

# Tidsskjema



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

## Lørdag 7. mars

### 60m forsøk

|       |     |             |        |  |       |       |       |       |       |
|-------|-----|-------------|--------|--|-------|-------|-------|-------|-------|
| 10:00 | G15 | 60 m forsøk | Heat 1 |  | 10:00 | 07:00 | 09:39 | 09:44 | 09:52 |
| 10:03 | G15 | 60 m forsøk | Heat 2 |  | 10:03 | 07:03 | 09:42 | 09:47 | 09:55 |
| 10:06 | G15 | 60 m forsøk | Heat 3 |  | 10:06 | 07:06 | 09:45 | 09:50 | 09:58 |
| 10:09 | G15 | 60 m forsøk | Heat 4 |  | 10:09 | 07:09 | 09:48 | 09:53 | 10:01 |
| 10:12 | J15 | 60 m forsøk | Heat 1 |  | 10:12 | 07:12 | 09:51 | 09:56 | 10:04 |
| 10:15 | J15 | 60 m forsøk | Heat 2 |  | 10:15 | 07:15 | 09:54 | 09:59 | 10:07 |
| 10:18 | J15 | 60 m forsøk | Heat 3 |  | 10:18 | 07:18 | 09:57 | 10:02 | 10:10 |
| 10:21 | J15 | 60 m forsøk | Heat 4 |  | 10:21 | 07:21 | 10:00 | 10:05 | 10:13 |
| 10:24 | G16 | 60 m forsøk | Heat 1 |  | 10:24 | 07:24 | 10:03 | 10:08 | 10:16 |
| 10:27 | G16 | 60 m forsøk | Heat 2 |  | 10:27 | 07:27 | 10:06 | 10:11 | 10:19 |
| 10:30 | G16 | 60 m forsøk | Heat 3 |  | 10:30 | 07:30 | 10:09 | 10:14 | 10:22 |
| 10:40 | J16 | 60 m forsøk | Heat 1 |  | 10:40 | 07:40 | 10:19 | 10:24 | 10:32 |
| 10:43 | J16 | 60 m forsøk | Heat 2 |  | 10:43 | 07:43 | 10:22 | 10:27 | 10:35 |
| 10:46 | J16 | 60 m forsøk | Heat 3 |  | 10:46 | 07:46 | 10:25 | 10:30 | 10:38 |
| 10:49 | G17 | 60m forsøk  | Heat 1 |  | 10:49 | 07:49 | 10:28 | 10:33 | 10:41 |
| 10:52 | G17 | 60m forsøk  | Heat 2 |  | 10:52 | 07:52 | 10:31 | 10:36 | 10:44 |
| 10:55 | G17 | 60m forsøk  | Heat 3 |  | 10:55 | 07:55 | 10:34 | 10:39 | 10:47 |
| 10:58 | G17 | 60m forsøk  | Heat 4 |  | 10:58 | 07:58 | 10:37 | 10:42 | 10:50 |
| 11:01 | J17 | 60m forsøk  | Heat 1 |  | 11:01 | 08:01 | 10:40 | 10:45 | 10:53 |
| 11:04 | J17 | 60m forsøk  | Heat 2 |  | 11:04 | 08:04 | 10:43 | 10:48 | 10:56 |
| 11:07 | J17 | 60m forsøk  | Heat 3 |  | 11:07 | 08:07 | 10:46 | 10:51 | 10:59 |

### 60m semifinale

|       |      |                |        |  |       |  |       |       |       |
|-------|------|----------------|--------|--|-------|--|-------|-------|-------|
| 11:25 | G15  | 60m semifinale | Heat 1 |  | 11:25 |  | 11:04 | 11:09 | 11:17 |
| 11:28 | G15  | 60m semifinale | Heat 2 |  | 11:28 |  | 11:07 | 11:12 | 11:20 |
| 11:31 | J15  | 60m semifinale | Heat 1 |  | 11:31 |  | 11:10 | 11:15 | 11:23 |
| 11:34 | J15  | 60m semifinale | Heat 2 |  | 11:34 |  | 11:13 | 11:18 | 11:26 |
| 11:37 | MU20 | 60m semifinale | Heat 1 |  | 11:37 |  | 11:16 | 11:21 | 11:29 |
| 11:40 | MU20 | 60m semifinale | Heat 2 |  | 11:40 |  | 11:19 | 11:24 | 11:32 |
| 11:43 | MU20 | 60m semifinale | Heat 3 |  | 11:43 |  | 11:22 | 11:27 | 11:35 |
| 11:46 | MU23 | 60m semifinale | Heat 1 |  | 11:46 |  | 11:25 | 11:30 | 11:38 |
| 11:49 | MU23 | 60m semifinale | Heat 2 |  | 11:49 |  | 11:28 | 11:33 | 11:41 |
| 11:52 | G17  | 60m semifinale | Heat 1 |  | 11:52 |  | 11:31 | 11:36 | 11:44 |
| 11:55 | G17  | 60m semifinale | Heat 2 |  | 11:55 |  | 11:34 | 11:39 | 11:47 |

