

Tidsplan

Tromsølekene inne- Tromsøhallen - Søndag 16.03.2025

Ver 1.1	LØP		HOPP			KAST	
	60m Hekk	324/400/1500m	Lengde	Høyde 1	Høyde 2	Kule	
10:00	60m hk G11 / J11 2+3		G-rekrutt 11 (3 forsøk) (satssone)			G15 / G16 2+5 (6 forsøk)	10:00
10:05							10:05
10:10	60m hk G12 / J12 2+1						10:10
10:15							10:15
10:20	60m hk J13 2						10:20
10:25							10:25
10:30	60m hk G13 / J14 1+4						10:30
10:35							10:35
10:40			J-rekrutt 12 (3 forsøk) (satssone)				10:40
10:45	60m hk G14 / J15 / J16 3+1+1			J13 / J14 4+4		G11 / G12 2+1 (4 forsøk)	10:45
10:50							10:50
10:55	60m hk G15 / G16 1+1						10:55
11:00							11:00
11:05						J15 / J16 2+2 (6 forsøk)	11:05
11:10							11:10
11:15							11:15
11:20			G15 / G16 3+5 (6 forsøk) (planke)				11:20
11:25							11:25
11:30						J11 / J12 5+3 (4 forsøk)	11:30
11:35		324m G-Rekrutt 10					11:35
11:40							11:40
11:45							11:45
11:50		324m J-Rekrutt 9		G13 / G14 2+6			11:50
11:55							11:55
12:00	Premieutdeling rekrutter						12:00
12:05							12:05
12:10					G11 / G12 3+2		12:10
12:15							12:15
12:20							12:20
12:25							12:25
12:30		400m G15 / G16 (H1) 1+2	J15 / J16 / J17 2+1+1 (6 forsøk) (planke)				12:30
12:35							12:35
12:40		400m G16 (H2) 3					12:40
12:45				J11 / J12 4+2			12:45
12:50							12:50
12:55		1500m J13 / J14 4+5				J17 / J18-19 / KS 1+1+1 (6 forsøk)	12:55
13:00							13:00
13:05							13:05
13:10							13:10
13:15		1500m G14 / G16 1+1				G17 / M45-50 2+1 (6 forsøk)	13:15
13:20							13:20
13:25							13:25
13:30							13:30
13:35							13:35
13:40	Pers premie						13:40
13:45	Avslutning						13:45