



Grong Sparebank Steinkjerlekene 2023

Tidsskjema søndag 28. Mai



	LØP	KLASSE	LENGDE	HØYDE	SPYD
11:00	60m hk (68 - 6,5)	J11, G11 (3)			J16 (3)
11:05					6 forsøk
11:10	60m hk (76 - 7,0)	J12 (3)	G15 - MS, M Vet (4)		
11:15	60m hk (76 - 7,0)	G12 (5)	6 forsøk		
11:20					
11:25	60m hk (76 - 7,5)	J13 (4)			G11-G12 (5)
11:30	60m hk (76 - 7,5)	J14 (4)			4 forsøk
11:35	60m hk (76 - 7,5)	G13 (3)			
11:40					
11:45	80m hk (76/84 - 8,0)	J15 (2), G14 (1)			
11:50			J13 - J14 (13)		
11:55	100m hk (84 - 8,5)	G15 (1) , J17-J18/19 (2)	4 forsøk		G13-G14 (7)
12:00			J13 satssone		4 forsøk
12:05					
12:10	110m hk (91 - 9,14)	G17 (1)			
12:15					
12:20					
12:25	100m	FrameRunning (5)			G16 - MS, M Vet (4)
12:30					6 forsøk
12:35	5000m	G18/19, MS, M Vet (7)	G13 - G14 (12)		
12:40			4 forsøk		
12:45			G13 satssone		
12:50					J11 - J14 (9)
12:55					4 forsøk
13:00					
13:05	200m	J15 - J16 (2), M Para (1)			
13:10	200m	G15-(2)			
13:15	200m	G16 (4)			
13:20	200m	MS (3)			
13:25	200m	KS (4)			
13:30	200m	G14 (5)	J15 - KS (9)		
13:35	200m	G11 (2)	6 forsøk	J13-J15 (7)	
13:40	200m	G12 - heat 1 (4)			
13:45	200m	G12 - heat 2 (5)			
13:50	200m	J11 (2)			
13:55	200m	J12 (4)			DISKOS
14:00					Alle klasser (8)
14:05	200m	G17 - G18/19 (2)			6 forsøk
14:10	200m	G13 (5)		J11-J12 (4)	
14:15					
14:20					
14:25	200m	J13 (5)			
14:30	200m	J14 (6)			
14:35				G14-G16, J18-KS (5)	
14:40	Kappgang Fellesstart	J14, G13-G14 (4) - 1000m			
14:45	1000m / 2000m	G15 (1) - 2000m			
14:50					
14:55					
15:00					
15:05					
15:10	800m	FrameRunning (1)			
15:15				G11-G13 (13)	
15:20	800m	J15 - KS (4)			
15:25					
15:30	800m	G15 - MS (8)			
15:35					
15:40					
15:45					
15:50					
15:55					
16:00					

PREMIUTDELING	
	11:00
	11:05
	11:10
	11:15
	11:20
	11:25
	11:30
	11:35
60m hk J13	11:40
60m hk J14, G13	11:45
Spyd J16	11:50
	11:55
	12:00
80m hk J15, 80m hk G14	12:05
100m hk G15, J17, J18/19	12:10
Lengde G15, G16	12:15
Lengde MS (+KM)	12:20
Lengde M Vet	12:25
110m hk G17	12:30
	12:35
100m FR M / Kv	12:40
	12:45
	12:50
	12:55
	13:00
Lengde J13, J14	13:05
Spyd G13, G14	13:10
5000m G18/19, MS	13:15
5000m M Vet (flere kl)	13:20
200m J15, J16, M Para	13:25
200m G15, G16	13:30
200m MS, KS	13:35
200m G14	13:40
	13:45
Lengde G13, G14	13:50
Spyd G16, G17	13:55
Spyd MS, M Vet	14:00
	14:05
Spyd J13, J14	14:10
200m G17, G18/19	14:15
200m G13	14:20
	14:25
	14:30
Høyde J13, J14, J15	14:35
200m J13, J14	14:40
Lengde J15, J16 (+KM)	14:45
Lengde J17, J18/19(+KM)	14:50
Lengde KS (+KM)	14:55
	15:00
	15:05
Diskos alle klasser	15:10
Kappg J14, G13, G14	15:15
Kappg. G15	15:20
800m FR	15:25
800m J15, J16, KS	15:30
Høyde G14, G16	15:35
800m G15, G16	15:40
800m G18/19, MS	15:45
Høyde J18/19, KS	15:50
	15:55
Høyde G13	16:00