

Tidsskjema Låvefest 02.12.2023



Løpsøvelser	Lengde 1	Lengde 2	Høyde ved inngang	Høyde start 60m	Stav	Kule
11:50			G11			
12:40			G12			
13:18	60m h G11 2 heat	13:15			J13,J14	G15,G16,MS,J15,J16,KS
13:25	60m h J11 2 heat	13:20	J10			
13:35	60m h G12 2 heat	13:30	J11-1	J11-2		
13:43	60m h J12 1 heat					
13:50	60m h J13 1 heat					
13:55	60m h G13 1 heat					
14:00	60m h J14 1 heat					
14:07	60m h J15 1 heat	14:07				
14:13	60m h G14 1 heat	14:10				
14:19	60m h G15 1 heat	14:15				G11
14:23	60m h G16 1 heat					
14:35	60m J11 3 heat	14:25	J12-1	J12-2		
14:43	60m J14 2 heat					
14:49	60m J15 1 heat					
14:53	60m G11 2 heat	14:50				G13,G14
14:59	60m J16/KS 1 heat					
15:03	60m G12 2 heat	15:00	J11			
15:09	60m G16/MS 3 heat					
15:17	60m J12 2 heat	15:10	J15	J14		
15:23	60m G15 1 heat	15:13				
15:27	60m J13 2 heat					
15:37	60m G13 2 heat	15:30			G13,G14	
15:42	60m G14 1 heat	15:33				G12
15:50	200m J15 3 heat					
16:02	200m J16,KS 3 heat	15:55	G13, G14	G11		
16:14	200m G12 3 heat	16:10	J12			
16:26	200m MS 3 heat	16:15				J11
16:38	200m G16 2 heat	16:20		J15,J16,KS		
16:45	200m G15 1 heat	16:25				
16:52	200m G13 2 heat	16:50	J13-1	J13-2		
16:59	200m G14 1 heat					
17:04	200m G11 4 heat					
17:19	200m J14 2 heat	17:15			G13,G14	KS,MS
17:26	200m J13 3 heat	17:25	G12			
17:38	800m MS - 2 heat	17:30	G15,MS			J12
17:45	800m KS - 1 heat	17:31				
17:50	600m J13 - 1 heat	17:40	J13,J14			
17:55	200m J11 5 heat					
18:13	400m MS - 2 heat					
18:18	400m KS - 2 heat					
18:28	200m J12 4 heat	18:36				J13,J14
18:43	600m G13 - 1 heat	18:40		G15,G16,MS		
18:48	600m G14 - 1 heat					
18:53	600m J12 - 1 heat					
18:58	600m G12 - 1 heat					
19:04	Staff 11-14					
19:24	3000m MS - 1 heat					
19:41	3000m KS - 1 heat					



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

