



Steinkjer Indoor 2026

Tidsskjema lørdag 31. Jan

	LØP	KLASSE	LENGDE	HØYDE	STAV	KULE	
11:00	60m	G10 - Heat 1 (5)	J10 (10)		Alle klasser (15)	J15 - J19 (13)	
11:05	60m	G10 - Heat 2 (4)	3 forsøk			6 forsøk	
11:10	60m	G11 - Heat 1 (7)	satssone				
11:15	60m	G11 - Heat 2 (6)					
11:20	60m	J12 (5)					
11:25	60m	J11 - heat 1 (7)					
11:30	60m	J11 - heat 2 (7)	J6 - J9 (16)				
11:35	60m	G12 - Heat 1 (5)	3 forsøk				
11:40	60m	G12 - Heat 2 (4)	satssone				
11:45	60m	G6-G8 (6)					
11:50	60m	J14 - Heat 1 (6)					
11:55	60m	J14 - Heat 2 (5)				J11 - J12 (12)	
12:00	60m	G9 - Heat 1 (7)				3 forsøk	
12:05	60m	G9 - Heat 2 (7)					
12:10	60m	G15 - Heat 1 (4), MS Para (2)	G12 - G13 (16)				
12:15	60m	G15 - heat 2 (5)	3 forsøk				
12:20	60m	G16 (4)	satssone				
12:25	60m	G17 (5)				J9 - J10 (17)	
12:30	60m	G18/19 (7)				3 forsøk	
12:35	60m	MS (8)					
12:40	60m	J18/19 (8)					
12:45	60m	KS (6)					
12:50	60m	J16-J17 (6)					
12:55	60m	J15 (6)	G6 - G9 (18)				
13:00	60m	G14 (7)	3 forsøk				
13:05	60m	J6 - J8 (7)	satssone			G11 - G12 (14)	
13:10	60m	J13 - Heat 1 (6)				3 forsøk	
13:15	60m	J13 - Heat 2 (5)					
13:20	60m	J10 - Heat 1 (5)					
13:25	60m	J10 - Heat 2 (5)					
13:30	60m	J9 - Heat 1 (6)					
13:35	60m	J9 - Heat 2 (5)					
13:40	60m	G13 - Heat 1 (6)	G14, J14 (10)			G9 - G10 (15)	
13:45	60m	G13 - Heat 2 (6)	4 forsøk			3 forsøk	
13:50	60m	KS utv.h. - FrameRunning (3)	planke				
13:55							
14:00	60m	Superfinale Menn					
14:05							
14:10	60m	Superfinale Kvinner					
14:15	Prisutdelinger fra NT Friidrettskrets						
14:20							
14:25			J11 - J12 (18)	G15 - MS (8)		G13 - G14 (12)	
14:30	600m	J13 (9)	3 forsøk			4 forsøk	
14:35			satssone				
14:40	600m	G11 (12)					
14:45							
14:50	3000m	J15 - KS (5)					
14:55							
15:00							
15:05						J13 - J14 (12)	
15:10	3000m	G15 - MS/MV, Heat 1 (10)	G10 - G11 (19)			4 forsøk	
15:15			3 forsøk	J15 - KS (8)			
15:20			satssone				
15:25	3000m	G15 - MS/MV, Heat 2 (10)					
15:30							
15:35							
15:40	600m	G14 (7)					
15:45							
15:50	600m	J11-J12 (9)					
15:55							
	Tidsskjema fortsetter på neste side						

PREMIeutDELING	
	11:00
	11:05
	11:10
	11:15
	11:20
	11:25
	11:30
	11:35
	11:40
	11:45
	11:50
	11:55
	12:00
	12:05
	12:10
60m: J14	12:15
Kule: J15, J16	12:20
Kule: J17, J18/19	12:25
60m: G15, MS Para	12:30
60m: G16	12:35
60m: G17	12:40
60m: G18/19, MS	12:45
60m: J18/19, KS	12:50
60m: J16, J17	12:55
60m: J15	13:00
	13:05
Felles for alle i J9	13:10
Felles for alle i G10	13:15
Felles for alle i J6-J8	13:20
Lengde: G13	13:25
60m: G14, J13	13:30
Felles for alle i J10	13:35
	13:40
Felles for alle i G6 - G8	13:45
Felles for alle i G11 - G12	13:50
60m: G13	13:55
60m: KS utv h.	14:00
Felles for alle i J11 - J12	14:05
Superfinaler 60m	14:10
	14:15
	14:20
Felles for alle i G9	14:25
Lengde: J14, G14	14:30
Stav: J13, J14, J15, J16	14:35
Stav: G13, G14, G15	14:40
Stav: G18/19, MV	14:45
600m: J13	14:50
Felles for alle i J13-J14	14:55
	15:00
Felles for alle i G13 - G14	15:05
	15:10
	15:15
3000m: J15, J16	15:20
3000m: J17, KS	15:25
Høyde: G15, G16, G17	15:30
Høyde: G18/19, MS	15:35
3000m: MS, MV35	15:40
3000m: G15, G16, G18/19	15:45
Kule: J13, J14	15:50
Kule: G13, G14	15:55

	LØP	KLASSE	LENGDE / TRESTEG	HØYDE	STAVHOPP	KULE
16:00	600m	J14 (8)	J13 (8)			G15-MS, MV (11)
16:05			3 forsøk	G13 - G14 (10)		6 forsøk
16:10	400m	J15 - J16 (4)	satssone			
16:15						
16:20	400m	J17 (4)				
16:25						
16:30	400m	G16 - MS, Heat 1 (4)				
16:35						
16:40	400m	G16 - MS, Heat 2 (4)	G15, J15 - KS (7)			
16:45			6 forsøk			
16:50	400m	G15, MS Para (5)	TRESTEG	J13 - J14 (8)		
16:55						
17:00						
17:05	600m	G12 - G13 (10)				
17:10						
17:15						
17:20						
17:25						
17:30						
17:35						
17:40						

PREMIEUTDELING	
600m: G14	16:00
	16:05
600m: J14	16:10
Høyde: J15, J16, J17	16:15
Høyde: J18/19, KS	16:20
	16:25
	16:30
	16:35
	16:40
Lengde: J13	16:45
400m: J15, J16	16:50
400m: J17	16:55
Kule: G15, G16, G18/19	17:00
Kule: MS, MV	17:05
Høyde: G13, G14	17:10
400m: G16, G18/19, MS	17:15
400m: G15, MS Para	17:20
600m: G13	17:25
Tresteg: G15, J15,	17:30
Tresteg: J18/19, KS	17:35
Høyde: J13, J14	17:40