



Grong Sparebank Steinkjerlekene 2023

Tidsskjema lørdag 27. Mai



	LØP	KLASSE	LENGDE	TRESTEG	KULE	LITEN BALL	SLEGGE
11:00	60m	G6-G8 (3)	J11-J12 (11)			J6-J10 (14)	
11:05	60m	G9 (3)	4 forsøk			4 forsøk	
11:10	60m	G10 - G11 (5)	satssone				
11:15	60m	G12 (8)					
11:20	60m	G13 (8)					
11:25	60m	G14 (6)					
11:30							
11:35							
11:40	100m	G15-G16 (7)					
11:45	100m	J15-J16 (3)	G11-G12 (9)			G6-G10 (6)	
11:50	100m	KS (3), MS Para (1)	4 forsøk			4 forsøk	
11:55	100m	G18/19, MS (4)	satssone				
12:00							
12:05							
12:10	60m	J6/7, J8 (3)					
12:15	60m	J9 - heat 1 (5)					
12:20	60m	J9 - heat 2 (5)	G6-G10 (6)		G11 - G14 (18)		
12:25	60m	J14 - heat 1 (4)	4 forsøk		4 forsøk		
12:30	60m	J14 - heat 2 (5)	satssone				
12:35	60m	J10- J11 (7)					
12:40	60m	J12 (8)					
12:45	60m	J13 (7)					
12:50							
12:55			J6 - J10 (17)				
13:00	300m hk	G15 (2)	4 forsøk				
13:05			satssone				
13:10	400m hk	J17, KS (2)			J12 - J13 (11)		
13:15	400m hk	MS (1)			4 forsøk		
13:20							
13:25							
13:30	600m	J14 (8)					
13:35							
13:40	600m	G10-G11 (4)					
13:45	600m	G13-G14 (3)			G15 - MS (8)		
13:50	600m	G12 (7)			6 forsøk		
13:55	600m	J10-J11 (6)		G13, J13-J14 (10)			
14:00	600m	J12 (5)		4 forsøk			
14:05				G13, J13 satssone			
14:10							
14:15	400m	KS (1)					
14:20							
14:25	400m	G16, G17 (4)					
14:30							
14:35	400m	G15, M Para /FR (5)			J14-J16 (10)	G17-G19, J16-J19	
14:40				J15-16, G16, KS, MS	J14 - 4 forsøk	(6 deltakere)	
14:45				(5 deltakere)	J15-J16 - 6 forsøk	6 forsøk	
14:50	600m	J13 (5)		6 forsøk			
14:55							
15:00							
15:05	1500m	G15, J15-J16 (8)					
15:10							
15:15	1500m	G17-G19, MS (3)				G13-G14, J13-J14	
15:20						(9 deltakere)	
15:25	1500m	FrameRunning (1)				4 forsøk	
15:30							
15:35							
15:40							
15:45							
15:50							
15:55							
16:00							
16:05							

PREMIEUTDELING	
	11:00
	11:05
	11:10
	11:15
	11:20
	11:25
	11:30
	11:35
60m G13, G14	11:40
	11:45
100m G15, G16	11:50
100m J15, J16	11:55
	12:00
100m KS, 100m M Para	12:05
100m G18/19, MS	12:10
	12:15
	12:20
	12:25
Pokaler J6/7, J8, J9	12:30
	12:35
Pokaler J10, J11	12:40
60m J14	12:45
60m J13	12:50
Pokaler G6-7, G8	12:55
Pokaler G9, G10	13:00
Pokaler J12	13:05
Pokaler G11, G12	13:10
300m hk G15	13:15
	13:20
400m hk J17, KS	13:25
400m hk MS	13:30
Kule G13, G14	13:35
	13:40
600m J14	13:45
	13:50
600m G13, G14	13:55
	14:00
	14:05
	14:10
	14:15
Kule J13	14:20
	14:25
400m KS	14:30
400m G16, G17	14:35
	14:40
400m G15, FR (+ KM)	14:45
400m M Para	14:50
Kule MS	14:55
Kule G15, G16, G18/19	15:00
600m J13	15:05
Tresteg G13, J13, J14	15:10
	15:15
1500m G15, J15, J16	15:20
	15:25
1500m G17, G18/19	15:30
Tresteg J15, J16, G16	15:35
Tresteg KS, MS	15:40
1500m FR	15:45
Kule J14, J15, J16	15:50
Slegge G17, G18/19	15:55
Slegge J16, J17, J18/19	16:00
Slegge G13, G14, J13, J14	16:05