



Grong Sparebank

Steinkjerlekene 2025

Tidsskjema søndag 25. Mai



	LØP	KLASSE	LENGDE	HØYDE	SPYD	PREMIEUTDELING	
11:00	60m hk (68 - 6,5)	G11 (4)		G9-G10 (8)	J16 - J18/19 (4)		11:00
11:05	60m hk (68 - 6,5)	J11 (4)	G17-MS, MV, MS Utv (5)		6 forsøk		11:05
11:10			6 forsøk				11:10
11:15	60m hk (68 - 7,0)	J12 (6)					11:15
11:20							11:20
11:25	60m hk (76 - 7,0)	G12 (4)					11:25
11:30							11:30
11:35	60m hk (76 - 7,5)	J14 (2)			J9-J11 (8)	60m hk G13	11:35
11:40	60m hk (68 - 7,5)	J13 (3)			4 forsøk		11:40
11:45							11:45
11:50	80m hk (76/84 - 8,0)	J15 - J16 (4), G14 (1)					11:50
11:55			J13 - J14 (13)			60m hk J13, J14	11:55
12:00			4 forsøk			80m hk J15, J16, G14	12:00
12:05	100m hk (84x2/91-8,5)	KS (1), G15 (1) , G16 (1)	J13 satssone				12:05
12:10							12:10
12:15	110m hk (100 - 9,14)	G18/19 (1)				Spyd J16, J18/19	12:15
12:20				J9-J11 (9)		100m hk G15, G16, KS	12:20
12:25						110m hk G18/19	12:25
12:30	200m	G13 - G14 - Heat 1 (4)				Lengde G17, G18/19	12:30
12:35	200m	G14 - Ms utv, Heat 2 (4)				Lengde MS Utv, MV	12:35
12:40	200m	G15 (4)				200m G14	12:40
12:45	200m	J15 - J16, heat 1 (4)			J12-J14 (10)	200m G13	12:45
12:50	200m	J15 - J16, heat 2 (4)	G14 - G15 (7)		4 forsøk	200m G15	12:50
12:55	200m	J18/19 - KS (4)	4 forsøk G14			200m J15, J16	12:55
13:00	200m	G16 - G17, Heat 1 (4)	6 forsøk G15			200m J18/19, KS	13:00
13:05	200m	G16 - G17, Heat 2 (4)				Lengde J13, J14	13:05
13:10	200m	G12 - Heat 1 (5)					13:10
13:15	200m	G12 - Heat 2 (5)				200m G16, G17	13:15
13:20	200m	G11 (6)					13:20
13:25	200m	G9 - G10 - heat 1 (5)					13:25
13:30	200m	G9 - G10 - heat 2 (5)					13:30
13:35			J15 - KS (12)	G14-G18/19 (5)		POKALER 9-12 år (ikke fått lør)	13:35
13:40	200m	J10 (5)	6 forsøk			Spyd, J13, J14	13:40
13:45	200m	J12 (6)			G10-G12 (13)		13:45
13:50	200m	J13 (6)			4 forsøk		13:50
13:55	200m	J14 (4)					13:55
14:00	200m	J11 - Heat 1 (4)				200m J13	14:00
14:05	200m	J11 - Heat 2 (3)				200m J14	14:05
14:10	200m	G18/19 - Heat 1 (3)					14:10
14:15	200m	G18/19 - MS, Heat 2 (3)					14:15
14:20							14:20
14:25	5000m	G17 - MS (3)				Lengde G14, G15	14:25
14:30				J12-J15 (10) +		200m G18/19, MS	14:30
14:35				G11-G12 (12)			14:35
14:40					G14 - G18/19		14:40
14:45	5000m	J18/19, MV (5)			MS utv, MV (7)		14:45
14:50					6 forsøk		14:50
14:55						5000m G17, MS	14:55
15:00						Lengde J15, J16, J17	15:00
15:05						Lengde J18/19, KS	15:05
15:10	800m	J15 - KS (5)					15:10
15:15						5000m J18/19, MV35, MV40	15:15
15:20	800m	G16 - MS (8)				Høyde, G14, G16, G17, G18/19	15:20
15:25							15:25
15:30	Kappgang Fellesstart	G14 (1), J16 (1), MS (1)				800m J15, J16, KS	15:30
15:35	1000m/2000m/3000m					800m G16, G17, G18/19, MS	15:35
15:40						Spyd MS utv, MV	15:40
15:45						Spyd, G14, G15, G18/19	15:45
15:50							15:50
15:55						Høyde J13, J14 J15	15:55
16:00						Kappgang G14, J16, MS	16:00
16:05							16:05