

## Tidsskjema søndag 10.06.

| Tidspkt. | Løp                | Lengde  | Kule    | Høgde              | Spyd          | Slegge      |
|----------|--------------------|---------|---------|--------------------|---------------|-------------|
| 11:00    | 60m hk J13(1H)     | G14(6)  |         |                    |               | G18/19-MS-K |
| 11:05    | 60 m hk J14(1H)    |         |         |                    |               |             |
| 11:10    | 60m hk G11(1H)     |         |         |                    |               |             |
| 11:15    | 60m hk J10-11(1H)  |         |         |                    |               |             |
| 11:20    | 60m hk J12(1H)     |         |         |                    |               |             |
| 11:25    | 60m hk G13(1H)     |         |         | G11(5)             |               |             |
| 11:30    |                    | J14(4)  |         |                    |               |             |
| 11:35    | 80m hk G14(1H)     |         |         |                    |               |             |
| 11:40    |                    |         |         |                    |               |             |
| 11:45    | 80 m hk J15-16     |         |         |                    |               |             |
| 11:50    |                    |         |         |                    |               |             |
| 12:00    |                    |         | G15→(4) |                    | G13(3) G14(2) |             |
| 12:10    |                    | J13(9)  |         |                    |               |             |
| 12:15    | 200m G15           |         |         |                    |               |             |
| 12:20    | 200m G16→          |         |         | J10(1)J11(5)J12(2) |               |             |
| 12:25    | 200m J15→          |         |         |                    |               |             |
| 12:30    | 200m J16→          |         | J15→(7) |                    |               |             |
| 12:35    |                    |         |         |                    |               |             |
| 12:40    | Krinsstafett 13-14 |         |         |                    |               |             |
| 12:50    |                    | J15→(7) |         |                    |               |             |
| 13:00    | 800 G15→           |         |         |                    |               |             |
| 13:05    |                    |         |         |                    | G15-19 J16    |             |
| 13:10    | 800 J15→           |         |         |                    |               |             |
| 13:20    | 600 J10-11         |         |         |                    |               |             |
| 13:25    |                    |         |         |                    |               |             |
| 13:30    | 600 G10            |         |         |                    |               |             |
| 13:35    |                    | G13(7)  |         |                    |               |             |
| 13:40    | 600 J12            |         |         |                    |               |             |
| 13:45    |                    |         |         |                    |               |             |
| 13:50    | 600 G11-12         |         |         |                    |               |             |
| 13:55    |                    |         |         |                    |               |             |
| 14:00    | 600 J13            |         |         |                    |               |             |
| 14:05    |                    |         |         |                    |               |             |
| 14:10    | 600 J14            | G15→(3) |         |                    |               |             |
| 14:15    |                    |         |         |                    |               |             |
| 14:20    | 600 G13            |         |         |                    |               |             |
| 14:25    |                    |         |         |                    |               |             |
| 14:30    | 600 G14            |         |         |                    |               |             |
| 14:40    | 3000 m             |         |         |                    |               |             |

