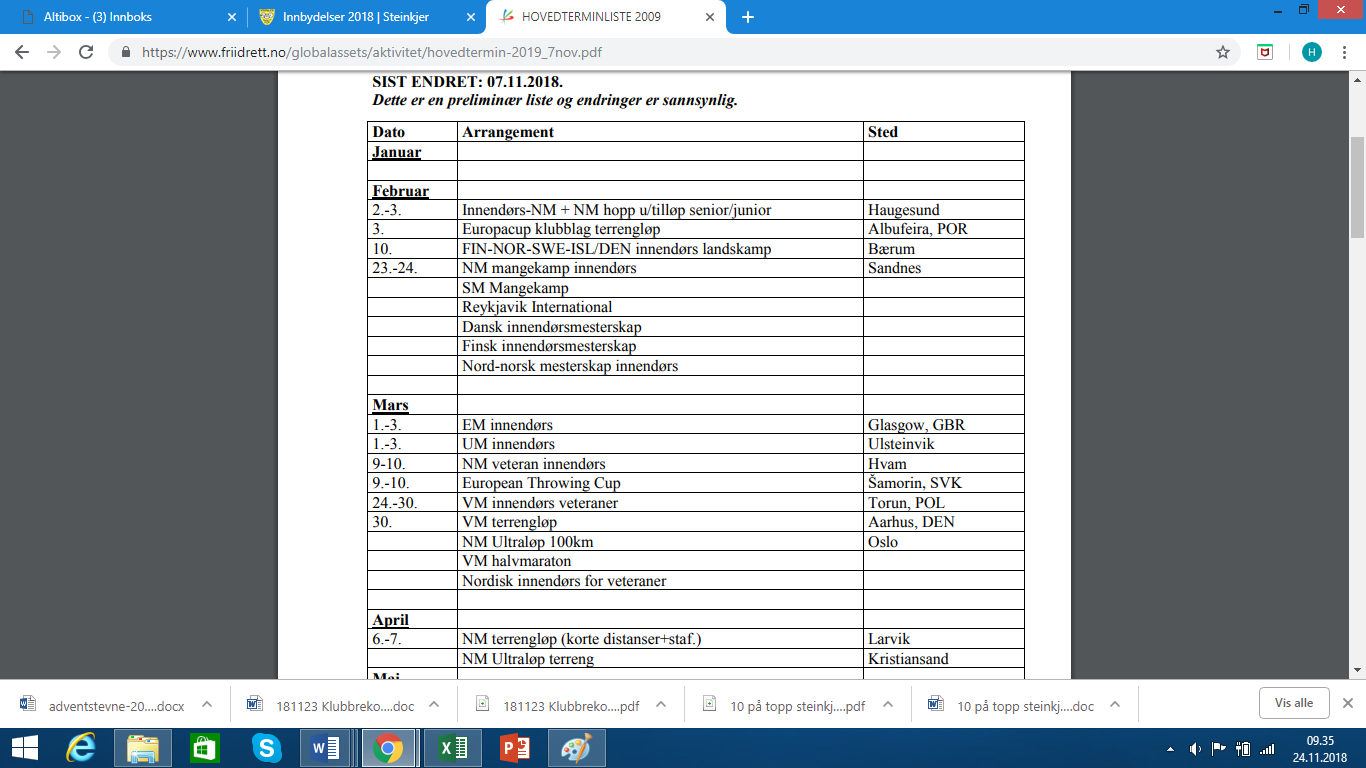
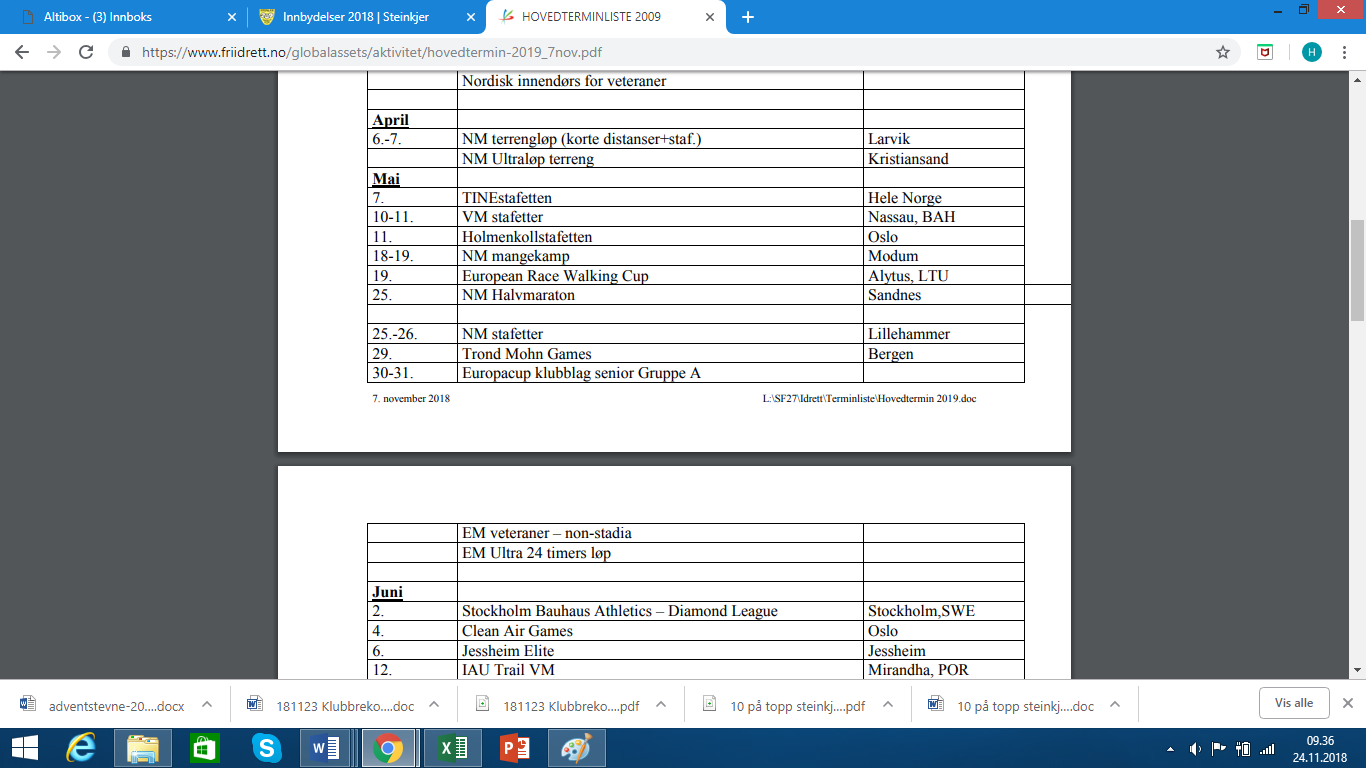
