:11	18:16	18:21
18:33	MU20	400m	Heat 5		18:33	15:33	18:15	18:20	18:25

Tidsskjema



Øvelse start	Klasse	Øvelse		Info	Øvelse start	Frist avkryssing	Callroom åpner	Callroom lukker	Innmasj
--------------	--------	--------	--	------	--------------	------------------	----------------	-----------------	---------

Fredag 6. mars

18:37	MU20	400m	Heat 6		18:37	15:37	18:19	18:24	18:29
18:41	MU23	400m	Heat 1		18:41	15:41	18:23	18:28	18:33
18:45	MU23	400m	Heat 2		18:45	15:45	18:27	18:32	18:37
18:49	MU23	400m	Heat 3		18:49	15:49	18:31	18:36	18:41

1500m kappgang

19:10	Alle klasser	Kappgang			19:10	16:10	18:51	18:56	19:06
-------	--------------	----------	--	--	-------	-------	-------	-------	-------

1500m

19:35	G15	1500 m	Heat 1		19:35	16:35	19:16	19:21	19:31
19:41	J15	1500 m	Heat 1		19:41	16:41	19:22	19:27	19:37
19:47	G16	1500 m	Heat 1		19:47	16:47	19:28	19:33	19:43
19:53	G16	1500 m	Heat 2		19:53	16:53	19:34	19:39	19:49
19:59	J16	1500 m	Heat 1		19:59	16:59	19:40	19:45	19:55
20:05	G17	1500 m	Heat 1		20:05	17:05	19:46	19:51	20:01
20:11	J17+KU20+	1500 m	Heat 1		20:11	17:11	19:52	19:57	20:07
20:17	MU20	1500 m	Heat 1		20:17	17:17	19:58	20:03	20:13
20:23	MU20	1500 m	Heat 2		20:23	17:23	20:04	20:09	20:19
20:29	MU23	1500 m	Heat 1		20:29	17:29	20:10	20:15	20:25

Tresteg 1 Innhopp fra 16:10

16:30	G16+G17+ MU20+MU	Tresteg direkte finale			16:30	13:30	15:55	16:00	16:10
18:30	KU20+KU2	Tresteg direkte finale			18:30	15:30	17:55	18:00	18:10

Tresteg 2 Innhopp fra 14:40

15:00	J15	Tresteg direkte finale			15:00	12:00	14:25	14:30	14:40
16:30	J17	Tresteg direkte finale			16:30	13:30	15:55	16:00	16:10
17:30	G15	Tresteg direkte finale			17:30	14:30	16:55	17:00	17:10
18:35	J16	Tresteg direkte finale			18:35	15:35	18:00	18:05	18:15