

Tidsskjema Trondheimslekene Lørdag 26. Mai 2018

Tid	60m	100m	400m	1500m	Lengde	Høyde	Kule	Diskos	Tid
12:00		Racerunner			J11-12(10)			J15-17(5)	12:00
12:05									12:05
12:10		G16-18(8)							12:10
12:15		J18-KS(10)							12:15
12:20								G15(3)	12:20
12:25		J15-17(8)							12:25
12:30		G18-MS(11)							12:30
12:35					G11-12(4)			J13(1)	12:35
12:40	J12-13(4)								12:40
12:45	J14(7)							J18-KS(2)	12:45
12:50	J11(7)				J15-17(7)				12:50
12:55	G11(6)						J11-14(9)		12:55
13:00	G12(5)	Premieutdeling; Lengde og Diskos							13:00
13:05	G13-14(7)								13:05
13:10									13:10
13:15				J15-KS(7)					13:15
13:20				G15-MS(11)	G17(2)				13:20
13:25									13:25
13:30			G13-14(5)		J13-14(5)		J15-17(5)		13:30
13:35			J15-18(5)						13:35
13:40			KS(6)						13:40
13:45			G19-MS (11)						13:45
13:50									13:50
13:55			G15-17(7)		G 13-14(5)				13:55
14:00	Premieutdeling: 60m, Lengde 1500m Diskos kule								14:00
14:05							J18-KS(3)		14:05
14:10									14:10
14:15		KS C-finale				J19(1)	G15-17(4)		14:15
14:20		KS B-finale							14:20
14:25		KS A-finale							14:25
14:30		MS B-finale							14:30
14:35		MS A-finale					G11-12(7)		14:35
14:40		K Superfinale							14:40
14:45		M Superfinale							14:45
14:50									14:50
14:55									14:55
15:00									15:00
15:10	Premieutdelin	100m	400m	1500m	Lengde	Høyde	Kule	Diskos	15:10

Tekniske øvelser: 4 omganger for 11-14 år. 6 omganger for de øvrige.