



Steinkjer Indoor 2024

Tidsskjema Søndag 21. Jan

	LØP	KLASSE	LENGDE	TRESTEG	HØYDE	PREMIEUTDELING	
10:00	60m hk (68 - 11/6,5)	G11 (6)				Deltakerpremie:	10:00
10:05	60m hk (68 - 11/6,5)	J11 (4)				Deles ut søndag	10:05
10:10						<i>i klassene 9-14 år for</i>	10:10
10:15	60m hk (76 - 11/7,0)	G12 (4)				<i>de som ikke var tilstede</i>	10:15
10:20	60m hk (76 - 11/7,0)	J12 (4)				lørdag	10:20
10:25							10:25
10:30	60m hk (76 - 11,5/7,5)	J13 - J14 (4)					10:30
10:35							10:35
10:40	60m hk (76 - 12/8,0 - 5hk)	J15 - J16 (6)					10:40
10:45							10:45
10:50	60m hk (84 - 12/8,0)	G14 (4)		G11-G12 (7)		60mhk: J13, J14	10:50
10:55				4 forsøk			10:55
11:00	60m hk (76/84/91 - 13/8,5)	J17(2), G15 (1), G16 (1)		Satssone		60mhk: J15, J16	11:00
11:05							11:05
11:10	60m hk (100/106 - 13,7/9,14)	G18/19 (1), MS (1)				60mhk: G14	11:10
11:15							11:15
11:20	Utdelinger ved Friidrettens venner og NT Friidrettskrets						11:20
11:25							11:25
11:30	200m	G10 - Heat 1 (3)		J11-J14 (11)	G12-G14 (14)	60mhk: J17, G15, G16	11:30
11:35	200m	G10 - Heat 2 (4)		4 forsøk		60mhk: G18/19, MS	11:35
11:40	200m	G9 - Heat 1 (4)		Satssone J11-13			11:40
11:45	200m	G9 - Heat 2 (4)				Felles deltagerpremier	11:45
11:50	200m	Para MS/KS (4)					11:50
11:55	200m	J15-J16 - Heat 1 (5)					11:55
12:00	200m	J15-J16-J17 -Heat 2 (5)					12:00
12:05	200m	J18/19-KS (5)				200m: MS Para/FR, KS FR	12:05
12:10	200m						12:10
12:15	200m	MS (4)				200m: J15, J16, J17	12:15
12:20	200m	G15, M. Vet (5)				200m: J18/19, KS	12:20
12:25	200m	G16 (5)			G9-G11 (17)		12:25
12:30	200m	J14 (5)		G14 (3)		200m: MS, MV	12:30
12:35	200m	J13 (5)		4 forsøk			12:35
12:40	200m	J12 - Heat 1 (4)				200m: G15, G16	12:40
12:45	200m	J12 - Heat 2 (3)				Tresteg: J13, J14	12:45
12:50	200m	G13 (4)				200m: J13, J14	12:50
12:55	200m	G18/19 (5)					12:55
13:00	200m	G17 - Heat 1 (3)	J15-KS, M Para (12)			Høyde: G14, G13	13:00
13:05	200m	G17 - Heat 2 (3)	6 forsøk			200m: G13	13:05
13:10	200m	G14 (4)				200m: G18/19	13:10
13:15	200m	J9 (6)					13:15
13:20	200m	J10-J11 (5)			J12-J14 (12)	200m: G17, G14	13:20
13:25	200m	G12 - Heat 1 (5)				Tresteg: G14	13:25
13:30	200m	G12 - Heat 2 (5)					13:30
13:35	200m	G11 (5)					13:35
13:40							13:40
13:45	800m	G13-G14 (3)				Felles deltagerpremier	13:45
13:50	800m	G15-G16 (5)					13:50
13:55			G15- MS, MV (9)				13:55
14:00	800m	G18/19-MS (5)	6 forsøk			800m: G13, G14	14:00
14:05	800m	J13-J14 (2)				Lengde: J15, J16, J17	14:05
14:10						Lengde: KS, Menn Para	14:10
14:15	800m	J15- J19 (5)			J9 - J11 (11)	800m: G15, G16	14:15
14:20	800m	MS Para (2)				800m: G18/19, MS	14:20
14:25						Høyde: J13, J14	14:25
14:30	Kappgang	Alle klasser (7)				800m: J13, J14	14:30
14:35	1000m/2000m/3000m					800m: J15, J18/19	14:35
14:40						800m: MS Para / FR	14:40
14:45						Lengde: MV, G17/18	14:45
14:50						Lengde: G15, G16	14:50
14:55						Kappgang: G13, G14, J13	14:55
15:00						Kappg.: J15, G15, G16, KS	15:00