



Grong Sparebank
Steinkjerlekene 2024
Tidsskjema søndag 26. Mai



	LØP	KLASSE	LENGDE	HØYDE	SPYD
11:00	60m hk (68 - 6,5)	G11 (2)	G15-MS, MV, MS Utv (8)		
11:05	60m hk (68 - 6,5)	J11 (5)	6 forsøk		
11:10					
11:15	60m hk (76 - 7,5)	J13 (3)			G9-G12 (7)
11:20	60m hk (76 - 7,5)	J14 (3)			4 forsøk
11:25	60m hk (76 - 7,5)	G13 (3)			
11:30					
11:35					
11:40	80m hk (76 - 8,0)	J15 - J16 (5)			J9-J11 (9)
11:45			J13 (11)		4 forsøk
11:50	80m hk (84 - 8,0)	G14 (3)	4 forsøk	G9-G11 (9)	
11:55			satssone		
12:00					
12:05	100m hk (84/91 - 8,5)	G15 (2) , G16 (1)			
12:10					G13-G14 (8)
12:15	110m hk (100 - 9,14)	G18/19 (1)			4 forsøk
12:20					
12:25					
12:30	200m	J14 (6)			
12:35	200m	J15, J17 (4)			
12:40	200m	G17-G18/19 - Heat 1 (3)	G13 - G14 (9)		G15 - G17, MV (3)
12:45	200m	G17-G18/19 - Heat 2 (4)	4 forsøk	J9-J11 (9)	6 forsøk
12:50	200m	G16 (3)	G13 satssone		
12:55	200m	J12-J13 - heat 1 (4)			
13:00	200m	J12-J13 - heat 2 (5)			
13:05	200m	G9, J9 - heat 1 (4)			
13:10	200m	G9, J9 - heat 2 (5)			
13:15	200m	G13 (5)			
13:20	200m	G14 - Heat 1 (3)	J14 - J15 (9)		J13 - J18/19 (10)
13:25	200m	G14 - Heat 2 (4)	4 forsøk		J13 - 4 forsøk
13:30	200m	G15 (3), MS Utv. (2)			J15 -> 6 forsøk
13:35	200m	G10 (3)			
13:40	200m	G11-G12 (6)			
13:45				G13-G16 (8)	
13:50	200m	MS (4)			
13:55	200m	KS (2)			
14:00	200m	J10 (5)			
14:05	200m	J11 (5)	J16 - KS (7)		
14:10			6 forsøk		
14:15					
14:20	5000m	G17 - MS (7)			
14:25					
14:30					
14:35					
14:40	5000m	KS, MV (7)			
14:45					
14:50				J13-J16 (9)	
14:55					
15:00					
15:05	800m	J16 - KS (6)			
15:10					
15:15	800m	J15 (5)			
15:20					
15:25	800m	G15 - MS, MS Utv (6)			
15:30					
15:35					
15:40					
15:45	Kappgang Fellesstart	J13 (1), G14 (1) - 1000m			
15:50	1000m / 2000m	J15 (2), G15 (1) - 2000m			
15:55					
16:00					
16:05					

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