### 60m finale

|       |      |            |  |  |       |  |       |       |       |
|-------|------|------------|--|--|-------|--|-------|-------|-------|
| 12:20 | J17  | 60m finale |  |  | 12:20 |  | 11:59 | 12:04 | 12:12 |
| 12:25 | G15  | 60m finale |  |  | 12:25 |  | 12:04 | 12:09 | 12:17 |
| 12:30 | J15  | 60m finale |  |  | 12:30 |  | 12:09 | 12:14 | 12:22 |
| 12:35 | J16  | 60m finale |  |  | 12:35 |  | 12:14 | 12:19 | 12:27 |
| 12:40 | G16  | 60m finale |  |  | 12:40 |  | 12:19 | 12:24 | 12:32 |
| 12:45 | KU20 | 60m finale |  |  | 12:45 |  | 12:24 | 12:29 | 12:37 |
| 12:50 | KU23 | 60m finale |  |  | 12:50 |  | 12:29 | 12:34 | 12:42 |
| 12:55 | MU20 | 60m finale |  |  | 12:55 |  | 12:34 | 12:39 | 12:47 |
| 13:00 | G17  | 60m finale |  |  | 13:00 |  | 12:39 | 12:44 | 12:52 |
| 13:05 | MU23 | 60m finale |  |  | 13:05 |  | 12:44 | 12:49 | 12:57 |

