

Tidsskjema NYTTÅRSSTEVNE 5. januar 2025

TID	Løp	TID	Lengde GROP 1	Tresteg/lengde GROP2	Stav	Kule
10:00	60h g10	10:00	g13	g14, j14		g14
10:10	60h j10					
10:15	60h g11					
10:20	60h j11					
10:25	60h j12					
10:35	60h g12	10:30	g11	j16		g10
10:40	60h g13					
10:45	60h j13					
10:50	60h j14					
10:55	60h g14					
11:00	60h j15	11:00	j11	g12		
11:05	60h j16					
11:10	60h g15					
11:15	60h j17	11:15			j13, g13,	j10
11:20	60h j18/19	11:15			j14,	
11:25	60h g 17					
11:30	60h g18/19	11:30	j17	j12		
		11:30				
11:50	60m g10	11:45				g13, j14, j16
12:00	60m j10				g15, g14	
12:05	60m g11					
12:10	60m j11	12:10	g10			
12:20	60m g12	12:15		j15		
12:30	60m j12	12:30				g12
12:40	60m g13					
12:45	60m j13					
12:55	60m g14					
13:05	60m j14	13:00	j10		g12, j12	j11
13:10	60m g15					
13:15	60m j15	13:15				
13:20	60m g16, g17					
13:25	60m j16					
13:30	60m j17	13:30	j13	g15		g11
13:35	60m j18/19					
13:40	60m g18/19					

14:00		600 g10	14:00				g15
14:10		600 j10, j11	14:15		g16, g18/19		
14:20		600 g11					
14:30		200m g12	14:30	g17			
14:40		200m j12	14:40				j13
14:50		200m g13					
14:55		200m g14					
15:05		200m j14					
15:10		200m g15					
15:20		200m j15					
15:25		200 g16					
15:30		200m j16	15:30				j12
15:35		200j17					
15:45		200j13					
16:00		200 j18/19	16:00				g16, g17, j18/19
16:05		200m g18/19					
16:15		600m g12					
16:20		600m j12					
16:25		600m g13					
16:30		600 j13					
16:35		600 g14					
16:40		600 g15					

Ingen avkryssing. Heat er satt opp
på forhånd
Fremmøte 10min før start på
øvelsested
10-14år: 4 hopp og kast
15år og eldre: 6 hopp og kast