



Grong Sparebank Steinkjerlekene 2025

Tidsskjema lørdag 24. Mai



	LØP	KLASSE	LENGDE	TRESTEG	KULE	LITEN BALL	SLEGGE/Diskos
11:00	60m	G9 - G10 Heat 1 (6)	J10 - J12 (19)			J6 - J9 (13)	
11:05	60m	G9 - G10 Heat 2 (7)	4 forsøk			4 forsøk	
11:10	60m	G6-G8 (5)	satssone				
11:15	60m	G11 (7)					
11:20	60m	G12 Heat 1 (7)					
11:25	60m	G12 Heat 2 (7)					
11:30	60m	G13 (4)					
11:35	60m	G14 (6)					
11:40							
11:45	100m	G15 - G16, MS utv (6)				G6 - G10, J10 (18)	
11:50	100m	G17 (6)				4 forsøk	
11:55	100m	G18-19 (8)	G11-G12 (13)				
12:00	100m	J17 - J18/19 (6)	4 forsøk				
12:05	100m	J15 - J16 (8)	satssone				
12:10	100m	KS (4)					
12:15	100m	KS Para (2)					
12:20							
12:25	60m	J11 (6)			J15 - J18/19 (6)		
12:30	60m	J6 - J7 (4)			6 forsøk		
12:35	60m	J8 (8)	G6 - G10 (16)				
12:40	60m	J12 - J13 (8)	4 forsøk				
12:45	60m	J14 (8)	satssone				
12:50	60m	J9 - J10, heat 1 (4)					
12:55	60m	J9 - J10, heat 2 (5)					
13:00							
13:05					J13-14, G13-14 (13)		
13:10	100m	Superfinale Menn			4 forsøk		
13:15	100m	Superfinale Kvinner					
13:20							
13:25			J6 - J9 (14)				
13:30	300m hk	J15, G15 (4) - H:76,2	4 forsøk				
13:35	300m hk	J16 (3) - H: 76,2	satssone				
13:40							
13:45	600m	G13 - G14 (7)					
13:50					G17 - MS (4)		
13:55	600m	G10 (11)			6 forsøk		Slegge
14:00							G13-G14, J13-J14
14:05	600m	G11 - G12 (11)					(14 deltakere)
14:10							4 forsøk
14:15	600m	J12 - J14 (7)		J15-KS,			
14:20				G15 - MS, MV (11)			
14:25	600m	J10 - J11 (6)		6 forsøk	G11 - G12 (12)		
14:30					4 forsøk		
14:35	1500m	KS Para (2)					
14:40							Diskos
14:45							alle klasser (6)
14:50	1500m	G14 - G16 (5)					6 forsøk
14:55					J11 - J12 (10)		
15:00	1500m	G17 - MS (7)			4 forsøk		
15:05							
15:10	1500m	J15 - KS (4)		G13-G14, J13-J14 (9)			
15:15				4 forsøk			
15:20				G13, J13 satssone			
15:25	400m	G16 (2)					
15:30	400m	KS (4)					Slegge
15:35	400m	J15 - J18/19 (5)					G17-MS, J15-KS
15:40	400m	G17 - G18/19 (4)					(10 deltakere)
15:45							6 forsøk
15:50							
15:55							
16:00							
16:05							
16:10							
16:15							
16:20							
16:25							
16:30							
16:35							

PREMIEUTDELING	
	11:00
	11:05
	11:10
	11:15
	11:20
	11:25
	11:30
	11:35
	11:40
60m G13, G14	11:45
	11:50
100m G15, G16, MS utv	11:55
	12:00
100m G17, G18/19	12:05
	12:10
100m J17, J18/19	12:15
100m J15, J16, KS	12:20
100m KS Para	12:25
	12:30
	12:35
	12:40
	12:45
	12:50
	12:55
60m J13, J14	13:00
	13:05
	13:10
	13:15
	13:20
Pokaler Gutter 6-9 år	13:25
Pokaler Gutter 10-11 år	13:30
Pokaler Gutter 12 år	13:35
300m hk G15	13:40
300m hk J15, J16	13:45
Kule J15, J16	13:50
Kule J17, J18/19	13:55
	14:00
Pokaler Jenter 11-12 år	14:05
Pokaler Jenter 6-8 år	14:10
Pokaler Jenter 9-10 år	14:15
	14:20
600m G13, G14	14:25
	14:30
Kule G13, G14	14:35
Kule J13, J14	14:40
600m J13, J14	14:45
	14:50
1500m KS Para	14:55
	15:00
	15:05
	15:10
1500m G14, G15, G16	15:15
Kule G17, G18/19, MS	15:20
1500m G17, G18/19, MS	15:25
1500m J15, J16, J17, KS	15:30
	15:35
400m G16, KS, J15	15:40
400m J16, J17, J18/19	15:45
Slegge G13, G14, J13, J14	15:50
400m G17, G18/19	15:55
Tresteg J15, J16, J17, KS	16:00
Tresteg J18/19, G17	16:05
Tresteg MS, MV	16:10
Tresteg G13, G14, J13, J14	16:15
Diskos G17, G18/19, MS	16:20
Diskos J17, J18/19	16:25
Slegge G17, G18/19, J15	16:30
Slegge J16, J17, J18/20	16:35