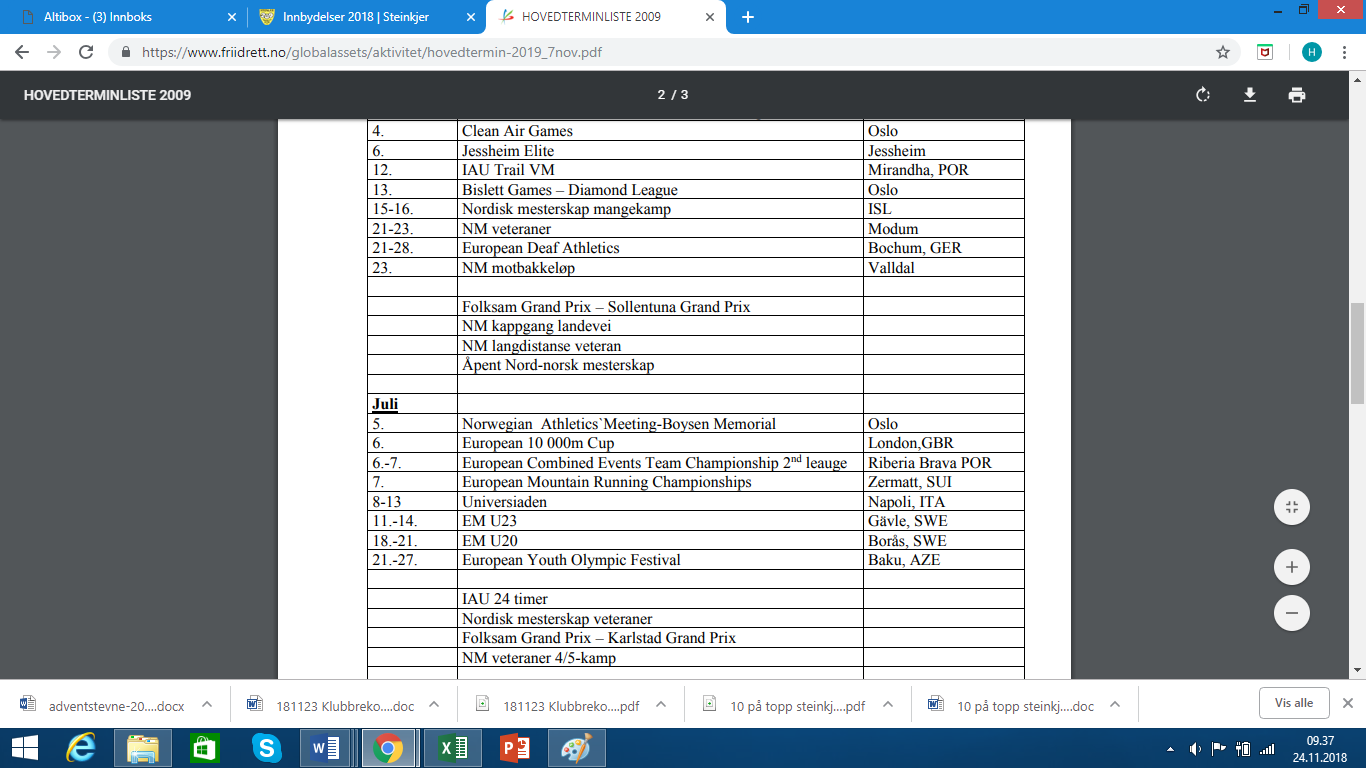
**PLANER SPORTSLIG 2019, STEINKJER FRIIDRETTSKLUBB**

