

Tidsskjema

Tromsølekene 2024

Dag 2 søndag - 09.06.24

Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Høyde							
10:00:00	G-Rekrutt	Høyde			9	09:45:00	
11:00:00	J-Rekrutt	Høyde			6	10:45:00	
11:50:00	J-15	Høyde			3	11:35:00	
11:50:00	J-16	Høyde			1	11:35:00	
12:30:00	J-17	Høyde			3	12:15:00	
13:00:00	G-15	Høyde			3	12:45:00	
Kule							
10:40:00	J-Rekrutt	Kule	(2,0kg)		4	10:25:00	
11:05:00	G-Rekrutt	Kule	(2,0kg)		10	10:50:00	
11:40:00	G-13	Kule	(3,0kg)		1	11:25:00	
11:40:00	G-14	Kule	(4,0kg)		3	11:25:00	
12:50:00	G-11	Kule	(2,0kg)		1	12:35:00	
12:50:00	J-11	Kule	(2,0kg)		1	12:35:00	
12:50:00	J-12	Kule	(2,0kg)		3	12:35:00	
14:10:00	J-13	Kule	(2,0kg)		4	13:55:00	
14:10:00	J-14	Kule	(3,0kg)		4	13:55:00	
Lengde							
11:05:00	J-11	Lengde	(Sone)		3	10:50:00	
11:05:00	J-12	Lengde	(Sone)		4	10:50:00	
11:40:00	J-13	Lengde	(Sone)		4	11:25:00	
12:05:00	J-14	Lengde			6	11:50:00	
12:40:00	G-14	Lengde			2	12:25:00	
13:15:00	G-11	Lengde	(Sone)		1	13:00:00	
13:15:00	G-12	Lengde	(Sone)		2	13:00:00	
13:15:00	G-13	Lengde	(Sone)		1	13:00:00	

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Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Løp							
10:00:00	G-11	60 m hekk	(68,0 6,5m)		1	09:45:00	
10:00:00	G-12	60 m hekk	(76,2 7m)		1	09:45:00	
10:00:00	J-11	60 m hekk	(68,0 6,5m)		2	09:45:00	
10:10:00	G-13	60 m hekk	(76,2 7,5m)		1	09:55:00	
10:10:00	J-13	60 m hekk	(68,0 7,5m)		2	09:55:00	
10:10:00	J-14	60 m hekk	(76,2 7,5m)		2	09:55:00	
10:20:00	G-14	80 m hekk	(84,0 8m)		1	10:05:00	
10:20:00	J-15	80 m hekk	(76,2 8m)		1	10:05:00	
10:30:00	G-15	100 m hekk	(84,0 8,5)		1	10:15:00	
10:30:00	G-16	100 m hekk	(91,4 8,5m)		2	10:15:00	
10:40:00	J-11	200 m			3	10:25:00	
10:40:00	J-12	200 m			1	10:25:00	
10:45:00	J-13	200 m			2	10:30:00	
10:50:00	J-14	200 m			7	10:35:00	
10:55:00	G-13	200 m			1	10:40:00	
10:55:00	G-14	200 m			3	10:40:00	
11:00:00	G-11	200 m			1	10:45:00	
11:00:00	G-12	200 m			3	10:45:00	
11:10:00	G-17	200 m			1	10:55:00	
11:10:00	G-18-19	200 m			1	10:55:00	
11:10:00	MS	200 m			1	10:55:00	
11:15:00	G-15	200 m			5	11:00:00	
11:15:00	G-16	200 m			3	11:00:00	
11:20:00	J-15	200 m			6	11:05:00	
11:25:00	J-16	200 m			1	11:10:00	
11:25:00	J-18-19	200 m			3	11:10:00	
11:45:00	G-Rekrutt	400 m			10	11:30:00	
11:45:00	J-Rekrutt	400 m			3	11:30:00	
12:00:00	G-17	5000 m			2	11:45:00	
12:00:00	J-17	5000 m			2	11:45:00	
12:00:00	KS	5000 m				11:45:00	
12:00:00	MS	5000 m			7	11:45:00	
12:00:00	MV 40-44	5000 m			2	11:45:00	
12:00:00	MV 55-59	5000 m			1	11:45:00	
12:25:00	Rekrutter	4x200m stafett				12:10:00	
12:40:00	J-14	200 m hekk	(76,2 19m)		5	12:25:00	
12:45:00	J-13	200 m hekk	(68,0 19m)		2	12:30:00	
13:00:00	G-13	200 m hekk	(68,0 18,29m)		1	12:45:00	
13:00:00	G-14	200 m hekk	(76,2 18,29m)		1	12:45:00	
13:15:00	G-16	300 m hekk	(84,0 35m)		4	13:00:00	
13:20:00	J-16	300 m hekk	(76,2 35m)		1	13:05:00	
13:20:00	J-17	300 m hekk	(76,2 35m)		1	13:05:00	
13:35:00	G-15	800 m			3	13:20:00	
13:35:00	G-16	800 m			2	13:20:00	
13:45:00	J-15	800 m			2	13:30:00	

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Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
13:45:00	J-16	800 m			2	13:30:00	
14:00:00	J-13	600 m			3	13:45:00	
14:00:00	J-14	600 m			1	13:45:00	
14:10:00	G-11	600 m			1	13:55:00	
14:10:00	J-11	600 m			1	13:55:00	
14:10:00	J-12	600 m			1	13:55:00	
14:50:00	11-14 år	1000m stafett				14:35:00	
14:50:00	KS	1000m stafett				14:35:00	
14:50:00	MS	1000m stafett				14:35:00	
Slegge							
10:00:00	J-18-19	Slegge	(4,0kg/119,5cm)		1	09:45:00	
10:00:00	KS	Slegge	(4,0kg/119,5cm)		2	09:45:00	
10:00:00	MS	Slegge	(7,26kg/121,5cm)		1	09:45:00	
10:00:00	MV 75-79	Slegge	(4,0kg/119,5cm)		1	09:45:00	
10:35:00	G-15	Slegge	(4,0kg/119,5cm)		3	10:20:00	
10:35:00	G-16	Slegge	(5,0kg/120,0cm)		2	10:20:00	
11:10:00	G-12	Slegge	(2,0kg/110cm)		2	10:55:00	
11:10:00	G-14	Slegge	(4,0kg/119,5cm)		1	10:55:00	
11:30:00	J-14	Slegge	(3,0kg/119,5cm)		7	11:15:00	
12:10:00	J-11	Slegge	(2,0kg/110cm)		1	11:55:00	
12:10:00	J-12	Slegge	(2,0kg/110cm)		2	11:55:00	
12:10:00	J-13	Slegge	(2,0kg/110cm)		3	11:55:00	
12:40:00	J-15	Slegge	(3,0kg/119,5cm)		3	12:25:00	
12:40:00	J-16	Slegge	(3,0kg/119,5cm)		2	12:25:00	
Stav							
13:10:00	J-13	Stav			3	12:55:00	
13:10:00	J-14	Stav			1	12:55:00	
13:55:00	G-14	Stav			1	13:40:00	
13:55:00	G-16	Stav			1	13:40:00	
13:55:00	J-15	Stav			2	13:40:00	
Tresteg							
10:00:00	G-15	Tresteg			2	09:45:00	
10:00:00	G-16	Tresteg			1	09:45:00	
10:30:00	J-15	Tresteg			5	10:15:00	