

<b>DNB NOR TYRVINGLEKENE - NADDERUD 2010</b>				
<b>TIDSSKJEMA FOR FREDAG 11. JUNI</b>				
				<b>Opprops- listene inndras:</b>
<b>LØP:</b>				
1600	400mhk	G18-19		91,4/35,0 1500
1605	400mhk	MS		91,4/35,0 1505
1610	400mhk	J18-19		76,2/35,0 1510
1615	400mhk	KS		76,2/35,0 1515
1625	300mhk	J17		76,2/35,0 1525
1630	300mhk	G15		76,2/35,0 1530
1640	300mhk	J16		76,2/35,0 1540
1650	300mhk	J15		76,2/35,0 1550
1705	300mhk	G16, G17		84,0/35,0 1605
1715	600m	J12		1615
1735	600m	J11		1635
1745	600m	G12		1645
1800	600m	G11		1700
1810	200m	G18-19		1710
1825	200m	MS		1725
1845	200m	J18-19		1745
1905	200m	G17		1805
1925	200m	KS		1825
1935	200m	J17		1835
1950	600m	J13		1850
2010	600m	J14		1910
2025	600m	G13		1925
2045	600m	G14		1945
2110	2000m	J15		2010
2120	2000m	G15		2020
2145	3000m	J16, J17, J18-19,KS		2045
2200	3000m	G16, G17, G18-19		2100
2215	3000m	MS		2115
<b>HOPP:</b>				
1430	Høyde	G18-19, MS	Stativ 1	
1530	Høyde	G16, G17	Stativ 2	
1645	Lengde	G11	Grop 3	Satssone 50cm
1730	Stav	J13, J14		
1800	Lengde	J12	Grop 3	Satssone 50cm
1800	Lengde	J15	Grop 1	
1900	Lengde	G15	Grop 2	
1930	Stav	J15, J16, J17, J18-19, KS		
2000	Lengde	G16	Grop 1	
2015	Lengde	G12	Grop 3	Satssone 50cm
2015	Lengde	J16	Grop 2	
<b>KAST:</b>				
1400	Diskos	J18-19, KS	Stadion	1kg
1445	Diskos	G18-19	Stadion	1,75kg
1445	Diskos	MS	Stadion	2kg
1600	Diskos	J14	Kastbanen	0,75kg
1630	Kule	G14		4kg
1700	Spyd	G16, G17		700gr.
1715	Diskos	J15	Kastbanen	0,75kg
1800	Spyd	G15		600gr.
1800	Kule	G13		3kg
1815	Diskos	J16, J17	Kastbanen	1kg
1900	Spyd	G18-19, MS		800gr.
1900	Kule	J11		2kg
1945	Diskos	G14	Kastbanen	1kg
2000	Kule	J13		2kg

