

| Tidsskjema  |           | KM Troms 2024 |             | Dag 2 søndag - 15.09.24 |        |          |          |
|-------------|-----------|---------------|-------------|-------------------------|--------|----------|----------|
| Øvelsestart | Klasse    | Øvelse        | Øvelsesinfo | Sted                    | Antall | Opprop   | Innmarsj |
| Diskos      |           |               |             |                         |        |          |          |
| 10:00:00    | J-15      | Diskos        | (0,75kg)    |                         | 4      | 09:45:00 |          |
| 10:00:00    | J-16      | Diskos        | (1,0kg)     |                         | 2      | 09:45:00 |          |
| 10:40:00    | J-18-19   | Diskos        | (1,0kg)     |                         | 1      | 10:25:00 |          |
| 10:40:00    | MV 60-64  | Diskos        | (1,0kg)     |                         | 1      | 10:25:00 |          |
| 10:40:00    | MV 75-79  | Diskos        | (1,0kg)     |                         | 1      | 10:25:00 |          |
| 11:00:00    | G-11      | Diskos        | (0,6kg)     |                         | 1      | 10:45:00 |          |
| 11:00:00    | G-13      | Diskos        | (0,75kg)    |                         | 1      | 10:45:00 |          |
| 11:00:00    | G-14      | Diskos        | (1,0kg)     |                         | 1      | 10:45:00 |          |
| 11:15:00    | J-11      | Diskos        | (0,6kg)     |                         | 1      | 11:00:00 |          |
| 11:15:00    | J-13      | Diskos        | (0,6kg)     |                         | 3      | 11:00:00 |          |
| 11:15:00    | J-14      | Diskos        | (0,75kg)    |                         | 2      | 11:00:00 |          |
| 11:40:00    | G-15      | Diskos        | (1,0kg)     |                         | 5      | 11:25:00 |          |
| 11:40:00    | G-16      | Diskos        | (1,5kg)     |                         | 3      | 11:25:00 |          |
| Høyde       |           |               |             |                         |        |          |          |
| 10:00:00    | G-15      | Høyde         |             |                         | 3      | 09:45:00 |          |
| 10:00:00    | G-16      | Høyde         |             |                         | 1      | 09:45:00 |          |
| 10:35:00    | J-13      | Høyde         |             |                         | 5      | 10:20:00 |          |
| 11:25:00    | G-13      | Høyde         |             |                         | 1      | 11:10:00 |          |
| 11:25:00    | G-14      | Høyde         |             |                         | 1      | 11:10:00 |          |
| 11:55:00    | J-15      | Høyde         |             |                         | 3      | 11:40:00 |          |
| 11:55:00    | J-16      | Høyde         |             |                         | 1      | 11:40:00 |          |
| 11:55:00    | KV 50-54  | Høyde         |             |                         | 1      | 11:40:00 |          |
| Lengde      |           |               |             |                         |        |          |          |
| 10:40:00    | J-Rekrutt | Lengde        | (Sone)      |                         | 5      | 10:25:00 |          |
| 11:00:00    | G-Rekrutt | Lengde        | (Sone)      |                         | 4      | 10:45:00 |          |
| 11:25:00    | G-11      | Lengde        | (Sone)      |                         | 2      | 11:10:00 |          |
| 11:25:00    | G-12      | Lengde        | (Sone)      |                         | 1      | 11:10:00 |          |
| 11:50:00    | J-11      | Lengde        | (Sone)      |                         | 1      | 11:35:00 |          |
| 11:50:00    | J-12      | Lengde        | (Sone)      |                         | 2      | 11:35:00 |          |

