



Steinkjer Indoor 2023

Tidsskjema Søndag 22. Jan

	LØP	KLASSE	TRESTEG	HØYDE	PREMIEUTDELING	
10:00	60m hk (68 - 11/6,5)	G11 (3)			Deltakerpremie:	10:00
10:05	60m hk (68 - 11/6,5)	J11 (2)			Pokaler deles ut søndag	10:05
10:10					i klassene 11-14 år for	10:10
10:15	60m hk (76 - 11/7,0)	G12 (2)			de som ikke var tilstede	10:15
10:20	60m hk (76 - 11/7,0)	J12 (2)			lørdag	10:20
10:25						10:25
10:30	60m hk (76 - 11,5/7,5)	G13 (4)				10:30
10:35	60m hk (76 - 11,5/7,5)	J13 (3)				10:35
10:40	60m hk (76 - 11,5/7,5)	J14 (7)				10:40
10:45					60m hk: G13	10:45
10:50	60m hk (76/84 - 12/8,0)	J15 (6) + G14 (1)	G11-G13 (8)		60m hk: J13, J14	10:50
10:55			4 forsøk			10:55
11:00	60m hk (76/84 - 13/8,5)	J17 (1), J18/19 (1)	Satssone			11:00
11:05					60m hk: G14, J15	11:05
11:10	60m hk (84/91 - 13/8,5)	G15 (3), G16 (1)				11:10
11:15						11:15
11:20	60m hk (91/106 - 13,7/9,14)	G17 (1), MS (1)			60m hk: J17, J18/19	11:20
11:25					60m hk: G15, G16	11:25
11:30						11:30
Tidsskjema fortsetter på neste side						

	LØP	KLASSE	TRESTEG	HØYDE
11:35			J14 (5)	J11-J12 (4)
11:40	200m	G11 - Heat 1 (4)	4 forsøk	
11:45	200m	G11 - Heat 2 (4)		
11:50	200m	G12 (4)		
11:55	200m	G13 - Heat 1 (5)		
12:00	200m	G13 - Heat 2 (5)		
12:05	200m	J15 - Heat 1 (4)		
12:10	200m	J15 - Heat 2 (5)		
12:15	200m	G15 - Heat 1 (3)		
12:20	200m	G15 - Heat 2 (3)	J11-J13 (3)	
12:25	200m	G14 - Heat 1 (3)	4 forsøk	
12:30	200m	G14 - Heat 2 (3)	Satssone	
12:35	200m	J14 - Heat 1 (4)		G11-G12 (6)
12:40	200m	J14 - Heat 2 (4)		
12:45	200m	G16 - Heat 1 (3)		
12:50	200m	G16 - Heat 2 (3)		
12:55	200m	G17, MV (3)		
13:00	200m	G18/19 (3)		
13:05	200m	J16, J17, J18/19 (5)		
13:10	200m	MS Para (2)	J15, J16, J17, KS (9)	
13:15	200m	MS Heat 1 (3)	6 forsøk	J13-J14 (8)
13:20	200m	MS Heat 2 (4)		
13:25				
13:30	800m	G13-G14 (8)		
13:35	800m	G15 (7)		
13:40	800m	J14 (4)		
13:45				
13:50	200m	KS - Heat 1 (3)		
13:55	200m	KS - Heat 2 (3)		
14:00	200m	J11 (3)	G14-G16, MS (5)	
14:05	200m	J12 (3)	6 forsøk	G13-G14 (10)
14:10	200m	J13 (4)		
14:15				
14:20	Kappgang	Alle klasser (4)		
14:25	1000m/2000m/3000m			
14:30				
14:35				
14:40				
14:45	800m	G16 - MS (7)		
14:50	800m	J16 - KS (5)		
14:55	800m	J15 (4)		
15:00				
15:05				
15:10				
15:15				

PREMIEUTDELING	
60mhk: G17, MS	11:35
Tresteg: J16, KS	11:40
	11:45
	11:50
Tresteg: G13	11:55
Pokaler G11-G12 (kun søn)	12:00
Pokaler G13-G14 (kun søn)	12:05
Pokaler J11-J12 (kun søn)	12:10
Pokaler J13-J14 (kun søn)	12:15
200m: G13	12:20
200m: J15	12:25
	12:30
200m: G15	12:35
	12:40
200m: G14	12:45
Tresteg: J14	12:50
200m: J14	12:55
	13:00
Tresteg: J13	13:05
200m: G16, G17	13:10
200m: MV, G18/19	13:15
	13:20
200m: J16, J17	13:25
200m: J18/19	13:30
200m: Menn Para	13:35
200m: MS	13:40
	13:45
800m: G13, G14	13:50
	13:55
800m: G15, J14	14:00
	14:05
200m: KS	14:10
	14:15
200m: J11, J12; J13	14:20
	14:25
Høyde: J13, J14	14:30
Tresteg: J15, J17	14:35
Tresteg: J16, KS	14:40
Kappgang: G14, J14	14:45
Kappgang: G15, MS	14:50
Tresteg: G14, G15	14:55
Tresteg: G16, MS	15:00
800m: G16, G17, G18/19	15:05
800m: MS, J16, J17, KS, J15	15:10
Høyde: G13, G14	15:15