



KM Friidrett 2021

Tidsskjema lørdag 03. Juli

	LØP	KLASSE	LENGDE	HØYDE	KULE	SLEGG / DISKOS
11:00	100m	G15-17 (5)	G11-14 (11)		J11-14 (13)	
11:05	100m	MS, FH (5)	4 forsøk		4 forsøk	
11:10	100m	J16-19, KS (5)	satssone			
11:15						
11:20	100m	RR (3)				
11:25						
11:30						
11:35	Utdelinger av kretsrekorddiplomer ved NT Friidrettskrets					
11:40						
11:45	60m	G11 (2)	G15-16, FH (4)		J16 (1)	
11:50	60m	G12 (5)	6 forsøk		6 forsøk	
11:55	60m	G13-G14 (4)				
12:00						
12:05	60m	J11-J12 (6)				
12:10	60m	J13 (4)				
12:15	60m	J14 (6)			G11-12 (2)	
12:20			J18-19 (2)		4 forsøk	
12:25			6 forsøk			
12:30	1500m	G13-14 (5)				
12:35						
12:40	1500m	G15-19, MS (6)				
12:45						
12:50	1500m	J17-19 (3)		J12-14 (10)		
12:55						Diskos G14 (1)
13:00	1500m	J13-14 (3)				4 forsøk
13:05						
13:10	1500m	RR (2)				
13:15						
13:20						Slegge G15-19 (3)
13:25	Kappgang	G14, G15, KS (3)				6 forsøk
13:30	Fellesstart	(1000m - G14)				
13:35		(2000m - G15)				
13:40		(3000m - KS)				
13:45						
13:50						
13:55						
14:00						
14:05						
14:10						

PREMIEUTDELING	
	11:00
	11:05
	11:10
	11:15
	11:20
100m G15, G16, G17, MS	11:25
100m FH, J16, J18/19, KS	11:30
	11:35
100m RR	11:40
	11:45
	11:50
Kule J11, J12, J13, J14	11:55
	12:00
Lengde G11, G12	12:05
Lengde G13, G14	12:10
	12:15
60m G13, G14	12:20
	12:25
	12:30
60m J11, J12, J13	12:35
60m J14	12:40
60m G11, G12	12:45
Kule J16, 1500m G13, G14	12:50
1500m G15, G16, G18/19	12:55
1500m MS	13:00
Lengde G15, G16, FH	13:05
Kule G11, G12	13:10
Lengde J18/19	13:15
1500m J17, J18/19	13:20
1500m J13, J14	13:25
1500m RR	13:30
Diskos G14	13:35
Høyde J12, J13, J14	13:40
	13:45
Kappgang G14	13:50
Kappgang G15, G16	13:55
Slegge G15, G16, G18/19	14:00
	14:05
	14:10



KM Friidrett 2021

Tidsskjema søndag 04. Juli

	LØP	KLASSE	LENGDE	HØYDE	KULE / LITEN BALL	SLEGG / DISKOS
11:00	60m hk (68 - 6,5)	J11 (1)	MS (2)		Kule G13-14 (4)	
11:05			6 forsøk		4 forsøk	
11:10	60m hk (76 - 7,0)	J12 (3)				
11:15	60m hk (76 - 7,0)	G12 (2)				
11:20						
11:25	60m hk (76 - 7,5)	J13 (4)				
11:30	60m hk (76 - 7,5)	G13, J14 (3)				
11:35					Kule G15-19, FH (5)	
11:40	80m hk (76/84 - 8,0)	J16, G14 (2)			6 forsøk	
11:45			J11-13 (10)			
11:50			4 forsøk			
11:55	100m hk (84 - 8,5)	J18-19, KS (3)	satssone			
12:00	100m hk (84/91 - 8,5)	G15-16 (3)				
12:05						
12:10	110m hk (91 - 9,14)	G17 (1)				
12:15						
12:20						
12:25					Liten Ball G11-12, J12	
12:30			J14, J16 (5)		(5)	
12:35			4 forsøk J14		4 forsøk	
12:40	400m	MS (5)	6 forsøk J16			
12:45	400m	KS (2)				
12:50						
12:55	400m	G15-16 (4)				
13:00	400m	G17, FH (3)		G11-14 (6)		
13:05						
13:10						Diskos J14-15 (4)
13:15	600m	J12 (4)				4 forsøk J14
13:20						6 forsøk J15
13:25						
13:30						Liten ball J12
13:35						Liten ball G11, G12
13:40	600m	G11-12 (5)		G15-16 (5)		600m J12, Lengde J16
13:45						Lengde J14
13:50	600m	G13-14 (7)				Slegge J16-17 (2)
13:55						6 forsøk
14:00	600m	J13-14 (7)				Diskos J14, J15
14:05						600m G11, G12
14:10						Høyde G11, G12, G13, G14
14:15						600m G13, G14
14:20						600m J13, J14
14:25						Slegg J16, J17
						Høyde G15, G16

PREMIEUTDELING	
	11:00
	11:05
	11:10
	11:15
	11:20
60hk J11, J12	11:25
60hk G12	11:30
	11:35
60hk J13	11:40
60hk G13, J14	11:45
Lengde MS	11:50
80 hk J16, G14	11:55
Kule G13, G14	12:00
	12:05
100hk J18/19, KS	12:10
100hk G15, G16	12:15
	12:20
110 hk G17	12:25
Kule G15, G16, G18/19	12:30
Kule FH	12:35
	12:40
	12:45
Lengde J11, J13	12:50
Lengde J12	12:55
	13:00
400m MS, KS	13:05
400m G15, G16	13:10
400m G17, FH	13:15
	13:20
Liten ball J12	13:25
Liten ball G11, G12	13:30
600m J12, Lengde J16	13:35
Lengde J14	13:40
	13:45
Diskos J14, J15	13:50
600m G11, G12	13:55
Høyde G11, G12, G13, G14	14:00
600m G13, G14	14:05
600m J13, J14	14:10
Slegg J16, J17	14:15
Høyde G15, G16	14:20
	14:25