## Vårstevne 2026- Gausdal 3.mai - tidsskjema

| Tid | Løp | | Tid | Tresteg | Tid | Høyde | Tid | Kule |
|---|---|---|---|---|---|---|---|---|
| 12:00 | | | 12:00 | Gutter 10 (1) | 12:00 | Jenter 10- 13 (2) | 12:00 | Jenter 8-9 (4) |
| 12:05 | | | 12:05 | | 12:05 | | 12:05 | |
| 12:10 | | | 12:10 | | 12:10 | | 12:10 | |
| 12:15 | | | 12:15 | | 12:15 | | 12:15 | |
| 12:20 | | | 12:20 | | 12:20 | | 12:20 | |
| 12:25 | 60 m ( 3 heat) | G 6 (3) heat 1 | 12:25 | | 12:25 | | 12:25 | |
| 12:30 | | G 8- 10 (2) heat 2 | 12:30 | | 12:30 | Gutter 11- 14 (3) | 12:30 | Jenter 10-13 (2) |
| 12:35 | | | 12:35 | | 12:35 | | 12:35 | |
| 12:40 | | | 12:40 | | 12:40 | | 12:40 | |
| 12:45 | | J 8- 10, (5) heat 3 | 12:45 | | 12:45 | | 12:45 | |
| 12:50 | | | 12:50 | | 12:50 | | 12:50 | |
| 12:55 | | | 12:55 | | 12:55 | | 12:55 | Gutter 6- 8 (2) |
| 13:00 | | | 13:00 | | 13:00 | | 13:00 | |
| 13:05 | 100 m ( 2 heat) | G 17, (1) heat 1 | 13:05 | | 13:05 | | 13:05 | |
| 13:10 | | | 13:10 | | 13:10 | | 13:10 | |
| 13:15 | | J 12- 13 år, (3) heat 2 | 13:15 | | 13:15 | Gutter 6-8 (2) | 13:15 | |
| 13:20 | | | 13:20 | | 13:20 | | 13:20 | |
| 13:25 | | | 13:25 | | 13:25 | | 13:25 | Gutter 11-17 (4) |
| 13:30 | | | 13:30 | | 13:30 | | 13:30 | |
| 13:35 | | | 13:35 | | 13:35 | | 13:35 | |
| 13:40 | | | 13:40 | | 13:40 | | 13:40 | |
| 13:45 | 600 m (2 heat) | J 10- 15 (4) heat 1 | 13:45 | | 13:45 | Jenter 8-9 (4) | 13:45 | |
| 13:50 | | | 13:50 | | 13:50 | | 13:50 | |
| 13:55 | | | 13:55 | | 13:55 | | 13:55 | |
| 14:00 | | G 11- MS, (4) heat 2 | 14:00 | | 14:00 | | 14:00 | |
| 14:05 | | | 14:05 | | 14:05 | | 14:05 | |
| 14:10 | | | 14:10 | | 14:10 | | 14:10 | |
| 14:15 | | | 14:15 | | 14:15 | | 14:15 | |
| 14:20 | 200 m (2 heat) | J 10- 13, (6) heat 1 | 14:20 | | 14:20 | | 14:20 | |
| 14:25 | | | 14:25 | | 14:25 | | 14:25 | |
| 14:30 | | G 10- 17, (4) heat 2 | 14:30 | | 14:30 | | 14:30 | |
| 14:35 | | | 14:35 | | 14:35 | | 14:35 | |
| 14:40 | | | 14:40 | | 14:40 | | 14:40 | |
| 14:45 | | | 14:45 | | 14:45 | | 14:45 | |
| 14:50 | | | 14:50 | | 14:50 | | 14:50 | |
| 14:55 | | | 14:55 | | 14:55 | | 14:55 | |
| 15:00 | | | 15:00 | | 15:00 | | 15:00 | |

**Avkryssing for løp, senest 45 minutter før øvelsen starter.**

**For tekniske øvelser opprop ved øvelsessted 5 minutter før øvelsesstart.**

**Forbehold om endringer i tidsskjema**

**Premier til alle**