

Lørdag 4.juni 2016

	60 m, 100m	200m	600m	1500m	Høgde	Lengde	Spyd/Liten ball:	Kule
13:00	G10 (8)				J13/J15/KJ (2+1+2)	J10/J11 (2+6)	G15/MJ (2+2)	G12+G13 (9+2)
13:10	G11 (5)							
13:15	G12 (12)							
13:20								
13:25	J10 (2)							
13:30	J11 (7)					J14+J15+KS (1+5+1)	G11/G12/G13 (2+5+1)	
13:35								J11/J12 (3+4)
13:40	J12 (5)							
13:45	100m:							
13:50	G13/14 (3+1)				G14 + MJ (2+1)			
13:55	G15 (3)							
14:00	J13/14/15 (2+1+2)							
14:05	KJ + KS (1+1)					G10+G11 (7+3)		J13/J14/J15/KJ (1+2+4+3)
14:10	MJ (3)						J15+KJ (2+4)	
14:15			G12 (8)					
14:20								
14:25			G10+G11 (5+4)					
14:30			J11 + J12 (3+2)					
14:40								
14:45		G13 + G14 (2+2)			J10/J11/J12 (1+2+5)		G10 (6)	MJ/MS/G14/G15 (2+1+1+3)
14:50		G15 (4)				G12+G13 (10+1)		
14:55		J13 + J14 (4+1)						
15:05		J15 + KJ (4+1)						
15:15		MJ (2)		G12/13/14/ 15 (1+1+1+3)			J10/J11/J12 (2+4+2)	
15:20								
15:30				MJ + MV (2+1)	G10 + G11 + G12 (3+2+4)			
15:40						G14 + G15 (4+1)		
15:50				J13/J15/K J (1+1+1)				
16:00								G10/G11 (8+1)
16:05						J12 + J13 (4+3)		
16:10								
16:20								
16:30								

Tekniske øvingar: 4 forsøk for alle