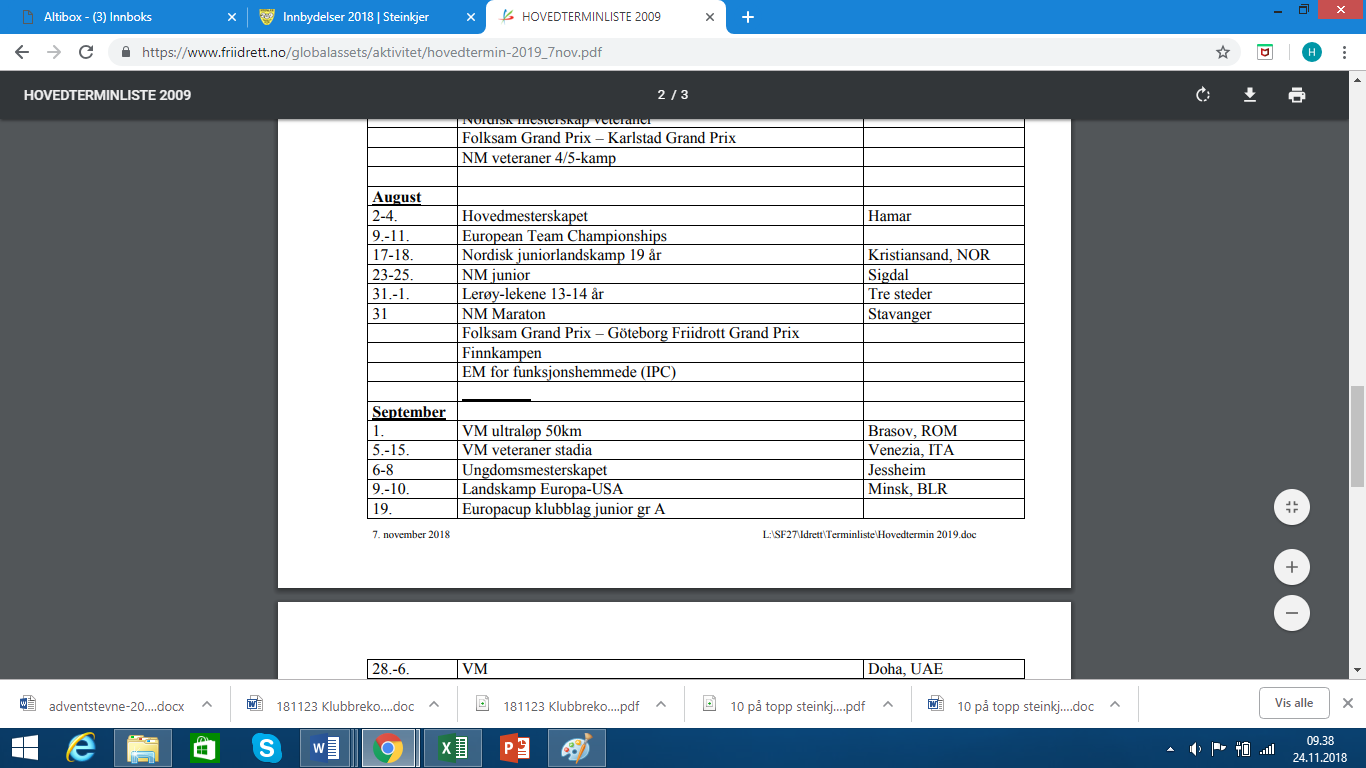
**Hans Foosnæs 24/11-2018**

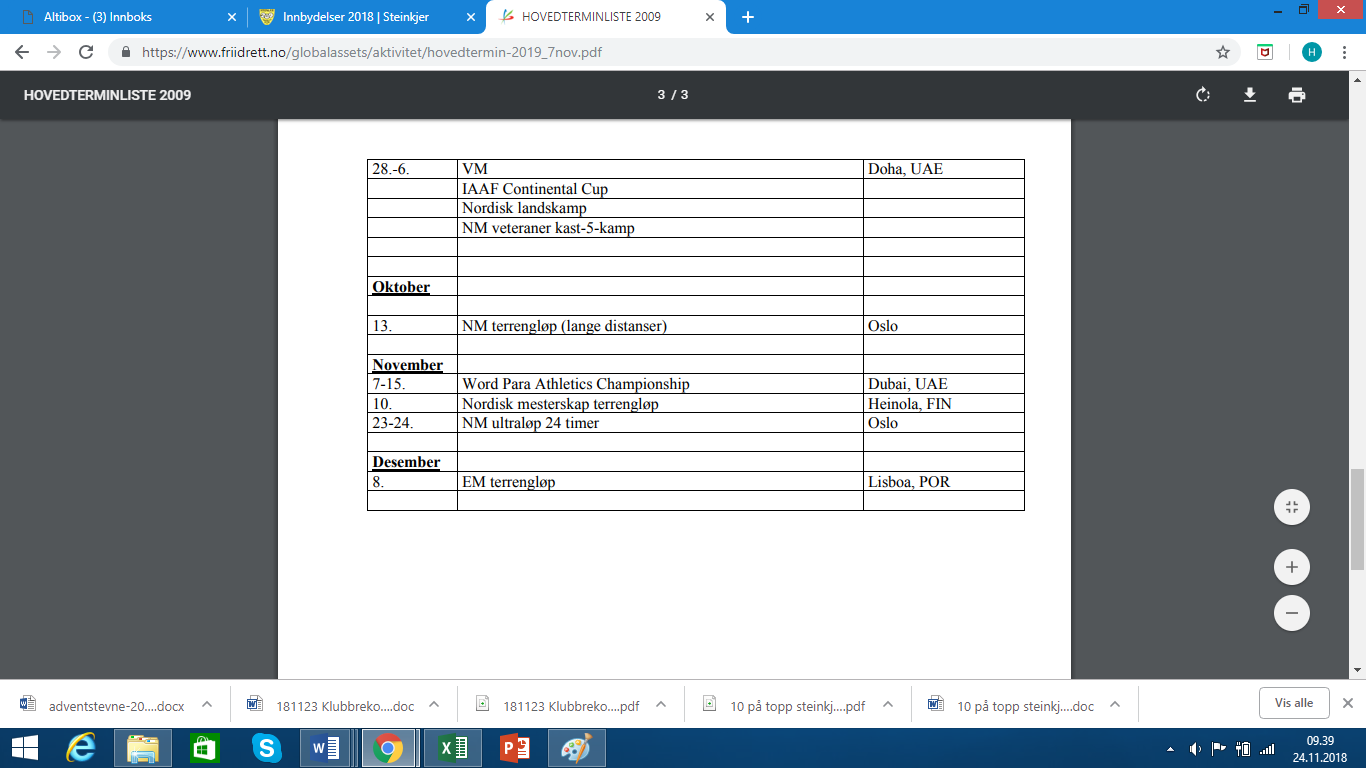
**HOVEDTERMINLISTE:**











**LOKAL TERMINLISTE FINNER DU PÅ:**

**https://www.friidrett.no/globalassets/kretser/nord-trondelag/arrangement/terminlister-krets/2019/dato-oppsettterminliste-29.11.