# Tidsskjema



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

## Lørdag 7. mars, forts.

### 200m forsøk

|       |      |             |         |  |       |       |       |       |       |
|-------|------|-------------|---------|--|-------|-------|-------|-------|-------|
| 14:00 | G 15 | 200m forsøk | Heat 1  |  | 14:00 | 11:00 | 13:39 | 13:44 | 13:52 |
| 14:03 | G 15 | 200m forsøk | Heat 2  |  | 14:03 | 11:03 | 13:42 | 13:47 | 13:55 |
| 14:06 | G 15 | 200m forsøk | Heat 3  |  | 14:06 | 11:06 | 13:45 | 13:50 | 13:58 |
| 14:09 | G 15 | 200m forsøk | Heat 4  |  | 14:09 | 11:09 | 13:48 | 13:53 | 14:01 |
| 14:12 | G 15 | 200m forsøk | Heat 5  |  | 14:12 | 11:12 | 13:51 | 13:56 | 14:04 |
| 14:15 | G 15 | 200m forsøk | Heat 6  |  | 14:15 | 11:15 | 13:54 | 13:59 | 14:07 |
| 14:25 | J 15 | 200m forsøk | Heat 1  |  | 14:25 | 11:25 | 14:04 | 14:09 | 14:17 |
| 14:28 | J 15 | 200m forsøk | Heat 2  |  | 14:28 | 11:28 | 14:07 | 14:12 | 14:20 |
| 14:31 | J 15 | 200m forsøk | Heat 3  |  | 14:31 | 11:31 | 14:10 | 14:15 | 14:23 |
| 14:34 | J 15 | 200m forsøk | Heat 4  |  | 14:34 | 11:34 | 14:13 | 14:18 | 14:26 |
| 14:37 | J 15 | 200m forsøk | Heat 5  |  | 14:37 | 11:37 | 14:16 | 14:21 | 14:29 |
| 14:40 | J 15 | 200m forsøk | Heat 6  |  | 14:40 | 11:40 | 14:19 | 14:24 | 14:32 |
| 14:50 | J 16 | 200m forsøk | Heat 1  |  | 14:50 | 11:50 | 14:29 | 14:34 | 14:42 |
| 14:53 | J 16 | 200m forsøk | Heat 2  |  | 14:53 | 11:53 | 14:32 | 14:37 | 14:45 |
| 14:56 | J 16 | 200m forsøk | Heat 3  |  | 14:56 | 11:56 | 14:35 | 14:40 | 14:48 |
| 14:59 | J 16 | 200m forsøk | Heat 4  |  | 14:59 | 11:59 | 14:38 | 14:43 | 14:51 |
| 15:02 | J 16 | 200m forsøk | Heat 5  |  | 15:02 | 12:02 | 14:41 | 14:46 | 14:54 |
| 15:12 | G 16 | 200m forsøk | Heat 1  |  | 15:12 | 12:12 | 14:51 | 14:56 | 15:04 |
| 15:15 | G 16 | 200m forsøk | Heat 2  |  | 15:15 | 12:15 | 14:54 | 14:59 | 15:07 |
| 15:18 | G 16 | 200m forsøk | Heat 3  |  | 15:18 | 12:18 | 14:57 | 15:02 | 15:10 |
| 15:28 | G17  | 200m forsøk | Heat 1  |  | 15:28 | 12:28 | 15:07 | 15:12 | 15:20 |
| 15:31 | G17  | 200m forsøk | Heat 2  |  | 15:31 | 12:31 | 15:10 | 15:15 | 15:23 |
| 15:34 | G17  | 200m forsøk | Heat 3  |  | 15:34 | 12:34 | 15:13 | 15:18 | 15:26 |
| 15:37 | G17  | 200m forsøk | Heat 4  |  | 15:37 | 12:37 | 15:16 | 15:21 | 15:29 |
| 15:40 | G17  | 200m forsøk | Heat 5  |  | 15:40 | 12:40 | 15:19 | 15:24 | 15:32 |
| 15:43 | G17  | 200m forsøk | Heat 6  |  | 15:43 | 12:43 | 15:22 | 15:27 | 15:35 |
| 15:53 | J17  | 200m forsøk | Heat 1  |  | 15:53 | 12:53 | 15:32 | 15:37 | 15:45 |
| 15:56 | J17  | 200m forsøk | Heat 2  |  | 15:56 | 12:56 | 15:35 | 15:40 | 15:48 |
| 15:59 | J17  | 200m forsøk | Heat 3  |  | 15:59 | 12:59 | 15:38 | 15:43 | 15:51 |
| 16:02 | J17  | 200m forsøk | Heat 4  |  | 16:02 | 13:02 | 15:41 | 15:46 | 15:54 |
| 16:05 | J17  | 200m forsøk | Heat 5  |  | 16:05 | 13:05 | 15:44 | 15:49 | 15:57 |
| 16:08 | J17  | 200m forsøk | Heat 6  |  | 16:08 | 13:08 | 15:47 | 15:52 | 16:00 |
| 16:20 | MU20 | 200m forsøk | Heat 1  |  | 16:20 | 13:20 | 15:59 | 16:04 | 16:12 |
| 16:23 | MU20 | 200m forsøk | Heat 2  |  | 16:23 | 13:23 | 16:02 | 16:07 | 16:15 |
| 16:26 | MU20 | 200m forsøk | Heat 3  |  | 16:26 | 13:26 | 16:05 | 16:10 | 16:18 |
| 16:29 | MU20 | 200m forsøk | Heat 4  |  | 16:29 | 13:29 | 16:08 | 16:13 | 16:21 |
| 16:32 | MU20 | 200m forsøk | Heat 5  |  | 16:32 | 13:32 | 16:11 | 16:16 | 16:24 |
| 16:35 | MU20 | 200m forsøk | Heat 6  |  | 16:35 | 13:35 | 16:14 | 16:19 | 16:27 |
| 16:38 | MU20 | 200m forsøk | Heat 7  |  | 16:38 | 13:38 | 16:17 | 16:22 | 16:30 |
| 16:41 | MU20 | 200m forsøk | Heat 8  |  | 16:41 | 13:41 | 16:20 | 16:25 | 16:33 |
| 16:44 | MU20 | 200m forsøk | Heat 9  |  | 16:44 | 13:44 | 16:23 | 16:28 | 16:36 |
| 16:47 | MU20 | 200m forsøk | Heat 10 |  | 16:47 | 13:47 | 16:26 | 16:31 | 16:39 |
| 16:57 | KU20 | 200m forsøk | Heat 1  |  | 16:57 | 13:57 | 16:36 | 16:41 | 16:49 |
| 17:00 | KU20 | 200m forsøk | Heat 2  |  | 17:00 | 14:00 | 16:39 | 16:44 | 16:52 |
| 17:03 | KU20 | 200m forsøk | Heat 3  |  | 17:03 | 14:03 | 16:42 | 16:47 | 16:55 |
| 17:06 | KU20 | 200m forsøk | Heat 4  |  | 17:06 | 14:06 | 16:45 | 16:50 | 16:58 |
| 17:09 | KU20 | 200m forsøk | Heat 5  |  | 17:09 | 14:09 | 16:48 | 16:53 | 17:01 |
| 17:12 | KU20 | 200m forsøk | Heat 6  |  | 17:12 | 14:12 | 16:51 | 16:56 | 17:04 |
| 17:22 | MU23 | 200m forsøk | Heat 1  |  | 17:22 | 14:22 | 17:01 | 17:06 | 17:14 |
| 17:25 | MU23 | 200m forsøk | Heat 2  |  | 17:25 | 14:25 | 17:04 | 17:09 | 17:17 |
| 17:28 | MU23 | 200m forsøk | Heat 3  |  | 17:28 | 14:28 | 17:07 | 17:12 | 17:20 |
| 17:31 | MU23 | 200m forsøk | Heat 4  |  | 17:31 | 14:31 | 17:10 | 17:15 | 17:23 |
| 17:34 | MU23 | 200m forsøk | Heat 5  |  | 17:34 | 14:34 | 17:13 | 17:18 | 17:26 |
| 17:37 | MU23 | 200m forsøk | Heat 6  |  | 17:37 | 14:37 | 17:16 | 17:21 | 17:29 |
| 17:47 | KU23 | 200m forsøk | Heat 1  |  | 17:47 | 14:47 | 17:26 | 17:31 | 17:39 |
| 17:50 | KU23 | 200m forsøk | Heat 2  |  | 17:50 | 14:50 | 17:29 | 17:34 | 17:42 |

