

Tidsplan

Tromsølekene inne- Tromsøhallen - Søndag 04.02.2024

Ver 1.1	LØP		HOPP			KAST	
	60m Hekk	324/400/1500m	Lengde	Høyde 1	Høyde 2	Kule	
10:00	60m hk G11 / J11 2+2		G-rekrutt			G15 / G16	10:00
10:05			10			2+1	10:05
10:10	60m hk G12 / J12 2+1		(3 forsøk)			(6 forsøk)	10:10
10:15			(satssone)				10:15
10:20	60m hk J13 / J14 4+2						10:20
10:25	60m hk G13 4					J11 / J12	10:25
10:30						4+8	10:30
10:35	60m hk G14 / J15 1+2		J-rekrutt	J13 / J14		(4 forsøk)	10:35
10:40			7	5+3			10:40
10:45	60m hk G15 / G16 3+2		(3 forsøk)				10:45
10:50			(satssone)				10:50
10:55							10:55
11:00			G15 / G16				11:00
11:05			5+2				11:05
11:10			(6 forsøk)				11:10
11:15						J15 / J16 / J17	11:15
11:20						3+2+1	11:20
11:25						(6 forsøk)	11:25
11:30		324m G-Rekrutt					11:30
11:35		8					11:35
11:40							11:40
11:45		324m J-Rekrutt					11:45
11:50		7				G11 / G12	11:50
11:55	Premieutdeling rekrutter					1+2	11:55
12:00						(4 forsøk)	12:00
12:05		400m G18-19 / J15 / J17					12:05
12:10		1+2+1					12:10
12:15						J11 / J12	12:15
12:20		400m G15				4+5	12:20
12:25		4					12:25
12:30			J15 / J16				12:30
12:35			3+1				12:35
12:40			(6 forsøk)			G11 / G12	12:40
12:45						1+2	12:45
12:50		1500m G 13 / J13					12:50
12:55		3+4					12:55
13:00							13:00
13:05							13:05
13:10		1500m G16 / J15					13:10
13:15		2+1					13:15
13:20							13:20
13:25	Pers premie / Bestemannspremie						13:25
13:30	Avslutning						13:30