

Tidsskjema ungdomscupen del 1 2017 – 14. Mai 2017

Hamar idrettspark

LØP			HØYDE		
12:00:00	J-11	60 m	12:00:00	J-15	Høyde
12:05:00	J-12	60 m	12:00:00	J-17	Høyde
12:15:00	J-13	60 m	12:00:00	J-18/19	Høyde
12:20:00	J-14	60 m	12:45:00	J-13	Høyde
12:25:00	G-11	60 m	12:45:00	J-14	Høyde
12:30:00	G-12	60 m	14:00:00	J-11	Høyde
12:35:00	G-13	60 m	14:00:00	J-12	Høyde
12:35:00	G-14	60 m			
12:45:00	G-15	100 m	LENGDE		
12:50:00	G-17	100 m	12:00:00	G-17	Lengde
12:50:00	G-18/19	100 m	12:00:00	MS	Lengde
12:50:00	MS	100 m	12:45:00	G-11	Lengde
12:55:00	J-15	100 m	12:45:00	G-12	Lengde
13:00:00	J-17	100 m	12:45:00	G-13	Lengde
13:00:00	J-18/19	100 m	13:40:00	G-14	Lengde
13:30:00	G-15	300 m	13:40:00	G-15	Lengde
13:30:00	MS	300 m			
13:35:00	G-17	300 m	SPYD		
13:35:00	G-18/19	300 m	12:00:00	G-14	Spyd (600gr)
13:40:00	J-15	300 m	12:00:00	G-15	Spyd (600gr)
13:40:00	J-18/19	300 m	12:00:00	MS	Spyd (800gr)
13:50:00	J-13	600 m	12:40:00	J-11	Spyd (400gr)
13:55:00	J-11	600 m	12:40:00	J-12	Spyd (400gr)
13:55:00	J-12	600 m	13:30:00	G-11	Spyd (400gr)
14:05:00	G-11	600 m	13:30:00	G-12	Spyd (400gr)
14:05:00	G-12	600 m	13:30:00	G-13	Spyd (400gr)
14:05:00	G-13	600 m	14:00:00	J-13	Spyd (400gr)
14:25:00	G-14	800 m	14:00:00	J-14	Spyd (400gr)
14:25:00	G-15	800 m	14:45:00	J-15	Spyd (500gr)
14:25:00	G-17	800 m	14:45:00	J-17	Spyd (500gr)
14:35:00	J-15	800 m	14:45:00	J-18/19	Spyd (600gr)
14:35:00	J-17	800 m			
14:35:00	KS	800 m			
14:45:00	J-14	800 m			
15:00:00	Stafett	4x100 m			

Avkryssing i løp 1 time før start. I tekniske øvelser er det ingen avkryssing