



Tidsskjema Groruddalslekene 2021

Stovnerbanen, Lørdag 14.august

TID	Løp/Hekk	Grop 1	Grop 2	Høyde	Spyd/Lb	Slegge	Kule
10:00	60 meter/hekk	Lengde					
	J10 (1 heat)	J6-9					G10
10:05	J11 (1 heat)						
10:10	J12 (1 heat)				Liten ball		
10:15	J13 (1 heat)				J10-11		
	60 meter						
10:25	G8 (1 heat)			J12-13			
10:30	G9 (2 heat)						
10:40	G10 (2 heat)						
10:50	G11 (1 heat)				G6-9		
10:55	G12 (1heat)						
11:00	G13 (2 heat)		G10				G11-12
11:10							
11:20		G13					
	200 meter						
11:20	J10 (1 heat)						
11:25	J11 (2 heat)						
11:35	J12 (2 heat)						
11:45	J6-7 og 9 (2 heat)						
11:55	J13 (2 heat)						
	200 meter/hekk				Spyd		
12:15	G10 (1 heat)			J10-11	J12-13	G12-13	
12:20	G11 (2 heat)						
12:30	G12 (1 heat)						
12:35	G13 (1 heat)						
12:55		G11-12					
	600 meter						
13:10	J10-11 (1 heat)						G13
13:20	J12 (1 heat)						
13:30	J13 (1 heat)						
13:50	60 meter/hekk						
	J14 (2 stk)						
	80 meter/hekk						
13:55	J15-16 (6 stk)						
	100 meter/hekk						
14:00	J17-KS (1+2)						

TID	Løp/Hekk	Grop 1	Grop 2	Høyde	Spyd	Slegge	Kule
	100 meter	Lengde					
14:05	G14 (1 heat)						
14:10	G15-16 (2 heat)						
14:20	G17-MS (6 heat)			J14-15-16			
	200 meter						
15:05	J14 (2 heat)						
15:15	J15-17+KS (4 heat)						
15:20							G14-16-MS
15:25							
15:30							
15:45					J14-17-KS		
	100 meter finaler						
15:50	MS D-FINALE						
15:55	MS C-FINALE						
16:00	MS B-FINALE						
16:05	MS A-FINALE						
	400 meter						
16:20	MS (1 heat)					G14-16-MS	
16:30							
	300 meter/hekk						
16:35	G15-17 (1 heat)						
	400 meter/hekk						
16:40	MS (1 heat)						
16:45		G14-15-16-17-MS					
	600 meter						
16:55	J14 (1 heat)						
	800 meter						
17:05	J15-17 (1 heat)						
17:15	KS (1 heat)						
17:50							
17:55							

