

Tidsskjema

Tromsølekene 2024

Dag 1

lørdag - 08.06.24

Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Diskos							
12:00:00	J-13	Diskos	(0,6kg)		3	11:45:00	
12:00:00	J-14	Diskos	(0,75kg)		4	11:45:00	
13:10:00	G-12	Diskos	(0,75kg)		1	12:55:00	
13:10:00	G-14	Diskos	(1,0kg)		1	12:55:00	
13:35:00	J-11	Diskos	(0,6kg)		1	13:20:00	
13:35:00	J-12	Diskos	(0,6kg)		1	13:20:00	
13:55:00	G-15	Diskos	(1,0kg)		5	13:40:00	
14:45:00	G-16	Diskos	(1,5kg)		1	14:30:00	
14:45:00	MV 60-64	Diskos	(1,0kg)		1	14:30:00	
14:45:00	MV 75-79	Diskos	(1,0kg)		1	14:30:00	
15:10:00	J-15	Diskos	(0,75kg)		5	14:55:00	
15:10:00	J-16	Diskos	(1,0kg)		1	14:55:00	
Høyde							
12:00:00	G-12	Høyde			2	11:45:00	
12:25:00	J-11	Høyde			2	12:10:00	
12:25:00	J-12	Høyde			1	12:10:00	
13:00:00	J-13	Høyde			3	12:45:00	
13:00:00	J-14	Høyde			3	12:45:00	
15:05:00	G-13	Høyde			3	14:50:00	
15:05:00	G-14	Høyde			1	14:50:00	
Kule							
12:00:00	J-15	Kule	(3,0kg)		2	11:45:00	
12:00:00	J-16	Kule	(3,0kg)		3	11:45:00	
12:00:00	J-17	Kule	(3,0kg)		1	11:45:00	
12:45:00	G-15	Kule	(4,0kg)		4	12:30:00	
12:45:00	G-16	Kule	(5,0kg)		2	12:30:00	
13:30:00	KS	Kule	(4,0kg)		2	13:15:00	
13:30:00	MV 60-64	Kule	(5,0kg)		1	13:15:00	
13:30:00	MV 75-79	Kule	(4,0kg)		1	13:15:00	
Lengde							
12:00:00	FIFA	Lengde	(Sone)		6	11:45:00	
12:25:00	G-Rekrutt	Lengde	(Sone)		9	12:10:00	
13:00:00	J-Rekrutt	Lengde	(Sone)		10	12:45:00	
13:30:00	J-15	Lengde			4	13:15:00	
13:30:00	J-16	Lengde			2	13:15:00	
14:50:00	G-15	Lengde			5	14:35:00	
15:20:00	G-16	Lengde			3	15:05:00	
15:20:00	G-18-19	Lengde			1	15:05:00	
Liten Ball							
12:10:00	J-Rekrutt	Liten Ball	(150g)		9	11:55:00	
12:45:00	FIFA	Liten Ball	(150g)		6	12:30:00	
13:05:00	G-Rekrutt	Liten Ball	(150g)		9	12:50:00	

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Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Løp							
12:00:00	J-Rekrutt	60 m			10	11:45:00	
12:10:00	G-Rekrutt	60 m			9	11:55:00	
12:25:00	FIFA	60 m			6	12:10:00	
12:40:00	J-13	60 m			5	12:25:00	
12:45:00	J-14	60 m			5	12:30:00	
12:55:00	G-11	60 m			1	12:40:00	
12:55:00	G-12	60 m			3	12:40:00	
13:00:00	G-13	60 m			3	12:45:00	
13:00:00	G-14	60 m			3	12:45:00	
13:05:00	J-11	60 m			4	12:50:00	
13:05:00	J-12	60 m			2	12:50:00	
13:15:00	J-15	100 m			7	13:00:00	
13:20:00	J-16	100 m			2	13:05:00	
13:20:00	J-17	100 m			1	13:05:00	
13:20:00	J-18-19	100 m			1	13:05:00	
13:30:00	G-17	100 m			1	13:15:00	
13:30:00	G-18-19	100 m			1	13:15:00	
13:30:00	MS	100 m			1	13:15:00	
13:35:00	G-15	100 m			7	13:20:00	
13:40:00	G-16	100 m			5	13:25:00	
13:50:00	FIFA	4x60m stafett				13:35:00	
13:50:00	Rekrutter	4x60m stafett				13:35:00	
14:15:00	J-15	400 m			2	14:00:00	
14:15:00	J-16	400 m			1	14:00:00	
14:15:00	J-17	400 m			1	14:00:00	
14:15:00	J-18-19	400 m			1	14:00:00	
14:40:00	G-15	400 m			4	14:25:00	
14:40:00	G-16	400 m			4	14:25:00	
16:00:00	G-16	1500 m			1	15:45:00	
16:00:00	J-16	1500 m			1	15:45:00	
16:00:00	J-17	1500 m			1	15:45:00	
16:00:00	MS	1500 m			2	15:45:00	
16:15:00	G-13	1500 m			1	16:00:00	
16:15:00	G-14	1500 m			1	16:00:00	
16:15:00	J-12	1500 m			1	16:00:00	
16:15:00	J-13	1500 m			2	16:00:00	
16:15:00	J-14	1500 m			1	16:00:00	
16:35:00	11-12 år	4x60m stafett				16:20:00	
16:45:00	13-14 år	4x100m stafett				16:30:00	
16:55:00	15 år - Senior	4x100m stafett				16:40:00	

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Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Spyd							
14:05:00	G-12	Spyd	(400gr)		1	13:50:00	
14:05:00	G-14	Spyd	(600gr)		1	13:50:00	
14:20:00	J-15	Spyd	(500gr)		3	14:05:00	
14:20:00	J-16	Spyd	(500gr)		1	14:05:00	
14:20:00	J-17	Spyd	(600gr)		1	14:05:00	
14:20:00	J-18-19	Spyd	(600gr)		1	14:05:00	
15:05:00	J-13	Spyd	(400gr)		3	14:50:00	
15:05:00	J-14	Spyd	(500gr)		4	14:50:00	
15:45:00	J-11	Spyd	(400gr)		2	15:30:00	
15:45:00	J-12	Spyd	(400gr)		3	15:30:00	
16:10:00	G-15	Spyd	(600gr)		5	15:55:00	
16:10:00	G-16	Spyd	(700gr)		1	15:55:00	
Tresteg							
13:50:00	G-13	Tresteg	(Sone)		1	13:35:00	
14:00:00	J-11	Tresteg	(Sone)		2	13:45:00	
14:00:00	J-12	Tresteg	(Sone)		2	13:45:00	
14:00:00	J-13	Tresteg	(Sone)		3	13:45:00	
14:30:00	G-14	Tresteg			1	14:15:00	
14:30:00	J-14	Tresteg			4	14:15:00	