Steinkjer Indoor 2022

Tidsskjema Søndag 23. Jan

	LØP	KLASSE	LENGDE	TRESTEG	HØYDE	PREMIEUTDELING	
10:00	60m hk (68 - 11/6,5)	G11 (6)			**J16, J18/19, KS, G16**		10:00
10:05	60m hk (68 - 11/6,5)	J11 (3)			(5)		10:05
10:10							10:10
10:15	60m hk (76 - 11/7,0)	G12 (3)			NB - må tilpasse ift		10:15
10:20	60m hk (76 - 11/7,0)	J12 (2)			60m hekk		10:20
10:25							10:25
10:30	60m hk (76 - 11,5/7,5)	J13 - H1 (5)					10:30
10:35	60m hk (76 - 11,5/7,5)	J13 - H2 (5)					10:35
10:40	60m hk (76 - 11,5/7,5)	G13 (2)					10:40
10:45	60m hk (76 - 11,5/7,5)	J14 (3)				60mhk: J13	10:45
10:50						60mhk: G13, J14	10:50
10:55	60m hk (84 - 12/8,0)	G14 (4)				Høyde: J16, J18/19, KS	10:55
11:00	60m hk (76 - 12/8,0)	J15 (2)				Høyde: G16	11:00
11:05						60mhk: G14, J15	11:05
11:10	60m hk (76/84 - 13/8,5)	J17, G15, J18/19 (3)					11:10
11:15	60m hk (91 - 13/8,5)	G16 (3)		**G12-G14 (7)**	**J11-J13 (13)**		11:15
11:20				4 forsøk		60mhk: G15, J17, J18/19	11:20
11:25				Satssone G12		60mhk: G16	11:25
11:30							11:30
11:35	200m	G11 (6)					11:35
11:40	200m	J15-J16 (4)					11:40
11:45	200m	J14 (3)					11:45
11:50	200m	G13 (3)				200m: J15, J16	11:50
11:55	200m	G17-G18/19 (3)				200m: J14, G13	11:55
12:00						Tresteg: G13, G14	12:00
12:05						Høyde: J13	12:05
12:10	200m	G12 (5)				200m: G17, G18/19	12:10
12:15	200m	G14 -H1 (7)		**J11-14 (13)**			12:15
12:20	200m	G14 - H2		4 forsøk			12:20
12:25	200m	G15 (4)		Satssone J11-J13			12:25
12:30	200m	G16 (2)				200m: G14, G15	12:30
12:35						200m: G16	12:35
12:40	800m	J15-J18/19 (5)			**G11-G14 (13)**		12:40
12:45							12:45
12:50	**Kappgang**	Alle klasser (4)				800m: J15, J16, J18/19	12:50
12:55	1000m/2000m/3000m						12:55
13:00							13:00
13:05						Tresteg: J13, J14	13:05
13:10	200m	J11-J12 (4)				Kappgang: J14, G15, KS, MS	13:10
13:15	200m	J13 - H1 (13)	**G16, J15-J18/19 (8)**				13:15
13:20	200m	J13 - H2	6 forsøk			Høyde: G13, G14	13:20
13:25	200m	J13 - H3			**J14 (5)**		13:25
13:30							13:30
13:35						200m: J13	13:35
13:40	800m	G16-G18/19 (5)					13:40
13:45	800m	G13-G15 (6)					13:45
13:50	800m	J13-J14 (4)				800m: G16, G17, G18/19	13:50
13:55						800m: G13, G14, G15	13:55
14:00						Høyde: J14, 800m:J13, J14	14:00
14:05						Lengde: G16, J15	14:05
14:10						Lengde: J17, J18/19	14:10

DEL 2 - Utøvere over 20 år (Med og uten toppidrettsstatus) - se neste side

	DEL 2 - Utøvere over 20 år (Med og uten toppidrettsstatus)						
	LØP	**KLASSE**	**LENGDE**	**TRESTEG**	**HØYDE**	**PREMIEUTDELING**	
14:55			**MS (4)**				14:55
15:00	60m hk (84 - 13/8,5)	KS (2)	6 forsøk				15:00
15:05							15:05
15:10						60mhk: KS	15:10
15:15						Utdeling Rakettstipend	15:15
15:20	800m	KS (5)					15:20
15:25	800m	MS (7)					15:25
15:30					**MS (1)**		15:30
15:35						800m: KS, MS	15:35
15:40	200m	KS, H1 (7)				Lengde: MS	15:40
15:45	200m	KS, H2					15:45
15:50							15:50
15:55	200m	MS, H1 (7)					15:55
16:00	200m	MS, H2				Høyde: MS	16:00
16:05						200m: KS, MS	16:05
16:10							16:10
16:15							16:15
16:20							16:20