

Tidsskjema



Øvelse start	Klasse	Øvelse		Info	Øvelse start	Frist avkryssing	Callroom åpner	Callroom lukker	Innmasj
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Søndag 8. mars

800m

10:30	J15	800m	Heat 1		10:30	07:30	10:10	10:15	10:25
10:35	J15	800m	Heat 2		10:35	07:35	10:15	10:20	10:30
10:40	G15	800m	Heat 1		10:40	07:40	10:20	10:25	10:35
10:45	G15	800m	Heat 2		10:45	07:45	10:25	10:30	10:40
10:50	J16	800m	Heat 1		10:50	07:50	10:30	10:35	10:45
10:55	J16	800m	Heat 2		10:55	07:55	10:35	10:40	10:50
11:00	G16	800m	Heat 1		11:00	08:00	10:40	10:45	10:55
11:05	G16	800m	Heat 2		11:05	08:05	10:45	10:50	11:00

200m finale

11:30	J15	200m finale	2 finaleheat		11:30		11:09	11:14	11:22
11:40	J16	200m finale	2 finaleheat		11:40		11:19	11:24	11:32
11:50	G 17	200m finale	2 finaleheat		11:50		11:29	11:34	11:42
12:00	G 16	200m finale	2 finaleheat		12:00		11:39	11:44	11:52
12:10	J17	200m finale	2 finaleheat		12:10		11:49	11:54	12:02
12:20	MU20	200m finale	2 finaleheat		12:20		11:59	12:04	12:12
12:30	MU23	200m finale	2 finaleheat		12:30		12:09	12:14	12:22
12:40	G15	200m finale	2 finaleheat		12:40		12:19	12:24	12:32
12:50	KU20	200m finale	2 finaleheat		12:50		12:29	12:34	12:42
13:00	KU23	200m finale	2 finaleheat		13:00		12:39	12:44	12:52

800m

13:25	G17	800m	Heat 1		13:25	10:25	13:05	13:10	13:20
13:30	G17	800m	Heat 2		13:30	10:30	13:10	13:15	13:25
13:35	J 17	800m	Heat 1		13:35	10:35	13:15	13:20	13:30
13:40	J 17	800m	Heat 2		13:40	10:40	13:20	13:25	13:35
13:45	MU20	800m	Heat 1		13:45	10:45	13:25	13:30	13:40
13:50	MU20	800m	Heat 2		13:50	10:50	13:30	13:35	13:45
13:55	MU20	800m	Heat 3		13:55	10:55	13:35	13:40	13:50
14:00	MU20	800m	Heat 4		14:00	11:00	13:40	13:45	13:55
14:05	KU20	800m	Heat 1		14:05	11:05	13:45	13:50	14:00
14:10	KU20	800m	Heat 2		14:10	11:10	13:50	13:55	14:05
14:15	MU23	800m	Heat 1		14:15	11:15	13:55	14:00	14:10
14:20	KU23	800m	Heat 1		14:20	11:20	14:00	14:05	14:15

Stafett 4x200m

14:45	G 15-17	Stafett 4x200m	Heat 1		14:45	11:45	14:24	14:29	14:37
14:50	G 15-17	Stafett 4x200m	Heat 2		14:50	11:50	14:29	14:34	14:42
14:55	G 15-17	Stafett 4x200m	Heat 3		14:55	11:55	14:34	14:39	14:47
15:00	J 15-17	Stafett 4x200m	Heat 1		15:00	12:00	14:39	14:44	14:52
15:05	J 15-17	Stafett 4x200m	Heat 2		15:05	12:05	14:44	14:49	14:57
15:10	J 15-17	Stafett 4x200m	Heat 3		15:10	12:10	14:49	14:54	15:02
15:15	KU23	Stafett 4x200m	Heat 1		15:15	12:15	14:54	14:59	15:07
15:20	KU23	Stafett 4x200m	Heat 2		15:20	12:20	14:59	15:04	15:12
15:25	KU23	Stafett 4x200m	Heat 3		15:25	12:25	15:04	15:09	15:17
15:30	MU23	Stafett 4x200m	Heat 1		15:30	12:30	15:09	15:14	15:22
15:35	MU23	Stafett 4x200m	Heat 2		15:35	12:35	15:14	15:19	15:27
15:40	MU23	Stafett 4x200m	Heat 3		15:40	12:40	15:19	15:24	15:32
15:45	MU23	Stafett 4x200m	Heat 4		15:45	12:45	15:24	15:29	15:37

Kule Prøvekast fra 09:40

10:00	G15	Kule			10:00	07:00	09:25	09:30	09:40
11:00	G16	Kule			11:00	08:00	10:25	10:30	10:40
12:00	J16	Kule			12:00	09:00	11:25	11:30	11:40
13:50	J15	Kule			13:50	10:50	13:15	13:20	13:30

Stav Innhopp fra 09:30

10:30	J 15+J16	Stav			10:30	07:30	09:15	09:20	09:30
13:45	J17+KU20+	Stav			13:45	10:45	12:30	12:35	12:45

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Søndag 8. mars

Høyde 1 Innhopp fra 09:40

10:00	J 16	Høyde			10:00	07:00	09:25	09:30	09:40
11:15	J17	Høyde			11:15	08:15	10:40	10:45	10:55
12:05	MU20	Høyde			12:05	09:05	11:30	11:35	11:45
13:25	MU23	Høyde			13:25	10:25	12:50	12:55	13:05

Høyde 2 Innhopp fra 14:40

13:00	J 15	Høyde			13:00	10:00	12:25	12:30	12:40
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Lengde 1 Innhopp fra 09:40

10:00	KU20	Lengde			10:00	07:00	09:25	09:30	09:40
11:50	KU23	Lengde			11:50	08:50	11:15	11:20	11:30
13:05	G 17	Lengde			13:05	10:05	12:30	12:35	12:45

Lengde 2 Innhopp fra 09:40

10:00	G 15	Lengde			10:00	07:00	09:25	09:30	09:40
12:45	G 16	Lengde			12:45	09:45	12:10	12:15	12:25