

TIDSSKJEMA UM fredag 06. mars 2020

Øvelses-start	Klasse	Øvelse	Øvelsesinfo	Call-room	Inn-marsj
Løp/kappgang					
15:00	J15	60m hekk (Forsøk)	76,2cm/8m	14:40	14:50
15:15	J16	60m hekk (Forsøk)	76,2cm/8m	14:55	15:05
15:25	J17	60m hekk (Forsøk)	76,2cm/8,5m	15:05	15:15
15:35	G15	60m hekk (Forsøk)	84,0cm/8,5m	15:15	15:25
15:45	J18/19	60m hekk (Forsøk)	84,0cm/8,5m	15:25	15:35
16:00	G20/22	60m hekk (Finale)	106cm/9,14m	15:40	15:50
16:05	G18/19	60m hekk (Finale)	100cm/9,14m	15:45	15:55
16:10	G17	60m hekk (Finale)	91,4cm/9,14m	15:50	16:00
16:20	G16	60m hekk (Finale)	91,4cm/8,5m	16:00	16:10
16:25	J20/22	60m hekk (Finale)	84,0cm/8,5m	16:05	16:15
16:30	J17	60m hekk (Finale)	76,2cm/8,5m	16:10	16:20
16:35	J15	60m hekk (Finale)	76,2cm/8m	16:15	16:25
16:40	J16	60m hekk (Finale)	76,2cm/8m	16:20	16:30
16:45	G15	60m hekk (Finale)	84,0cm/8,5m	16:25	16:35
16:50	J18/19	60m hekk (Finale)	84,0cm/8,5m	16:30	16:40
17:05	G15	1500m kappgang		16:45	16:55
17:05	G16	1500m kappgang		16:45	16:55
17:05	G17	1500m kappgang		16:45	16:55
17:05	G18/19	1500m kappgang		16:45	16:55
17:05	G20/22	1500m kappgang		16:45	16:55
17:05	J15	1500m kappgang		16:45	16:55
17:05	J16	1500m kappgang		16:45	16:55
17:05	J17	1500m kappgang		16:45	16:55
17:05	J18/19	1500m kappgang		16:45	16:55
17:05	J20/22	1500m kappgang		16:45	16:55
17:25	J15	1500m		17:05	17:15
17:35	J18/19	1500m		17:15	17:25
17:35	J17	1500m		17:15	17:25
17:35	J20/22	1500m		17:15	17:25
17:45	J16	1500m		17:25	17:35
17:55	G16	1500m		17:35	17:45
18:20	G17	1500m		18:00	18:10
18:30	G15	1500m		18:10	18:20
18:50	G18/19	1500m		18:30	18:40
19:10	G20/22	1500m		18:50	19:00
19:25	G17	400m		19:05	19:15
19:40	J17	400m		19:20	19:30
19:55	G18/19	400m		19:35	19:45
20:10	J18/19	400m		19:50	20:00
20:30	J20/22	400m		20:10	20:20
20:35	G20/22	400m		20:15	20:25

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Øvelses- start	Klasse	Øvelse	Øvelsesinfo	Call- room	Inn- marsj
Tresteg					
17:00	G17	Tresteg	Grop 1	16:30	16:40
17:45	G15	Tresteg	Grop 2	17:15	17:25
18:00	G16	Tresteg	Grop 1	17:30	17:40
19:00	J18/J19	Tresteg	Grop 2	18:30	18:40
19:00	J20/22	Tresteg	Grop 2	18:30	18:40
19:20	G18/19	Tresteg	Grop 1	18:50	19:00
19:20	G20/22	Tresteg	Grop 1	18:50	19:00
Stav					
16:30	J17	Stav		15:20	15:30
16:30	J18/19	Stav		15:20	15:30
16:30	J20/22	Stav		15:20	15:30
18:30	J15	Stav		17:20	17:30
18:30	J16	Stav		17:20	17:30