

Klasse	100m	200m	400m	3000m	Lengde	Tresteg	Stav	Liten b	Spyd	Slengb	Kule
J6		18:15			17:30			18:25			
J7		18:15			17:30			18:25			
J8		18:15			17:30			18:25			
J9			17:30			18:45				17:45	
J10			17:30			18:45				17:45	
J11			17:30			17:50			18:45		
J12			17:30	18:25		17:50			18:45		
J13	17:45						18:00				
J14							18:00		17:30		18:30
J15	17:55			18:25							
J16	17:55			18:25							
J17											
J18/19											
KS				18:25							
G6		18:15			17:30			18:25			
G7		18:15			17:30			18:25			
G8		18:15			17:30			18:25			
G9			17:40			18:30				18:05	
G10			17:40			18:30				18:05	
G11			17:40	18:45		18:15			17:50		
G12			17:40	18:45		18:15			17:50		
G13	17:55			18:45							
G14	17:55			18:45			18:00				
G15	18:05			18:45							
G16	18:05			18:45							
G17				18:45							
G18/19											
MS				18:45							

Kan bli endringer

3 forsøk kule, lengde,tresteg, slengball, spyd

Kastmerke spyd, liten ball, slengball

Kule J14 3 kg

J/ G 11-
Spyd 12 400 g
J14 400 g

Slengball 1 kg

Lengde/
tresteg Alle 0,5m satssone

400m Start fra strek