

# Tidsskjema

## Låvefest 03.12.2022



Løpsøvelser		Lengde 1	Lengde 2	Høyde utenf bane	Høyde Indre bane	Stav	Kule
	13:15						G16,MS,J15,J16,KS
13:20 60m h G11							
13:25 60m h J11 2 heat	13:25			G11			
	13:30	J11 Gr. 1	J11 Gr. 2				
13:33 60m h G12							
13:38 60m h J12							
13:46 60m h J13							
13:51 60m h G13							
13:56 60m h J14							
14:04 60m h J15,J16							
	14:07			G12			
	14:10						G11
14:12 60m h G14							
14:20 60m h G15,G16							
	14:25	J12 Gr. 1	J12 Gr. 2				
14:28 60m h KS/MS							
14:35 60m G13							
14:40 60m G15	14:40					G13,J13,J14	
14:45 60m G14	14:45			J11			
14:50 60m J14	14:50						G13,G14
14:55 60m J15							
15:00 60m G11 2 heat							
	15:06	J14,J15,J16,KS					
15:08 60m G12	15:08						
15:13 60m MS 2 heat	15:13		G11				
15:21 60m J13 2 heat							
15:29 60m J12 2 heat							
	15:30						G12
15:37 60m J11 3 heat							
15:48 60m KS	15:48	G13					
	15:55			J12	J13,J14		
16:00 200m J16,KS 2 heat							
16:05 200m G12 2 heat							
16:12 200m MS 2 heat							
	16:15						J12
	16:16	G14,G15,MS					
16:19 200m G16	16:19						
	16:20		G12				
16:24 200m J11 5 heat							
	16:25					G14,MS	
16:41 200m J15 2 heat							
16:48 200m G13 2 heat							
16:55 200m G14 2 heat							
17:02 200m G15,G16 2 heat							
	17:05				G13,G14		
	17:10	J13 Gr. 1	J13 Gr. 2				J11
17:12 200m G11 4 heat							
17:26 200m J14							
17:31 200m J12 3 heat							
17:42 200m J13 4 heat							
17:56 600m G13							
18:01 600m G14							
18:06 600m G12							
	18:10				J15,J16,KS		
18:11 600m J13							
18:16 600m J12, J14							
	18:23						J13,J14
18:25 800m MS 2 heat							
18:32 800m KS							
18:37 400m MS							
18:42 400m KS							
	18:45				G15,MS		
18:55 Stafetter 11-14 år							
19:15 3000m MS							

I klasse 11 år og eldre er det elektronisk avkryssing for løpsøvelsene.  
I tekniske øvelser er det opprop på øvelsesstedet 15 minutt før øvelsesstart.

