

Tidsskjema Lørdag 5. september 2026							
	Løp	Klasse	Stav (Sandneshallen)	Lengde 1 (S)	Lengde 2	Kule	Diskos
09:00			Bussavgang (J13+J14)				
10:00			J13 (4)+J14 (3)				
10:00			Bussavgang (G13+G14)				
11:00			G13 + G14				
11:00			Returbuss J13+J14				
12:00			Returbuss G13+G14				
12:00	INNMARSJ OG ÅPNING						
12:00-12:30							
12:30	60m hekk (68/11,5)	J13 (11) Forsøk				G13 (11)	J14 (7)
12:35		J13					
12:40							
12:45	60m hekk (76,2/11,5)	J14 (10) Forsøk		J13 (10)	G14 (16)		
12:50		J14					
12:55							
13:00							
13:05							
13:10							
13:15							
13:20	60m hekk (76,2/11,5)	G13 (6) Finale				J14 (9)	
13:25							
13:30	60m hekk (76,2/11,5)	J14 () Finale					
13:35							J13 (8)
13:40	60m hekk (68/11,5)	J13 () Finale					
13:45							
13:50	80m hekk (84/12)	G14 Finale					
13:55							
14:00	600m	G13 (11)					
14:05	600m	G14 (10)		G13 (12)		G14 (11)	
14:10	600m	J14 (9)					
14:15					J14 (15)		
14:20							
14:25	600m	J13 (9)					
14:30							
14:35							
14:40							
14:45							G14 (7)
14:50							
14:55	200m	J13 (8)					
15:00							
15:05	200m	G13 (11)					
15:10	200m	G13				J13 (14)	
15:15							
15:20	200m	J14(16)					
15:25	200m	J14					
15:30	200m	G14 (15)					
15:35	200m	G14					G13 (5)
15:40							
15:45							
15:50							
15:55	1000 m kappgang	J13 + J14					
16:00							
16:05	1000 m kappgang	G13 + G14					
16:10							
16:15							
16:20	Stafett	10x80m					