



Tidsskjema Groruddalslekene 2020

Stovnerbanen, Lørdag 15.august

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

TID	Løp/Hekk	Grop 1	Grop 2	Høyde	Spyd	Slegge	Kule
	100 meter	Lengde					
14:05	G14 (1 heat)						
14:10	G15 (1 heat)						
14:15	G16-17-MS (4 heat)			J14-15-16			
14:20							
14:25							
14:30							
	200 meter						
14:45	J14 (2 heat)						
14:50	J15 (1 heat)						
14:55	J16 (2 heat)						
15:05	J17-KS (1 heat)						G14-16-MS
15:15							
15:20							
15:25					J14-16-17-KS		
	100 meter finaler						
15:45	MS C-FINALE						
15:50	MS B-FINALE						
15:55	MS A-FINALE						
	400 meter						
16:15	MS (2 heat)						
	300 meter/hekk						
16:35	G15 (1 heat)						
16:40						G14-16-MS	
16:45							
	600 meter						
16:55	J14 (1 heat)	G14-15-16-17-MS					
	800 meter						
17:05	J15-16 (1 heat)						
17:15	J17-KS (1 heat)						
17:50							
17:55							



Scalibra

