

UM Sigdal 2008: Tidsskjema fredag 29. august

Start	Øvelse	Fors/fin	Klasse	Frist opprop	Innmarsj
10.00	100m h (76,2-8,5)	fo1	J17	09.00	09.40
10.00	Tresteg	fi	G17	09.00	09.40
10.00	Stav	fi	G15-G16	09.00	09.20
10.00	Spyd 700g	fi	G16	09.00	09.40
10.00	Diskos 1kg	fi	G15	09.00	09.40
10.05	100m h (76,2-8,5)	fo2	J17	09.00	09.40
10.15	100m	fo1	J15	09.15	09.55
10.20	100m	fo2	J15	09.15	09.55
10.25	100m	fo3	J15	09.15	09.55
10.30	100m	fo4	J15	09.15	09.55
10.35	100m	fo5	J15	09.15	09.55
10.40	100m	fo1	J16	09.40	10.20
10.45	100m	fo2	J16	09.40	10.20
10.50	100m	fo3	J16	09.40	10.20
10.55	100m	fo4	J16	09.40	10.20
11.00	100m	fo5	J16	09.40	10.20
11.05	100m	fo1	J17	10.05	10.45
11.10	100m	fo2	J17	10.05	10.45
11.15	100m	fo3	J17	10.05	10.45
11.20	100m	fo1	J18/19	10.20	11.00
11.20	Diskos 0,75kg	fi	J15	10.20	11.00
11.25	100m	fo2	J18/19	10.20	11.00
11.30	100m	fo3	J18/19	10.20	11.00
11.30	Tresteg	fi	J17	10.30	11.10
11.35	Spyd 600g	fi	J16	10.35	11.15
11.35	100m	fo1	G15	10.35	11.15
11.40	100m	fo2	G15	10.35	11.15
11.45	100m	fo3	G15	10.35	11.15
11.50	100m	fo4	G15	10.35	11.15
11.55	100m	fo1	G16	10.55	11.35
12.00	100m	fo2	G16	10.55	11.35
12.05	100m	fo3	G16	10.55	11.35
12.10	Stav	fi	J15-16	11.10	11.30
12.10	100m	fo1	G17	11.10	11.50
12.15	100m	fo2	G17	11.10	11.50
12.20	100m	fo3	G17	11.10	11.50
12.25	100m	fo4	G17	11.10	11.50
12.30	100m	fo1	G18/19	11.30	12.10
12.35	100m	fo2	G18/19	11.30	12.10
12.40	100m	fo3	G18/19	11.30	12.10
12.45	100m	fo4	G18/19	11.30	12.10
13.00	Åpning av stevnet				
13.15	Lengde	fi	J18/19	12.15	12.55
13.15	Slegge 6kg 121,5cm	fi	G18/19	12.15	12.55
13.15	100m	sf1	J15		12.55
13.20	100m	sf2	J15		12.55
13.25	100m	sf1	J16		13.05
13.30	100m	sf2	J16		13.05
13.35	100m	sf1	G15		13.15
13.40	100m	sf2	G15		13.15
13.45	100m	sf1	G16		13.25

13.50	100m	sf2	G16		13.25
13.55	100m	sf1	G17		13.35
14.00	100m	sf2	G17		13.35
14.05	100m	sf1	G18/19		13.45
14.10	100m	sf2	G18/19		13.45
14.15	Slegge 4kg 119,5cm	fi	J17	13.15	13.55
14.15	1500m h (76,2)	fi	J15-J16	13.15	13.55
14.25	Lengde	fi	G18/19	13.25	14.05
14.25	1500m h (76,2)	fi	G15-G16	13.25	14.05
14.35	Høgde	fi	J16	13.35	14.15
14.40	100m h (84-8,5)	fi	J18/19	13.40	14.20
14.45	100m h (76,2-8,5)	fi	J17		14.25
14.55	110m h (91,4-8,8)	fi	G17	13.55	14.35
15.05	110m h (100-9,14)	fi	G18/19	14.05	14.45
15.10	Slegge 4kg 119,5cm	fi	J18/19	14.10	14.45
15.15	Kule 5kg	fi	G17	14.15	14.55
15.15	100m	fi	J15		14.55
15.20	100m	fi	J16		15.00
15.20	Tresteg	fi	J15	14.20	15.00
15.25	100m	fi	J17		15.05
15.30	100m	fi	J18/19		15.10
15.40	100m	fi	G15		15.20
15.45	100m	fi	G16		15.25
15.50	100m	fi	G17		15.30
15.55	100m	fi	G18/19		15.35
16.05	3000m	fi	J17-J18/19	15.05	15.45
16.20	Høgde	fi	G16	15.20	16.00
16.20	Kule 4kg	fi	J17	15.20	16.00
16.20	3000m	fi	G17	15.20	16.00
16.20	Slegge 5kg 120cm	fi	G17	15.20	16.00
16.35	3000m	fi	G18/19	15.35	16.15
16.55	300m h (76,2)	fi (1)	J15	15.55	16.35
17.00	300m h (76,2)	fi (2)	J15	15.55	16.35
17.00	Tresteg	fi	G15	16.00	16.40
17.10	300m h (76,2)	fi (1)	G15	16.10	16.50
17.15	300m h (76,2)	fi (2)	G15	16.10	16.50
17.15	Diskos 1kg	fi	J16	16.15	16.55
17.25	300m h (76,2)	fi (1)	J16	16.25	17.05
17.30	300m h (76,2)	fi (2)	J16	16.25	17.05
17.45	300m h (84)	fi (1)	G16	16.45	17.25
17.50	300m h (84)	fi (2)	G16	16.45	17.25
18.05	400m	fi (1)	J17	17.05	17.45
18.10	400m	fi (2)	J17	17.05	17.45
18.25	400m	fi (1)	J18/19	17.25	18.05
18.30	400m	fi (2)	J18/19	17.25	18.05
18.35	400m	fi (3)	J18/19	17.25	18.05
18.35	Diskos 1,5kg	fi	G16	17.35	18.15
18.50	400m	fi (1)	G17	17.50	18.30
18.55	400m	fi (2)	G17	17.50	18.30
19.00	400m	fi (3)	G17	17.50	18.30
19.15	400m	fi (1)	G18/19	18.15	18.55
19.20	400m	fi (2)	G18/19	18.15	18.55
19.25	400m	fi (3)	G18/19	18.15	18.55