

Tidsplan

Tromsølekene inne - Tromsøhallen - Lørdag 14.03.2026

Ver 1.0	LØP			HOPP		KAST			
	60m sprint	600/800/3000m rundbane	Stafett	Lengde	Høyde	Kule			
12:00	60m G-rekrutt 8			G14 / J14 3+4 (4 forsøk) (planke)	J15 / J16 / J17 / J18-19 2+2+1+1	J-rekrutt 5 (3 forsøk)	12:00		
12:05			12:05						
12:10			12:10						
12:15			12:15						
12:20	60m J-rekrutt 5		12:20						
12:25			12:25						
12:30	60m G11 / G12 4+1		12:30						
12:35			12:35						
12:40	60m J11 2		12:40						
12:45	60m J12 5		12:45						
12:50			G11 / G12 4+2				12:50		
12:55	60m G13 / G14 3+2		(4 forsøk) (satssone)	J-rekrutt 5	G13 / G14 2+3 (4 forsøk)		12:55		
13:00	60m J13 4		13:00						
13:05	60m J14 4		13:05						
13:10			13:10						
13:15	60m FIFA 8		13:15						
13:20							13:20		
13:25	60m G15 3						13:25		
13:30	60m G17 / G18-19 6+1		FIFA 8	G-rekrutt 8	J13 / J14 4+2 (4 forsøk)		13:30		
13:35			(3 forsøk) (satssone)			13:35			
13:40	60m J15 4		J11 / J12 2+5 (4 forsøk) (satssone)			13:40			
13:45	60m J16 / J17 / J18-19 2+1+1		13:45						
13:50							13:50		
13:55							13:55		
14:00							14:00		
14:05							14:05		
14:10							14:10		
14:15							14:15		
14:20						FIFA 8 (3 forsøk)	14:20		
14:25				G13 / J13 3+3 (4 forsøk) (satssone)	G15 / G17 / MV 2+5+1		14:25		
14:30			14:30						
14:35			14:35						
14:40			14:40						
14:45			14:45						
14:50		4x162m Showstafett Rekrutt, FIFA, etc.	14:50						
14:55	Premieutdeling Rekrutter og FIFA								14:55
15:00		600m G11 / G12 4+1							15:00
15:05		600m J11 / J12 3+3							15:05
15:10		600m G13 / G14 3+2							15:10
15:15		600m J13 / J14 2+3					15:15		
15:20							15:20		
15:25							15:25		
15:30							15:30		
15:35							15:35		
15:40							15:40		
15:45		800m G15 / G17 1+5					15:45		
15:50		800m J15 / J16 / J17 / J18-19 3+2+1+1					15:50		
15:55							15:55		
16:00							16:00		
16:05							16:05		
16:10							16:10		
16:15			4x162m G/J 11-14				16:15		
16:20							16:20		
16:25							16:25		
16:30			4x324m G/J 15+				16:30		
16:35							16:35		
16:40	Pers premier							16:40	
16:45								16:45	

Dommer/funksjonærteam

Team 1	Løp
Team 2	Lengde
Team 3	Høyde
Team 4	Kule