



AKS-Leikane 20. mai 2023

Tidsskjema - Lørdag 20. mai



Klokken	40m	60m	Hekk: 60mh,100mh*,110mh**	100m	600m, 800m	400m	Kule	Slegge	Lengde, tresteg	Klokken
11:00								MS (1)		11:00
11:30							MS (1)			11:30
11:45	J-6-9 (1)									11:45
11:50	G-6-9 (1)									11:50
12:00		J-10-11 (1)						J-10-11-14 + G-11-14-15 (7)	G/J -6-9 (11)	12:00
12:05		G-10-11 (1)								12:05
12:10		J-12-13-14 (1)								12:10
12:15		G-12-13 (1)								12:15
12:30			J-17							12:30
12:40			J-18/19							12:40
12:50			G-18/19 + MS**							12:50
13:00									J-10-11-13 + G-10-11-12 + KS (14)	13:00
13:05			J-11 + G-10							13:05
13:15			J-14 + G-12							13:15
13:30				J-15-16-17 (1)			J-10-11-14-15 + G11-12-14 (12)			13:30
13:35				G-15 + G-18/19 (1)						13:35
13:45					J-10-11-12 + G-10 (1)					13:45
13:50					G-11-12-13-14 (1)					13:50
14:00					800m: G-15-16-18/19 (1)					14:00
14:05										14:05
14:10						J-16 + KS (1)				14:10
14:30									Tresteg: KS + MS (5)	14:30
15:00										15:00

Antall i parantes: Løp = antall heat
Tekniske øvelser = antall utøvere