# Tidsskjema

## KM Troms 2024

### Dag 2 søndag - 15.09.24

| Øvelsestart | Klasse    | Øvelse         | Øvelsesinfo | Sted | Antall | Opprop   | Innmarsj |
|-------------|-----------|----------------|-------------|------|--------|----------|----------|
| Løp         |           |                |             |      |        |          |          |
| 10:00:00    | G-11      | 200 m          |             |      | 2      | 09:45:00 |          |
| 10:00:00    | G-12      | 200 m          |             |      | 1      | 09:45:00 |          |
| 10:00:00    | J-11      | 200 m          |             |      | 1      | 09:45:00 |          |
| 10:10:00    | G-13      | 200 m          |             |      | 1      | 09:55:00 |          |
| 10:10:00    | G-14      | 200 m          |             |      | 2      | 09:55:00 |          |
| 10:20:00    | J-13      | 200 m          |             |      | 6      | 10:05:00 |          |
| 10:25:00    | J-14      | 200 m          |             |      | 2      | 10:10:00 |          |
| 10:55:00    | G-15      | 200 m          |             |      | 5      | 10:40:00 |          |
| 11:00:00    | G-16      | 200 m          |             |      | 4      | 10:45:00 |          |
| 11:05:00    | J-15      | 200 m          |             |      | 3      | 10:50:00 |          |
| 11:05:00    | J-16      | 200 m          |             |      | 1      | 10:50:00 |          |
| 11:10:00    | J-18-19   | 200 m          |             |      | 3      | 10:55:00 |          |
| 11:25:00    | G-Rekrutt | 400 m          |             |      | 4      | 11:10:00 |          |
| 11:25:00    | J-Rekrutt | 400 m          |             |      | 6      | 11:10:00 |          |
| 12:00:00    | KS        | 3000 m         |             |      | 1      | 11:45:00 |          |
| 12:00:00    | MS        | 3000 m         |             |      | 1      | 11:45:00 |          |
| 12:00:00    | MV 45-49  | 3000 m         |             |      | 1      | 11:45:00 |          |
| 12:00:00    | MV 70-74  | 3000 m         |             |      | 1      | 11:45:00 |          |
| 12:20:00    | G-11      | 600 m          |             |      | 2      | 12:05:00 |          |
| 12:20:00    | G-12      | 600 m          |             |      | 1      | 12:05:00 |          |
| 12:20:00    | J-11      | 600 m          |             |      | 1      | 12:05:00 |          |
| 12:30:00    | J-13      | 600 m          |             |      | 2      | 12:15:00 |          |
| 12:30:00    | J-14      | 600 m          |             |      | 1      | 12:15:00 |          |
| 13:00:00    | G-15      | 800 m          |             |      | 2      | 12:45:00 |          |
| 13:00:00    | G-16      | 800 m          |             |      | 1      | 12:45:00 |          |
| 13:00:00    | MS        | 800 m          |             |      | 1      | 12:45:00 |          |
| 14:45:00    | MS        | 1000 m stafett |             |      |        | 14:30:00 |          |
| 14:55:00    | KS        | 1000 m stafett |             |      |        | 14:40:00 |          |
| Spyd        |           |                |             |      |        |          |          |
| 12:45:00    | G-11      | Spyd           | (400gr)     |      | 1      | 12:30:00 |          |
| 12:45:00    | G-13      | Spyd           | (400gr)     |      | 1      | 12:30:00 |          |
| 12:55:00    | J-18-19   | Spyd           | (600gr)     |      | 2      | 12:40:00 |          |
| 12:55:00    | KS        | Spyd           | (600gr)     |      | 1      | 12:40:00 |          |
| 13:15:00    | J-15      | Spyd           | (500gr)     |      | 3      | 13:00:00 |          |
| 13:15:00    | J-16      | Spyd           | (500gr)     |      | 1      | 13:00:00 |          |
| 13:40:00    | J-11      | Spyd           | (400gr)     |      | 3      | 13:25:00 |          |
| 13:40:00    | J-12      | Spyd           | (400gr)     |      | 2      | 13:25:00 |          |
| 14:00:00    | G-15      | Spyd           | (600gr)     |      | 6      | 13:45:00 |          |
| 14:00:00    | MV 60-64  | Spyd           | (600gr)     |      | 1      | 13:45:00 |          |
| 14:45:00    | J-13      | Spyd           | (400gr)     |      | 2      | 14:30:00 |          |
| 14:45:00    | J-14      | Spyd           | (400gr)     |      | 1      | 14:30:00 |          |

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|-------------|---------|---------------|-------------|-------------------------|--------|----------|----------|
| Øvelsestart | Klasse  | Øvelse        | Øvelsesinfo | Sted                    | Antall | Opprop   | Innmarsj |
| Tresteg     |         |               |             |                         |        |          |          |
| 13:00:00    | J-13    | Tresteg       | (Sone)      |                         | 3      | 12:45:00 |          |
| 13:30:00    | G-15    | Tresteg       |             |                         | 1      | 13:15:00 |          |
| 13:30:00    | J-18-19 | Tresteg       |             |                         | 1      | 13:15:00 |          |
| 13:55:00    | J-15    | Tresteg       |             |                         | 5      | 13:40:00 |          |