

Klokka	Øving	Klasse	Ant. Deltakarar	Kommentar
10:00	60m hekk, 68 cm	J-11	4	
10:05	60m hekk, 68 cm	G-11	4	
10:15	60m hekk, 76 cm	J-12	1	
10:20	60m hekk, 76 cm	G-12	3	
10:25	60m hekk, 76 cm	J-14	3	
10:25	60m hekk, 76 cm	G-13	1	
10:40	80m hekk, 76 cm	J-15	5	
10:45	80m hekk, 84 cm	G-14	2	
11:00	100m hekk, 76 cm	J-17	3	
11:05	100m hekk, 84 cm	G-15	1	
11:20	110m hekk, 100cm	G18/19	1	
11:40	40m	G-10	4	
11:45	40m	J-10	3	
12:00	200m	G-11	6	1 heat
12:05	200m	G-12	7	2 heat
12:15	200m	G-13	4	1 heat
12:20	200m	G-14	2	1 heat
12:25	200m	G-15 + G-16	3 + 2	1 heat
12:30	200m	G18/19 + MS	3 + 2	1 heat
12:45	200m	J-11	4	1 heat
12:50	200m	J-12 + J-13	1 + 3	1 heat
12:55	200m	J-14	4	1 heat
13:00	200m	J-15	3	1 heat
13:05	200m	J-16 + J-17	4 + 2	1 heat
13:30	1500m	J-13	3	
13:45	1500m	G-13	8	
14:00	1500m	G-14	4	
14:15	1500m	G-15 + G-17 + G18/19 + MS	1 + 2 + 1 + 7	
14:30	1500m	J-17 + J18/19 + KS	1 + 2 + 2	
10:00	Høgde	G-13 + G-14	3 + 2	
10:50	Høgde	G-11 + G-12	3 + 3	
11:45	Høgde	J-11 + J-12 + J-13	3 + 2 + 1	
10:00	Lengde	G-10	5	Grop 1
10:45	Lengde	J-10	3	Grop 1
11:15	Lengde	G-15 + G-17	3 + 1	Grop 1
12:00	Lengde	J-16 + J-17	1 + 2	Grop 1
10:00	Diskos	G-14 + G-15 + J-16 + J-17	1 + 1 + 1 + 1	1 - 1,5 kg
11:00	Liten ball	G-11 + G-12 + J-11	5 + 4 + 1	150 g