-2018.pdf**

**NOEN UTVALGTE STEVNER/LØP:**

**JANUAR 2019**

|  |  |  |
| --- | --- | --- |
| **Lø 19/1** | **Steinkjer Indoor** |  |
| **Sø 20/1** | **Steinkjer Indoor** |  |
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**ØVELSER: lørdag 40/60m hekk, 60m, 200m, 800m, 3000m, høyde, tresteg (lengde for 8-14 år + veteran), kule.**

**Søndag: 60m, 400m, 1500m, lengde, stav**

**FEBRUAR 2019**

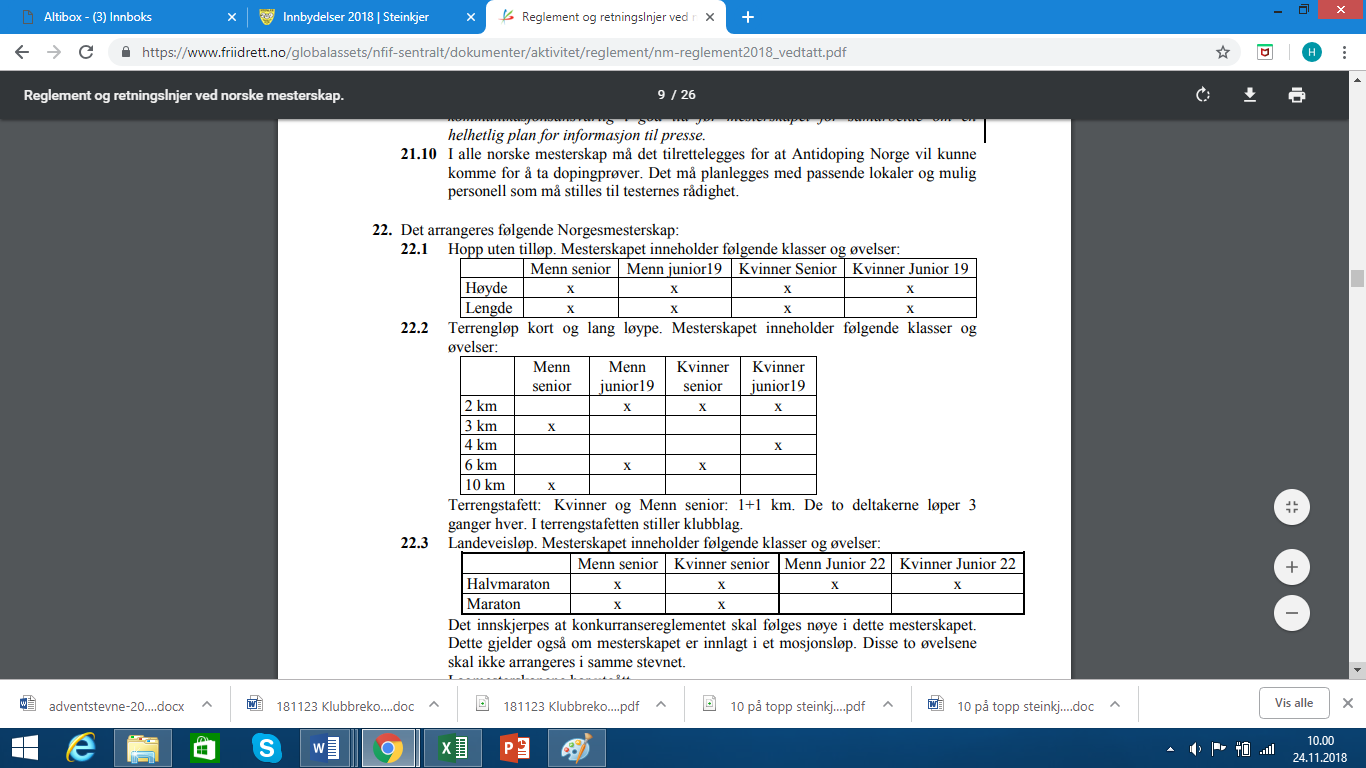
|  |  |  |
| --- | --- | --- |
| **2. - 3/2** | **NM innendørs Haugesund** |  |
| **16/2?** | **Overhallastevne, Friidrettshallen** |  |
|  |  |  |
|  |  |  |

