

# Extra-lekene 2026 (Østlandet)

| Starttid | G-13                 | G-14                 | J-13                        | J-14                 | J/G 13-14             | Tid   |
|----------|----------------------|----------------------|-----------------------------|----------------------|-----------------------|-------|
| 11:45    |                      |                      | 60 m hekk(16)<br>Lengde(29) |                      |                       | 11:45 |
| 12:00    | Stav(3)              | Kule(14)             |                             | Diskos(14)           |                       | 12:00 |
| 12:05    | 60 m hekk(8)         |                      |                             |                      |                       | 12:05 |
| 12:20    |                      |                      |                             | 60 m hekk(16)        |                       | 12:20 |
| 12:45    |                      |                      | 60 m hekk, finale(6)        |                      |                       | 12:45 |
| 12:55    | 60 m hekk, finale(6) |                      |                             |                      |                       | 12:55 |
| 13:10    |                      |                      |                             | 60 m hekk, finale(6) |                       | 13:10 |
| 13:20    | Diskos(12)           | 80 m hekk(9)         |                             |                      |                       | 13:20 |
| 13:35    |                      | Stav(8)              |                             |                      |                       | 13:35 |
| 13:40    |                      |                      |                             | Lengde(24)           |                       | 13:40 |
| 13:45    |                      | 80 m hekk, finale(6) |                             |                      |                       | 13:45 |
| 14:00    |                      |                      | 200 m(21)                   |                      |                       | 14:00 |
| 14:20    |                      |                      | Kule(17)                    |                      |                       | 14:20 |
| 14:25    | 200 m(18)            |                      |                             |                      |                       | 14:25 |
| 14:45    |                      |                      |                             | 200 m(18)            |                       | 14:45 |
| 15:10    |                      | 200 m(12)            |                             |                      |                       | 15:10 |
| 15:25    | Lengde(20)           | Diskos(13)           | 600 m(16)                   |                      |                       | 15:25 |
| 15:40    |                      |                      | Stav(5)                     | Kule(17)             |                       | 15:40 |
| 15:45    | 600 m(20)            |                      |                             |                      |                       | 15:45 |
| 16:00    |                      |                      |                             | 600 m(10)            |                       | 16:00 |
| 16:25    |                      | 600 m(18)            |                             |                      |                       | 16:25 |
| 16:45    |                      |                      | 1000 m Kappgang(10)         |                      |                       | 16:45 |
| 16:55    | Kule(11)             | Lengde(17)           |                             |                      |                       | 16:55 |
| 17:00    | 1000 m Kappgang(7)   |                      | Diskos(9)                   | Stav(4)              |                       | 17:00 |
| 17:15    |                      |                      |                             | 1000 m Kappgang(6)   |                       | 17:15 |
| 17:30    |                      | 1000 m Kappgang(5)   |                             |                      |                       | 17:30 |
| 18:00    |                      |                      |                             |                      | 10x80 m Donaldstafett | 18:00 |

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| Starttid | G-13            | G-14            | J-13                 | J-14            | J/G 13-14       | Tid   |
|----------|-----------------|-----------------|----------------------|-----------------|-----------------|-------|
| 09:30    |                 |                 | Høyde(21)            |                 |                 | 09:30 |
| 10:00    |                 | 200 m hekk(10)  |                      | Spyd(20)        |                 | 10:00 |
| 10:15    | 200 m hekk(13)  | Tresteg(11)     |                      |                 |                 | 10:15 |
| 10:30    | Slegge(9)       |                 | 200 m hekk(14)       |                 |                 | 10:30 |
| 10:50    |                 |                 |                      | 200 m hekk(7)   |                 | 10:50 |
| 11:10    |                 | 60 m(20)        |                      |                 |                 | 11:10 |
| 11:30    | 60 m(21)        |                 |                      |                 |                 | 11:30 |
| 11:35    |                 |                 |                      | Høyde(15)       |                 | 11:35 |
| 11:50    |                 |                 | 60 m(25)<br>Spyd(15) |                 |                 | 11:50 |
| 11:55    | Tresteg(9)      |                 |                      |                 |                 | 11:55 |
| 12:10    |                 |                 |                      | 60 m(23)        |                 | 12:10 |
| 12:15    |                 | Slegge(7)       |                      |                 |                 | 12:15 |
| 12:40    |                 | 60 m, finale(6) |                      |                 |                 | 12:40 |
| 12:50    | 60 m, finale(6) |                 |                      |                 |                 | 12:50 |
| 13:00    |                 |                 | 60 m, finale(6)      |                 |                 | 13:00 |
| 13:10    |                 | Høyde(15)       | Tresteg(18)          | 60 m, finale(6) |                 | 13:10 |
| 13:15    | Spyd(11)        |                 |                      |                 |                 | 13:15 |
| 13:25    |                 |                 |                      | Slegge(13)      |                 | 13:25 |
| 14:30    | 1500 m(16)      |                 |                      |                 |                 | 14:30 |
| 14:45    |                 |                 | Slegge(11)           |                 |                 | 14:45 |
| 14:50    | Høyde(13)       |                 |                      | Tresteg(17)     |                 | 14:50 |
| 14:55    |                 | 1500 m(16)      |                      |                 |                 | 14:55 |
| 15:10    |                 | Spyd(13)        |                      |                 |                 | 15:10 |
| 15:30    |                 |                 |                      | 1500 m(6)       |                 | 15:30 |
| 15:45    |                 |                 | 1500 m(15)           |                 |                 | 15:45 |
| 16:15    |                 |                 |                      |                 | 8x200 m stafett | 16:15 |