<b>DNB NOR TYRVINGLEKENE - NADDERUD STADION 2010</b>					
<b>TIDSSKJEMA FOR LØRDAG 12. JUNI</b>					
					<b>Opprops- listene inndras:</b>
<b>LØP</b>					
0930	200m hk	J14		76,2/19,0	0830
0945	200m hk	J13		68,0/19,0	0845
1005	200m hk	G13		68,0/18,29	0905
1025	200m hk	G14		76,2/18,29	0925
1040	60m	J11	Bane 2		0940
1040	80m hk	J15	Bane 1	76,2/8,00	0940
1055	80m hk	J16	Bane 1	76,2/8,00	0955
1110	60m	J13	Bane 2		1010
1115	100m hk	J17	Bane 1	76,2/8,50	1015
1125	100m hk	J18-19	Bane 1	84,0/8,50	1025
1130	100m hk	KS	Bane 1	84,0/8,50	1030
1135	100m hk	G15	Bane 1	91,4/8,50	1035
1145	100m hk	G16	Bane 1	91,4/8,50	1045
1155	110m hk	G17	Bane 1	91,4/8,80	1055
1155	60m	G13	Bane 2		1055
1200	110m hk	G18-19	Bane 1	100,0/9,14	1100
1205	110m hk	MS	Bane 1	106,7/9,14	1105
1215	60m	G14	Bane 1		1115
1225	60m	J14	Bane 2		1125
1240	60m	G11	Bane 1		1140
1255	60m	G10	Bane 1		1155
1300	60m	J12	Bane 2		1200
1315	60m	J10	Bane 1		1215
1335	60m	G12	Bane 2		1235
1340	60m finale	J13	Bane 1		
1345	60m finale	J14	Bane 1		
1350	60m finale	G14	Bane 1		
1355	60m finale	G13	Bane 1		
1400	1000m kappgang	G11, G12, G13, G14			1300
1400	1000m kappgang	J11, J12, J13, J14			1300
1415	200m	G15			1315
1435	200m	G16			1335
1505	200m	J16			1405
1525	200m	J15			1425
1600	4x60m stafett	G10-12			1400
1615	4x60m stafett	J13-14			1415
1630	4x60m stafett	G13-14			1430
1645	4x60m stafett	J10-12			1445
1700	800m	G15			1600
1720	800m	J15			1620
1730	800m	G16			1630
1740	800m	J16			1640
1745	800m	G17			1645
1755	800m	J17			1655
1805	800m	G18-19			1705
1815	800m	J18-19			1715
1820	800m	KS			1720
1830	800m	MS			1730
<b>HOPP:</b>					
0930	Høyde	G11	Stativ 1		
0930	Lengde	G14	Grop 1		
0945	Lengde	J14	Grop 2		
1015	Lengde	G13	Grop 3	Satssone 50cm	
1030	Stav	G13, G14			
1145	Tresteg	J16	Grop 1		

1200	Stav	G15, G16, G17, G18-19, MS		
1215	Lengde	J13	Grop 3	Satssone 50cm
1245	Tresteg	G16, G17	Grop 1	
1400	Tresteg	J15	Grop 1	
1430	Høyde	J14	Stativ 1	
1500	Høyde	J11	Stativ 2	
1500	Lengde	J10	Grop 3	Satssone 50cm
1515	Tresteg	J17	Grop 1	
1615	Tresteg	J18-19, KS	Grop 1	
1700	Høyde	G15	Stativ 1	
1745	Tresteg	G-18-19, MS	Grop 1	
<b>KAST:</b>				
0930	Spyd	J15		400gr.
1000	Kule	J17		4kg
1000	Diskos	G15	Kastbanen	1kg
1000	Diskos	G16, G17	Kastbanen	1,5kg
1100	Kule	J12		2kg
1115	Spyd	J18-19, KS		600gr.
1130	Slegge	J14	Kastbanen	3kg
1230	Spyd	J16		600gr.
1245	Slegge	G14	Kastbanen	4kg
1330	Spyd	J17		600gr.
1400	Kule	G11		2kg
1400	Slegge	J13	Kastbanen	2kg
1430	Liten ball	G10		150gr.
1500	Kule	J18-19, KS		4kg
1530	Slegge	G13	Kastbanen	3kg
1615	Liten Ball	G12		150gr.

<b>DNB NOR TYRVINGLEKENE - NADDERUD STADION 2010</b>					
<b>TIDSSKJEMA FOR SØNDAG 13. JUNI</b>					
					<b>Opprops-</b>
					<b>listene</b>
<b>LØP:</b>					<b>inndras:</b>
0930	100m	G15	Bane 1		0830
0930	80mhk	G14	Bane 2	84,0/8,0m	0830
0950	60mhk	J14	Bane 2	76,2/7,5m	0850
0955	100m	G16	Bane 1		0855
1005	60mhk	G13	Bane 2	76,2/7,5m	0905
1015	100m	J16	Bane 1		0915
1020	60mhk	J13	Bane 2	76,2/7,5m	0920
1040	100m	G17	Bane 1		0940
1045	60mhk	J12	Bane 2	76,2/7,0m	0945
1055	100m	J17	Bane 1		0955
1110	100m	J18-19	Bane 1		1010
1110	60mhk	G12	Bane 2	76,2/7,0m	1010
1130	60mhk	J11	Bane 2	68,0/6,5m	1030
1140	100m	G18-19	Bane 1		1040
1145	60mhk	G11	Bane 2	68,0/6,5m	1045
1200	100m	MS	Bane 1		1100
1200	100m	J15	Bane 2		1100
1220	100m	KS	Bane 1		1120
1230	60m finale	Funk.hemmede	Bane 1		1130
1235	100m finale	G16	Bane 1		
1240	100m finale	J16	Bane 1		
1245	100m finale	G17	Bane 1		
1250	100m finale	J17	Bane 1		
1255	100m finale	G15	Bane 1		
1300	100m finale	G18-19	Bane 1		
1305	100m finale	J18-19	Bane 1		

