

	Løp	Lengde/tresteg	I.ball/spyd	Diskos	Kule	Høyde
	200m hk	lengde	I. ball			
12.00	Heat 1:G12(2)+ G13(2)= 4	G8(2), J8(6), J9(7)	G11(3), J12(5) J13(4)		J18/19(2), J15(3) , MS	J10(1), J12(1), J16(1)
12.05	Heat 2: G18/19(1)/MS (1)					
12.10	Heat 3: J12(1)/ J14(2)					
	60m					
12.15						
12.30	Heat 1: G11(2)/G12(4)					
12.35	Heat 2: J8(6)					G11/12 (5)
12.40	Heat 3: J9(3)+J10(1)					
12.45	Heat 4: J9(4)+G8(1)		G13(6)		J13(4), J14(1)	
	100m					
13.10	Heat 1:G13(6) Heat 2: G14(2)/ G15(3)/MS (6) Heat3: J13(4), Heat 4 G18/19/MS (4)	G11(3), G12(3), J12(5). MS				
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13.20		Tresteg			J10/J12	G13(3), G18/19(1),
	600m					
13.40	Heat 1: G11(2)+G12(2)					
13.50	Heat 2: G13(4)+ G14(2)					
14.00	Heat 3: J12(3)		Spyd: G17(1), MS		G13(7)	
14.10		G18/19(1), J13(2), J14(1), J15(1),				
	800m					
14.30	G15(3)		Ball: G8(2), J8(6), J9(7)/G12(2)/ MS	J14(1), J15(2), J18/19(2)		
14.40	J15(2), J14(1)				G15/G14 (6)	
	1500m					
14.50						
15.00	G17(1)	G13(4)				
15.15				G14(1), G15(2)	G11/12(4)	
	3000m					
15.20	KS(2), MS(2)					

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