### Kule Prøvekast fra 13:50

|       |          |      |  |  |       |       |       |       |       |
|-------|----------|------|--|--|-------|-------|-------|-------|-------|
| 14:10 | MU23     | Kule |  |  | 14:10 | 11:10 | 13:35 | 13:40 | 13:50 |
| 15:00 | MU20     | Kule |  |  | 15:00 | 12:00 | 14:25 | 14:30 | 14:40 |
| 16:20 | G17      | Kule |  |  | 16:20 | 13:20 | 15:45 | 15:50 | 16:00 |
| 17:20 | J17      | Kule |  |  | 17:20 | 14:20 | 16:45 | 16:50 | 17:00 |
| 18:30 | KU20+KU2 | Kule |  |  | 18:30 | 15:30 | 17:55 | 18:00 | 18:10 |

# Tidsskjema



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|--------------|--------|--------|--|------|--------------|------------------|----------------|-----------------|---------|
|--------------|--------|--------|--|------|--------------|------------------|----------------|-----------------|---------|

## Lørdag 7. mars, forts.

### Lengde 1 Innhopp fra 09:40

|       |      |        |  |  |       |       |       |       |       |
|-------|------|--------|--|--|-------|-------|-------|-------|-------|
| 10:00 | MU20 | Lengde |  |  | 10:00 | 07:00 | 09:25 | 09:30 | 09:40 |
| 13:00 | J 17 | Lengde |  |  | 13:00 | 10:00 | 12:25 | 12:30 | 12:40 |
| 16:15 | J16  | Lengde |  |  | 16:15 | 13:15 | 15:40 | 15:45 | 15:55 |
| 18:15 | MU23 | Lengde |  |  | 18:15 | 15:15 | 17:40 | 17:45 | 17:55 |

### Lengde 2 Innhopp fra 13:05

|       |            |               |  |  |       |       |       |       |       |
|-------|------------|---------------|--|--|-------|-------|-------|-------|-------|
| 13:25 | J15 kval 1 | Lengde kval   |  |  | 13:25 | 10:25 | 12:50 | 12:55 | 13:05 |
| 15:00 | J15 kval 2 | Lengde kval   |  |  | 15:00 | 12:00 | 14:25 | 14:30 | 14:40 |
| 16:30 | J15        | Lengde finale |  |  | 16:30 |       | 15:55 | 16:00 | 16:10 |

### Stav Innhopp fra 09:30

|       |         |      |  |  |       |       |       |       |       |
|-------|---------|------|--|--|-------|-------|-------|-------|-------|
| 10:30 | G15+G17 | Stav |  |  | 10:30 | 07:30 | 09:15 | 09:20 | 09:30 |
| 13:00 | G16     | Stav |  |  | 13:00 | 10:00 | 11:45 | 11:50 | 12:00 |
| 17:40 | MU20+MU | Stav |  |  | 17:40 | 14:40 | 16:25 | 16:30 | 16:40 |

### Høyde Innhopp fra 13:20

|       |          |       |  |  |       |       |       |       |       |
|-------|----------|-------|--|--|-------|-------|-------|-------|-------|
| 13:40 | KU20+KU2 | Høyde |  |  | 13:40 | 10:40 | 12:25 | 12:30 | 12:40 |
| 15:40 | G15      | Høyde |  |  | 15:40 | 12:40 | 14:25 | 14:30 | 14:40 |
| 17:30 | G16      | Høyde |  |  | 17:30 | 14:30 | 16:15 | 16:20 | 16:30 |
| 19:05 | G17      | Høyde |  |  | 19:05 | 16:05 | 17:50 | 17:55 | 18:05 |