1310	100m finale	MS	Bane 1		
1315	100m finale	KS	Bane 1		
1320	100m finale	J15	Bane 1		
1330	600m	G10			1230
1340	600m	J10			1240
1355	400m	G17			1255
1415	400m	KS			1315
1425	400m	G18-19			1325
1440	400m	J18-19			1340
1450	400m	MS			1350
1510	400m	J17			1410
1525	1500m	J13			1425
1535	1500m	J14			1435
1545	1500m	G14			1445
1555	1500m	G13			1455
1610	1000m stafett	G15-16			1410
1620	1000m stafett	J15-16			1420
1630	1000m stafett	G17-19, MS			1430
1635	1000m stafett	J17-19, KS			1435
1640	200m	Funk.hemmede			1440
1645	200m	G11			1545
1655	200m	J11			1555
1715	200m	G14			1615
1735	200m	G12			1635
1750	200m	G13			1650
1815	200m	J14			1715
1845	200m	J12			1745
1910	200m	J13			1810
<b>HOPP:</b>					
0930	Tresteg	G15	Grop 1		
1020	Tresteg	G14	Grop 1		
1115	Tresteg	J13	Grop 1	Satssone 50cm	
1300	Tresteg	J14	Grop 1		
1400	Tresteg	G13	Grop 1	Satssone 50cm	
1515	Lengde	J17	Grop 1		
1600	Lengde	J18-19, KS	Grop 1		
1645	Lengde	G17	Grop 1		
1730	Lengde	G18-19	Grop 1		
1830	Lengde	MS	Grop 1		
1200	Lengde	J11	Grop 3	Satssone 50cm	
1430	Lengde	G10	Grop 3	Satssone 50cm	
0930	Høyde	G12	Stativ 1		
1030	Høyde	G13	Stativ 2		
1200	Høyde	J12	Stativ 1		
1230	Høyde	G14	Stativ 2		
1430	Høyde	J13	Stativ 1		
1500	Høyde	J15	Stativ 2		
1700	Høyde	J16	Stativ 1		
1700	Høyde	J17, J18-19, KS	Stativ 2		
<b>KAST:</b>					
1000	Liten Ball	J11		150gr.	
1015	Kule	J15		3kg	
1030	Slegge	G15	Kastbanen	4kg	
1100	Liten Ball	J10		150gr.	
1130	Kule	J14		3kg	
1130	Slegge	G16, G17	Kastbanen	5kg	
1200	Liten Ball	G13		150gr.	
1215	Slegge	G18-19	Kastbanen	6kg	
1215	Slegge	MS	Kastbanen	7,26kg	

1245	Kule	J16		3kg	
1315	Slegge	J15	Kastbanen	3kg	
1320	Liten Ball	G11		150gr.	
1345	Kule	MS		7,26kg	
1400	Liten Ball	J14		150gr.	
1400	Slegge	J17	Kastbanen	4kg	
1430	Kule	G17		5kg	
1430	Kule	G18-19		6kg	
1445	Slegge	J16	Kastbanen	4kg	
1500	Liten Ball	J12		150gr.	
1530	Kule	G12		3kg	
1545	Slegge	J18-19, KS		4kg	
1615	Liten Ball	G14		150gr.	
1630	Kule	G15		4kg	
1630	Kule	G16		5kg	
1730	Liten Ball	J13		150gr.	