**MARS 2019**

|  |  |  |
| --- | --- | --- |
| **1.-3/3** | **UM innendørs Ulsteinvik** |  |
|  |  |  |
|  |  |  |
|  |  |  |

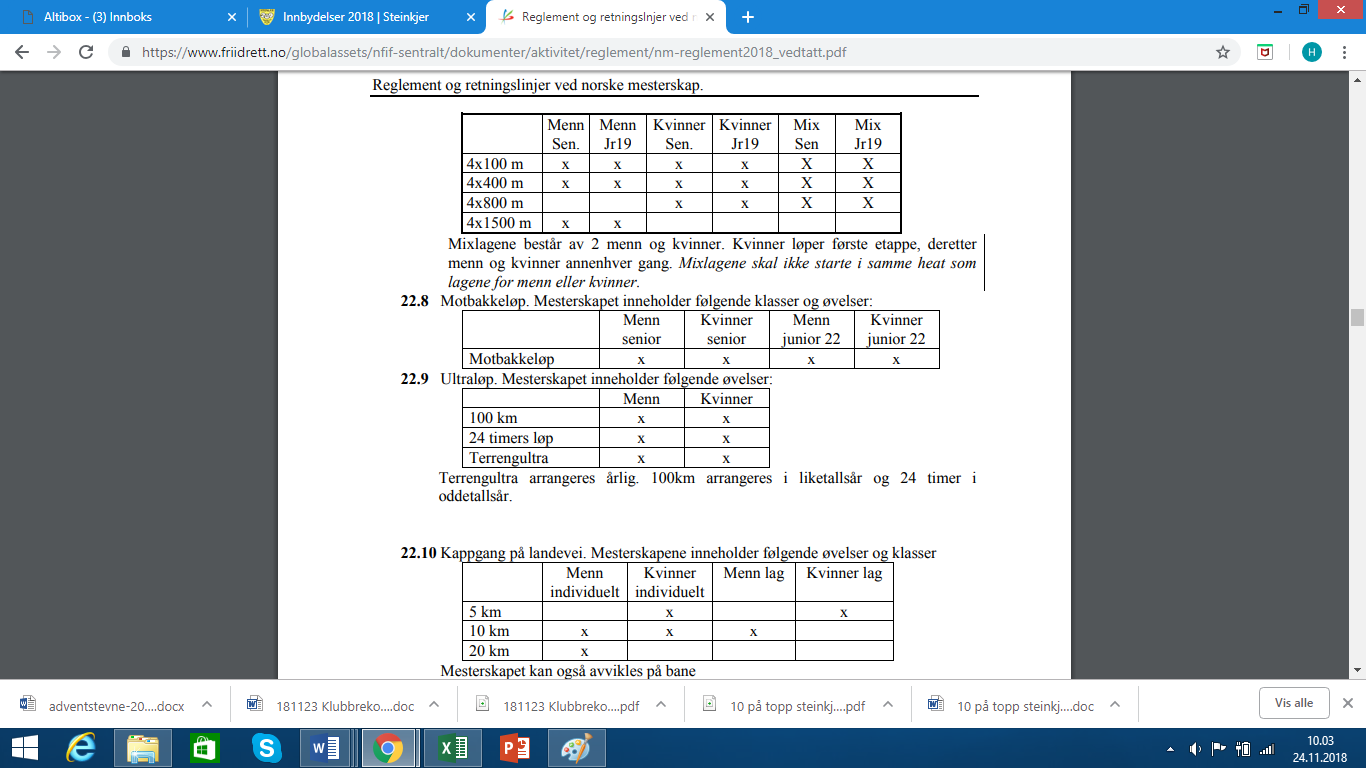
**APRIL 2019**

|  |  |  |
| --- | --- | --- |
| **6.-7/4** | **NM terrengløp Larvik** | **Se under** |
| **10-24/4** | **Klubbsamling Albufeira** |  |
| **28/4** | **KM terrengløp Steinkjer** |  |
|  |  |  |



**MAI 2019**

|  |  |  |
| --- | --- | --- |
| **1/5** | **Olavstafetten Trondheim** |  |
| **11/5** | **Holmenkollstafetten** | **MS, Kjr?** |
| **7/5 og 14/5** | **TINE-stafett, sone og finale** | **Steinkjer** |
| **16/5?** | **Trøndersk åpningsstevne** | **Steinkjer?** |
| **19/5** | **Stevne Jøa** |  |
| **25/5** | **Namsosløpet** |  |
| **25-26/5** | **Trondheimslekene?** |  |
| **25.-26/5** | **NM stafetter Lillehammer** | **J15-16 (Ella, Nora**  **G15-16**  **4x100m og 4x600m**  **(Sivert, Mathias VA, Nathaniel, +?**  **KJr (4x100m, 4x400m, 4x800m): Nora, Amalie, Maria, Grethe, Signe, Johanne+?**  **Mjr (4x100m, 4x400m, 4x1500m): Sigve, Kim Daniel, Sander D, Petter F)**  **MS 4x1500 Mathias F, Abdullah, Simen, Henrik N)** |
