



inne STEINKJER 2022

LØRDAG



Starttid	Løp	Høyde	Stav	Lengde	Kule	Innmarsj løp Oppmøte Call-room senest 10 min før innmarsj	Innmarsj teknisk Oppmøte Call-room senest 10 min før innmarsj	Premiering
09:00								
09:05							K u23 høyde / M u20 lengde	
09:10						G15 60m	J17 kule	
09:15								
09:20								
09:25						G16 60m		
09:30	60m G15 (22) h1	K u23 (5)		M u20 (9)	J17 (6)			
09:35	60m h2							
09:40	60m h3							
09:45	60m G16 (30) h1					G17 60m	K u20 kule	
09:50	60m h2							
09:55	60m h3							
10:00	60m h4						G15-17 stav	
10:05	60m G17 (26) h1					J15 60m		Kule J17
10:10	60m h2				K u20 (14)			
10:15	60m h3						M u23 lengde	
10:20	60m h4						G17 høyde	
10:25	60m J15 (32) h1							
10:30	60m h2					J16 60m		Høyde K u23
10:35	60m h3							Lengde M u20
10:40	60m h4			M u23 (6)				
10:45		G17 (4)						
10:50	60m J16 (33) h1					J17 60m		

10:55	60m	h2					J16 kule	
11:00	60m	h3		G15-17 (11)			J15 lengde	
11:05	60m	h4						
11:10	60m	(h5)				K u20 60m		
11:15	60m	J17 (25) h1						Kule K u20
11:20	60m	h2				J16 (8)		Lengde M u23
11:25	60m	h3			J15 (24)			
11:30	60m	h4						
11:35	60m	K u20 (35) h1						
11:40	60m	h2				K u23 60m		Høyde G17
11:45	60m	h3					K u20 høyde	
11:50	60m	h4				M u20 60m		
11:55		h5					K u23 kule	
12:00	60m							
12:05	60m	k u23 (15) h1						
12:10	60m	h2	K u20 (9)					
12:15	60m	M u20 (39) h1				M u23 60m		Kule J16
12:20	60m	h2				K u23 (6)		
12:25	60m	h3						
12:30	60m	h4						
12:35	60m	h5				J17 60m		
12:40	60m	M u23 (19) h1						
12:45		h2				J16 60m		
12:50		h3					J17 lengde	
12:55	60m					J15 60m		
13:00	60m	J17 SEMI h1						Kule K u23
13:05	60m	h2				G16 60m		Lengde J15
13:10	60m	J16 SEMI h1					M u20/23 stav	
13:15	60m	h2			J17 (17)	G17 60m	G15 høyde	
13:20	60m	J15 SEMI h1					J15 kule	
13:25	60m	h2				K u20 60m		
13:30	60m	G16 SEMI h1						
13:35	60m	h2				M u20 60m		

13:40	60m	G17 SEMI h1	G15 (7)			J15 (10)			Høyde K u20
13:45	60m	h2							
13:50	60m	K u20 SEMI h1							Stav G15, G16, G17
13:55	60m	h2					Para 800m		
14:00		M u20 SEMI h1							
14:05		h2					G17 800m		
14:10									
14:15	800m	Para Rullest/FR					G16 800m		
14:20								J16 lengde	
14:25	800m	G17 (16) h1					G15 800m		
14:30	800m	h2		M u20/23 (7)					800 Para
14:35	800m	G16 (16) h1					J15 800m		Lengde J17
14:40	800m	h2							
14:45	800m	G15 (18) h1			J16 (10)		J16 800m	G16 høyde	Kule J15
14:50	800m	h2							
14:55	800m	J15 (9) h1					J17 800m		Høyde G15
15:00	800m	h2					K u20 800m		800m G17 + G16
15:05	800m	J16 (13) h1					K u23 800m		
15:10	800m	h2	G16 (9)				M u20 800m		800m G15 + J15
15:15	800m	J17 (7)							
15:20	800m	K u20 (9)							
15:25	800m	K u23 (4)					M u23 800m		
15:30	800m	M u20 (21) h1							
15:35	800m	h2							800m J16 + J17
15:40	800m	h3							
15:45	800m	M u23 (7)					Para 60m		
15:50									Lengde J16
15:55							J15 60m (F)		800m K u20 + u23
16:00							J16 60m (F)		800m M u20 + u23
16:05	60m	Para/FR					J17 60m (F)		
16:10							G15 60m (F)		
16:15	60m	J15 FINALE					G16 60m (F)		
16:20	60m	J16 FINALE					G17 60m (F)		

