

Tidsskjema

Gjensidige UM Friidrett 3 søndag - 05.09.21

Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Diskos							
10:15:00	J-18/19	Diskos	(1,0kg)	(1,0kg)	6	07:15:00	09:55:00
11:20:00	G-18/19	Diskos	(1,75kg)	(1,75kg)	6	08:20:00	11:00:00
Høyde							
11:05:00	G-18/19	Høyde			8	08:05:00	10:35:00
12:55:00	J-18/19	Høyde			3	09:55:00	12:35:00
Kule							
10:10:00	J-15	Kule	(3,0kg)	(3,0kg)	9	07:10:00	09:50:00
11:40:00	G-15	Kule	(4,0kg)	(4,0kg)	8	08:40:00	11:20:00
Lengde							
10:05:00	G-16	Lengde			14	07:05:00	09:35:00
11:50:00	J-16	Lengde			14	08:50:00	11:20:00
Løp							
10:25:00	J-17	200m, Finale					10:10:00
10:35:00	J-16	200m, Finale					10:20:00
10:45:00	G-18/19	200m, Finale					10:30:00
10:55:00	G-15	200m, Finale					10:40:00
11:05:00	J-18/19	200m, Finale					10:50:00
11:15:00	G-17	200m, Finale					11:00:00
11:25:00	J-15	200m, Finale					11:10:00
11:35:00	G-16	200m, Finale					11:20:00
11:45:00	J-17	800 m			13	08:45:00	11:30:00
12:00:00	J-18/19	800 m			16	09:00:00	11:45:00
12:15:00	G-17	800 m			11	09:15:00	12:00:00
12:25:00	G-18/19	800 m			32	09:25:00	12:10:00
12:50:00	J-15	2000 m			15	09:50:00	12:35:00
13:00:00	G-15	2000 m			25	10:00:00	12:45:00
13:15:00	G-16	3000 m			24	10:15:00	13:00:00
13:30:00	J-16	3000 m			16	10:30:00	13:15:00
13:40:00	G-15-16	1000 m Stafett					13:25:00
13:50:00	J-15-16	1000 m Stafett				12:50:00	13:35:00
14:00:00	G-17-19	1000 m Stafett				13:00:00	13:45:00
14:15:00	J-17-19	1000 m Stafett				13:15:00	14:00:00
Stav							
10:00:00	G-17	Stav			3	07:00:00	09:00:00
12:00:00	J-17	Stav			1	09:00:00	11:00:00