| **27/5** | **Spillumsfjellet opp** |  |
| **28/5** | **Forbordsfjellet opp** |  |
| **28/5 og 29/5** | **T-S sprinten, sonestevne** |  |



**JUNI 2019**

|  |  |  |
| --- | --- | --- |
| **1.-2/6** | **BDO Stjørdal** |  |
| **8.-9/6** | **Steinkjerlekene**  **1 eller 2 dager?** |  |
| **6/6** | **Jessheim elite** |  |
| **13/6** | **Bislett Games** |  |
| **14/6** | **Snåsaleikan** |  |
| **21-23/6** | **NM veteran Modum** |  |
| **28.-30. juni** | **UV Gøteborg** |  |

**Tyrving (14-16/6), Veidekke 20-23/6).**

**August 2019**

**STEINKJERSTAFETTEN 8/8**

**FINALE T-A-sprint 17/8 ?**

**2. og 4. aug: Hoved-NM Hamar**

**23.-25. aug: Junior-NM Sigdal**

**6.-8. sept: UM Jessheim**

**SERIESTEVNER ARR AV STEINKJER FIK:**

**4/7: Seriestevne 100m, korthekk+spyd (sportslig)**

**15/8: Seriestevne 200m, langhekk, slegge (sportslig)**

**19/10: Seriestevne klubbmesterskap 100m, tresteg, kule**