



inne STEINKJER 2022 FREDAG



Starttid	Løp	Tresteg	Innmarsj løp Oppmøte Call- room senest 10 min før innmarsj	Innmarsj tresteg Oppmøte Call-room senest 10 min før innmarsj	Premiering
13:20					
13:25					
13:30					
13:35				G15	
13:40					
13:45					
13:50					
13:55					
14:00		G15 (5)			
14:05					
14:10					
14:15				G17	
14:20					
14:25					
14:30					
14:35					
14:40		G17 (5)			
14:45					
14:50					
14:55					
15:00				M u20/23	
15:05					
15:10			J15 60m hk		

15:15						
15:20						
15:25			M u20/23 (8)	J16 60m hk		
15:30	60m hk	J15 (19) h1				
15:35	60m hk	h2		J17 60m hk		
15:40	60m hk	h3				
15:45	60m hk	J16 (12) h1		G15 60m hk		
15:50	60m hk	h2			K u23	
15:55	60m hk	J17 (9) h1		G16 60m hk		
16:00	60m hk	h2				
16:05	60m hk	G15 (9) h1		Ku20 60m hk		
16:10	60m hk	h2				
16:15	60m hk	G16 (11) h1	K u23 (3)			
16:20	60m hk	h2				
16:25	60m hk	Ku20 (16) h1				
16:30	60m hk	h2			J16	
16:35	<b>Åpningsseremoni</b>					
16:40						
16:45				G kappgang		Tresteg G15 og G17
16:50						Tresteg M u20 og M u23
16:55			J16 (4)	J kappgang		Tresteg K u23
17:00	1500	G - alle klasser (3)				
17:05	Kappgang					J17
17:10				K u20 60m hk (F)		
17:15	1500	J - alle klasser (9)		Ku23 60m hk (F)		
17:20	Kappgang			Mu20 60m hk (F)		
17:25					Mu23 60m hk (F)	
17:30	60m hk	Ku20 (8) FINALE	J17 (6)	G15 60m hk (F)		Tresteg J16
17:35	60m hk	Ku23 (6) FINALE		G17 60m hk (F)		
17:40	60m hk	Mu20 (4) FINALE		G16 60m hk (F)		
17:45	60m hk	Mu23 (4) FINALE		J15 60m hk (F)		
17:50	60m hk	G15 (8) FINALE		J16 60m hk (F)		
17:55	60m hk	G17 (5) FINALE		J16 60m hk (F)	K u20	

18:00	60m hk	G16 (8) FINALE				
18:05	60m hk	J15 (8) FINALE				
18:10	60m hk	J16 (8) FINALE				Tresteg J17
18:15	60m hk	J17 (8) FINALE		G15 1500m		
18:20			K u20 (10)			60m K/M u20 og u23
18:25				G16 1500m		60m G15, G16, G17
18:30						60m J15, J16, J17
18:35	1500m	G15 (11)		G17 1500m		
18:40						
18:45	1500m	G16 (14)		J16 1500m		
18:50						1500m G15
18:55	1500m	G17 (11)		J15 1500m		
19:00						1500m G16
19:05	1500m	J16 (9)		K u20/23 1500m		
19:10					G16	1500m G17
19:15	1500m	J15 (3) J17 (4)		M u20 1500m		
19:20						1500m J16
19:25	1500m	K u20/23 (4)		M u23 1500m		
19:30						Tresteg K u20 + 1500m J15
19:35	1500m	M u20 (15)	G16 (10)			
19:40						1500m K u20 + u23
19:45	1500m	M u23 (7)		Para 400m		
19:50						M u20
19:55				G17 400M		M u23
20:00						
20:05	400m	Para Rullest/FR		J17 400M		
20:10						400m Para
20:15	400m	G17 (7) h1		K u20 400m		
20:20	400m	h2				
20:25	400m	J17 (8) h1			J15	
20:30	400m	h2		K u23 400m		
20:35	400m	Ku20 (14) h1		M u20 400m		
20:40	400m	h2				Tresteg G16

20:45	400m	h3				
20:50	400m	Ku23 (3)	J15 (11)			
20:55	400m	Mu20 (19) h1		M u23 400m		
21:00	400m	h2				
21:05	400m	h3				
21:10	400m	h4				
21:15	400m	Mu23 (10) h1				
21:20	400m	h2				
21:25						400m G17 + J17
21:30						400m K u20 + u23
21:35						400m M u20 + u23
21:40						
21:45						
21:50						Tresteg J15
21:55						